

MSAD #54 Curriculum

Content Area: PE
Unit: Jump Rope

Grade: K-2
MLR Span: K-2

MLR Content Standard:

- G. **Movement/Motor Skills and Knowledge:** Students demonstrate the *fundamental and specialized movement skills* and apply *principles of movement* for improved performance.
- H. **Physical Fitness Activities and Knowledge:** Students demonstrate and apply fitness concepts.
- I. **Personal and Social Skills and Knowledge:** Students demonstrate and explain responsible personal behavior and responsible social behavior in physical activity settings.

Performance Indicator:

- G1 Stability and Force
- G2 Movement Skills
- G3 Skill Related Fitness Components
- G4 Skill Improvement
- H3 Fitness Activity
- I1 Cooperative Skills
- I2 Responsible Behavior
- I3 Safety Rules and Rules of Play

Performance Descriptor(s)	MSAD #54 Objectives	Instructional Resources/ Activities/Assessments
<p>G1 Stability and Force Students demonstrate positions that create stability and force.</p> <p>a. Show how base of support changes during <i>static balances</i>. b. Demonstrate how body position can be adapted to pushing and pulling forces.</p> <p>G2 Movement Skills Students demonstrate a variety of <i>locomotor skills</i>.</p> <p>a. Demonstrate correct technique for a variety of <i>locomotor skills</i>. b. Demonstrate a <i>locomotor skill</i> applying changes in direction, level, and/or pathway. c. Demonstrate combinations of <i>locomotor skills</i>.</p> <p>G3 Skill related Fitness Components Students identify the skill-related fitness components of balance and coordination.</p> <p>G4 Skill Improvement</p> <p>H3 Fitness Activity Students participate in physical activities to introduce the <i>health-related fitness components of flexibility, cardiovascular endurance, muscular endurance, and muscular strength</i>.</p>	<p>Students will be able to correctly swing/jump.</p> <p>Students will be able to swing the rope for other jumpers.</p> <p>Students will understand how to manipulate jump rope into a variety of shapes.</p>	<p>Lesson 1 -jumping over a still jump rope -jumping forward -jumping backwards -jumping side to side -jumping with one foot -make shapes with jump rope</p> <p>Lesson 2 -review -jumping while swinging -swinging long jump rope</p> <p>Assessment: Formative</p>

I1 Cooperative Skills

Students demonstrate taking turns and sharing while participating in physical activities.

I2 Responsible Behavior

Students follow procedures for safe behaviors, including maintaining appropriate personal space, while participating in physical activities.

I3 Safety Rules and Rules of Play

Students identify safety rules and rule of play for games/physical activities.

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