

MSAD #54 Curriculum

Content Area: PE
Unit: Football

Grade: 3-6

MLR Content Standard: **Movement/Motor Skills and Knowledge:** Students demonstrate the *fundamental and specialized movement skills* and apply *principles of movement* for improved performance.

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

G4 Skill Improvement

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 Students demonstrate a variety of movements that apply stability and force.</p> <p>a. Demonstrate movements that change the <i>center of gravity and line of gravity</i> during <i>dynamic balances</i>.</p> <p>b. Show how increasing speed and mass can change the force on an object.</p> <p>c. Demonstrate how body position can be changed to absorb force and decrease risk for injury.</p> <p>G2 Movement Skills Students demonstrate a variety of <i>locomotor skills</i>.</p> <p>Students demonstrate a variety of <i>locomotor skills</i> and <i>manipulative skills</i>.</p> <p>a. Demonstrate correct technique for a variety of <i>manipulative skills</i>.</p> <p>b. Demonstrate <i>locomotor skills</i> and <i>manipulative skills</i> in combination using changes in direction, level, or pathway.</p> <p>G4 Skill Improvement</p> <p>I1 Cooperative Skills Students demonstrate taking turns and sharing while participating in physical activities.</p> <p>I2 Responsible Behavior Students follow procedures for safe behaviors, including maintaining appropriate personal space, while participating in physical activities.</p> <p>I3 Safety Rules and Rules of Play</p>	<p>Students review footballs skills previously learned.</p> <p>Students will learn new football techniques and rules within practice and game play.</p>	<p>Lesson 1</p> <ul style="list-style-type: none"> -Throwing -Catching -Ball Handling -Punting -Centering (hiking) -Kicking off tee <p>Lesson 2</p> <ul style="list-style-type: none"> -Game Play <p>Assessment: Formative</p>

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