

Elmbrook UBD Template

Curriculum/Content Area: Elementary Physical Education	Unit Length: 2-4 Weeks
	Date last reviewed:
Grade: Kdg-2nd grade	Board approval date:

Desired Results

By the end of Second Grade, students will demonstrate locomotor skills, spatial awareness, and will have practiced manipulative skills such as Striking, Kicking, Catching, Dribbling, Throwing, Rolling, Bouncing, and Volleying. They will have an understanding of the importance of physical activity. Students will be able to sustain longer periods of physical activity.

Enduring Understandings (EUs): Students will understand that: 1. Increased proficiency with motor skills and movement patterns will improve their effectiveness as a player. 2. Different movement concepts, principles, strategies and tactics will impact the outcome of their performance . 3. Encouraging, supporting, and cooperating with teammates when engaged in sporting experiences will contribute to a sense of confidence, sportsmanship, efficacy, and enjoyment 4. Regularly participating in physical activity contributes to achieving and maintaining a healthy level of physical fitness.	Essential Questions (EQs): 1. How can development of motor skills and motor patterns lead to higher level skills? 2. How can changing directions help your performance? 3. What are different ways you can use a ball in physical activity? 4. How do body parts work together while manipulating an object? 5. How does the understanding of strategy help a team to achieve their goal? 6. How does cooperation with teammates ensure a more successful experience while manipulating an object? 7. Why is it important to improve your cardiovascular fitness and muscular endurance?
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Assessment Evidence

Performance assessments: Skill Assessment- Self- Peer- Teacher Written Assessment Common Assessment	Other assessments: Exit Slips Formative and Summative Assessments
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Unit Title: Manipulative Skills (Striking, Kicking, Catching, Dribbling, Throwing, Rolling, Bouncing, Volleying)

Wisconsin State Standards

Standard 1- Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2- Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.

Standard 4- Achieves and maintains a health enhancing level of physical fitness.

Standard 5- Exhibits responsible personal and social behavior that respects self and others in physical activity setting.

Standard 6- Values physical activity for health enjoyment, challenge, self-expression and/or social interaction.

Learning Targets

kdg	1st Grade	2nd Grade
<ul style="list-style-type: none"> I can face my target performing an underhand throw. I can use my feet and hands to manipulate an object. I can participate in physical activities without tiring easily. I can sustain activity for increasingly longer periods of time, while 	<ul style="list-style-type: none"> I can step with my opposite foot while performing an underhand throw. I can step with my opposite foot and follow through while performing an overhand throw. I can use my feet and hands to manipulate 	<ul style="list-style-type: none"> I can step with my opposite foot and follow through to the target while performing an underhand throw. I can turn my side to the target, step with my opposite foot, and follow through to the target while

<p>participating in various activities in physical education.</p>	<p>and object using mature form.</p> <ul style="list-style-type: none"> • I can manipulate an implement using correct form. • I can participate in a variety of activities and games that increase breathing and heart rate. • I can sustain activity for increasingly longer periods of time, while participating in various activities in physical education. 	<p>performing the overhand throw.</p> <ul style="list-style-type: none"> • I can use my feet and hands to control an object to a target using correct form. • I can manipulate an implement using correct form. • I can participate in a variety of activities and games that increase breathing and heart rate. • I can sustain activity for increasingly longer periods of time, while participating in various activities in physical education
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Assessment Evidence

<p>Performance assessments: Skill Assessment- Self- Peer- Teacher Written Assessment Common Assessment</p>	<p>Other assessments: Exit Slips Formative and Summative Assessments</p>
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<p>Performance assessments: Bouncing Assessment Catching Assessment Throwing Assessment Volleying Assessment</p> <p>Skill Assessment- Self- Peer- Teacher Written Assessment Common Assessment</p>	<p>Other assessments: Bouncing Rubric Catching Rubric Throwing Rubric Volleying Rubric</p> <p>Exit Slips Formative and Summative Assessments</p>
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Week Number	Day 1	Day 2	Day 3	All Days
Week 1	Ball Challenges	Ball Challenges	Ball Challenges	Safety, Cardiovascular Endurance warmup
Week 2	Ball Challenges with a partner	Ball Challenges with a partner	Ball Challenges with a partner	Safety, Cardiovascular Endurance warmup
Week 3	Ball Challenges with a partner and a target (pin, hoop, wall)	Ball Challenges with a partner and a target (pin, hoop, wall)	Ball Challenges with a partner and a target (pin, hoop, wall)	Safety, Cardiovascular Endurance warmup
Week 4	Cooperative Games	Cooperative Games	Cooperative Games	Safety, Cardiovascular Endurance warmup

Unit Title: Rhythm & Dance

Wisconsin State Standards

- Standard 1- Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- Standard 2- Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.
- Standard 4- Achieves and maintains a health enhancing level of physical fitness.
- Standard 5- Exhibits responsible personal and social behavior that respects self and others in physical activity setting.
- Standard 6- Values physical activity for health enjoyment, challenge, self-expression and/or social interaction.

Learning Targets

<p>kdg</p> <ul style="list-style-type: none"> • I can demonstrate a rhythmic pattern while stationary. • I can jump while pushing off the ground with 2 feet and landing on 2 feet. • I can perform a long jump rope skill. • I can participate in physical activities without tiring easily. • I can sustain activity for increasingly longer periods of time, while participating in various activities in physical education. 	<p>1st Grade</p> <ul style="list-style-type: none"> • I can demonstrate a rhythmic pattern while moving in different directions. • I can jump while pushing off the ground with 2 feet and landing on 2 feet. • I can perform a variety of individual and long rope skills. • I can participate in a variety of activities and games that increase breathing and heart rate. • I can sustain activity for increasingly longer periods of time, while participating in various activities in physical education. 	<p>2nd Grade</p> <ul style="list-style-type: none"> • I can demonstrate a rhythmic pattern while moving in different directions and speeds. • I can jump while pushing off the ground with 2 feet and landing on 2 feet. • I can perform a variety of jump rope skills, including individual, partner and long rope skills. • I can participate in a variety of activities and games that increase breathing and heart rate. • I can sustain activity for increasingly longer periods of time, while participating in various activities in physical education
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Assessment Evidence

<p>Performance assessments: Skill Assessment- Self- Peer- Teacher Written Assessment Common Assessment</p>	<p>Other assessments: Exit Slips Formative and Summative Assessments</p>
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Week Number	Day 1	Day 2	Day 3	All Days
Week 1	Introduce dances	Review dances	Review dances	Safety
Week 2	Intro. new dances	Intro. new dances	Review all dances	Safety

Week 3	Jump Rope single rope long rope	Jump Rope long rope, single rope, challenges and tricks	Jump rope long rope, single rope, challenges and tricks	Safety
Week 4	Jump rope single rope, challenges and tricks, routine	Jump rope single rope, challenges and tricks, routine	Jump rope single rope, challenges and tricks,routine	Safety

Unit Title: Fitness

Wisconsin State Standards

Standard 1- Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2- Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.

Standard 4- Achieves and maintains a health enhancing level of physical fitness.

Standard 5- Exhibits responsible personal and social behavior that respects self and others in physical activity setting.

Standard 6- Values physical activity for health enjoyment, challenge, self-expression and/or social interaction.

Learning Targets

<p>kdg</p> <ul style="list-style-type: none"> • I can participate in muscular strength activities to improve upper body strength. • I can participate in physical activity without tiring easily. • I can sustain activity for increasingly longer periods of time, while participating in various activities in physical education. 	<p>1st Grade</p> <ul style="list-style-type: none"> • I can participate in muscular strength activities to improve upper body strength. • I can participate in a variety of activities and games that increase breathing and heart rate. • I can sustain activity for increasingly longer periods of time, while participating in various activities in physical education. 	<p>2nd Grade</p> <ul style="list-style-type: none"> • I can participate in muscular strength activities to improve upper body strength. • I can participate in a variety of activities and games that increase breathing and heart rate. • I can sustain activity for increasingly longer periods of time, while participating in various activities in physical education.
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Assessment Evidence

Performance assessments: Skill Assessment- Self- Peer- Teacher Written Assessment Common Assessment	Other assessments: K-2 Fitness Goal Sheet Exit Slips Formative and Summative Assessments
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Week Number	Day 1	Day 2	Day 3	All Days
Week 1	Climbing wall	Climbing wall	Climbing wall	safety, cardiovascular endurance warm-up, goal setting
Week 2	Pacer	Pacer	Pacer	Safety, goal setting
Week 3	Sit-ups Push-ups	Sit-ups Push-ups	Sit-ups Push-ups	safety, cardiovascular endurance warm-up, goal setting
Week 4	Fitness practice with a partner	Fitness practice with a partner	Fitness practice with a partner	Safety, goal setting

Unit Title: Locomotor Skills & Spatial Awareness

Wisconsin State Standards

Standard 1- Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2- Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.

Standard 4- Achieves and maintains a health enhancing level of physical fitness.

Standard 5- Exhibits responsible personal and social behavior that respects self and others in physical activity setting.

Standard 6- Values physical activity for health enjoyment, challenge, self-expression and/or social interaction.

Learning Targets

<p>kdg</p> <ul style="list-style-type: none"> • I can gallop, run, hop, jump, skip, and slide using emergent form. • I can participate in physical activity without tiring easily. • I can sustain activity for increasingly longer periods of time, while participating in various activities in physical education. 	<p>1st Grade</p> <ul style="list-style-type: none"> • I can gallop, run, and slide using mature form. • I can participate in a variety of activities and games that increase breathing and heart rate. • I can sustain activity for increasingly longer periods of time, while participating in various activities in physical education. 	<p>2nd Grade</p> <ul style="list-style-type: none"> • I can fallop, run, hop, jump, skip, and slide using mature form. • I can participate in a variety of activities and games that increase breathing and heart rate. • I can sustain activity for increasingly longer periods of time, while participating in various activities in physical education.
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Assessment Evidence

<p>Performance assessments: Locomotors Skills Assessment Skill Assessment- Self- Peer- Teacher Written Assessment Common Assessment</p>	<p>Other assessments: Locomotor Skills Rubric Exit Slips Formative and Summative Assessments</p>
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Week Number	Day 1	Day 2	Day 3	All Days
Week 1	Moving around the gym and freezing	Locomotor skills while moving and freezing	Locomotor skills while moving, freezing, changing directions and speeds.	Safety

Week 2	Animal movements and Locomotor review	Animal Movements and Locomotor review	Locomotor review and tagging games	Safety
Week 3	Tagging games	Tagging Games	Tagging Games	Safety
Week 4	Chasing/fleeing and dodging activities	Chasing/fleeing and dodging activities	Chasing/fleeing and dodging activities	Safety