

Grade Level	
K-2	<p><b>Objectives</b> Skill: I will work to maintain my balance during all movement activities. Cognitive: I will define and discuss balance. Fitness: I will work to increase my heart rate during movement activities. Personal &amp; Social Responsibility: I will work safely by following all instructions.</p> <p><b>Materials:</b></p> <p>1 Hula Hoop per student</p> <p>Hula Hoop</p> <p>Activity Card</p> <p>Up-tempo music</p> <p><b>Activities:</b></p> <ol style="list-style-type: none"><li>1. Today we're going to have fun exploring movement with Hula Hoops.</li><li>2. I will show you a movement activity, and then you'll repeat after me.</li><li>3. Teachers, use the following activity sequence: 1) Puddles; 2) Walk Around the World; 3) Cliff Hanger; 4) Blast Off; 5) Musical Hoops.</li></ol> <p>Grade Level Progression:</p> <p>K: Focus on jumping and landing actions while maintaining balance.</p> <p>1st: Prompt students to perform jumping and landing with developing maturity, focusing on critical elements.</p>

	<p>2nd: Prompt students to focus on mature patterns for all locomotor skills used.</p> <p><b>Assessment:</b></p> <p><b>DOK 1: How would you describe balance?</b></p> <p><b>DOK 2: How does balance affect the way you move?</b></p> <p><b>DOK 3: How can you change the way you move or stand still in order to improve (or keep) your balance?</b></p>
<p><b>3-5</b></p>	<p><b>Objectives</b> Skill: I will use a combination of skills and movement concepts. Cognitive: I will apply my understanding of open space. Fitness: I will remain actively engaged in order to enhance my fitness. Personal &amp; Social Responsibility: I will work safely while staying active.</p> <p><b>Materials:</b></p> <p><b>2 goals per 12 students</b></p> <p><b>2. 1 ball per 12 students</b></p> <p><b>3. 12 spot markers per goal</b></p> <p><b>4. 4 large cones per court/field</b></p> <p><b>5. Offense/Defense Strategy Chart</b></p> <p><b>Activities:</b></p>

1. Today we're going to play Team Handball. The object of the games is for your team to score more points than your opponent scores before the stop signal. You'll use the skills and strategies we've learned in previous activities to work as a team on both offense and defense.

2. There are a few important rules:

1. Play begins with a throw-off from midfield: the starting player stands at midfield and passes to a teammate. This starts the game and is the way players should restart play after each goal.

2. If the ball goes out of bounds, restart with a throw-in: a player standing on the side line or end line throws to a teammate who is in bounds.

3. Defense must be 5 paces away from the player performing every throw-off and throw-in.

4. No contact between players is allowed. Defense must stay an arms-length from the player with the ball.

5. Defense cannot touch the ball when an offensive player has control.

6. Passes and shots can be intercepted/knocked down with hands and arms.

7. Offense can take 3 steps with the ball and/or hold the ball for no more than 3 seconds.

8. Challenge: Change possession if the ball hits the ground after a pass. Shots are not considered passes. Offense may get a rebound from a shot.

**Assessment:**

**DOK1: What is an open space?**

**DOK 2: How does open space affect offense? How does it affect defense?**

**DOK 3: What does the defense have to do to closed space?**