Kindergarten PE Unit 3 - Movement and Rhythm

Unit Focus

In this unit, students will explore basic body movements and body control. Lessons will include gymnastics (tumbling, balancing) jumping and landing, and rhythm. Emphasis will be placed on exploring ways to jump, land, and balance.

Stage 1: Desired Results - Key Understandings

Standard(s)

Healthy and Balanced Living Curriculum Framework
Physical Education K-5

- Demonstrates locomotor skills (jumping, hopping, galloping, running, sliding, skipping) while maintaining control and balance. (E1.1.K)
- Demonstrates stationary balance on different bases of support. (E1.3.K)
- Moves in personal space to a rhythm. (S2.E1.Kb)
- Demonstrates active participation in physical education class. (S3.E2.K)
- Demonstrates the ability to follow directions in group settings (e.g., safe behaviors, following rules, taking turns). (S4.E1.K)
- Demonstrates the ability to follow instruction and directions when prompted. (S4.E3.K)
- Demonstrates the ability to share equipment and space with others (S4.E4.K)
- Demonstrates the ability to recognize the established protocol for class activities (S4.E5.K)
- Demonstrates the ability to follow teacher directions for safe participation and proper use of equipment with minimal reminders. (S4.E6.K)
- Demonstrates the ability to acknowledge that some physical activities are challenging or difficult. (S5.E2.K)

Madison Public Schools Profile of a Graduate

- Self-Awareness: Examining current performance critically to identify steps/ strategies to persist. (POG.4.1)

Transfer

Students will be able to independently use their learning to...
T1 Develop skills, knowledge, and concepts through practice and analysis of results.

Meaning

Understanding(s)

Students will understand that...
U1 my body can move in different ways to be expressive or to engage in different physical activities.
U2 knowing myself can help me to perform with confidence.
U3 by persisting in an activity and improving my performance, I may find that I enjoy the experience.
U4 using strategies can help me grow and learn.

Essential Question(s)

Students will keep considering...
Q1 How can I move my body to the rhythm?
Q2 What are my unique strengths, weaknesses likes and dislikes?
Q3 What strategies can I use to help me in this moment?

Acquisition of Knowledge and Skill

Knowledge

Students will know...
K1 that a rhythm is moving to a repeated movement pattern
K2 that balance is control of self or equipment.
K3 Vocabulary: rhythm, balance, pattern, (coordination 1st) (3rd counter balance)

Skill(s)

Students will be skilled at...
S1 moving to a rhythmic pattern.
S2 safely moving their bodies.
S3 persisting at movements that may be challenging.
S4 maintaining balance and control.