Kindergarten PE Unit 1- Spatial Awareness and Locomotor Movements

Unit Focus

In this unit, students will explore ways to move their bodies in general and personal space. Activities, such as polka dot spacing and personal bubble lessons to introduce them to the 8 basic locomotor movements (walk, jog, hop, jump, slide, gallop, skip, leap) and spatial relationships. Students will engage in tag games, musical movement games, and visual awareness. Emphasis will be placed on spatial relationships in terms of general space.

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 the ability to differentiate between movement in personal (selfspace) and general space. (S2.E1.Ka)
- Demonstrates the ability to travel in three different pathways (S2.E2.Ka)
- Demonstrates low, middle, and high levels in personal space (S2.E2.Kb)
- Demonstrates traveling in general space with different speeds. (S2.E3.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 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 Demonstrate improved physical performance in skills and movement patterns.

Meaning

Understanding(s)

Students will understand that...
U1 There are a variety of locomotor/non-locomotor movement patterns used for traveling and body manipulation.
U2 teachers give feedback to support you as you practice and improve skills.
U3 practicing a skill is necessary to learn and improve.

Essential Question(s)

Students will keep considering...
Q1 What cues am I using to practice my locomotor movements?
Q2 What have I learned from this activity and what would I change to improve for next time?

Acquisition of Knowledge and Skill

Knowledge

Students will know...
K1 Space Awareness: difference between personal and general space
K2 Spatial Relationships: position oneself in relation to someone or something else
K3 Locomotor movements: walk, run, jump, skip, hop, leap, gallop, slide
K4 Movement concepts: speed, levels, and pathways
K5 Non-locomotor relationships: in front, behind, next to
K6 Feedback on spatial awareness and locomotor skills

Skill(s)

Students will be skilled at...
S1 recognizing the difference between personal space and open space.
S2 sharing space with others in a safe and responsible way.
S3 identifying the boundaries of a space and position my body in relation to the boundaries.
S4 identifying different locomotor/non-locomotor skills.

Stage 1: Desired Results - Key Understandings		
		S5 performing locomotor skills such as walking, running, hopping, skipping, leaping, sliding, and galloping using developmentally appropriate form. **S6** traveling at different speeds, levels and pathways. **S7** listening respectfully to corrective feedback from the teacher. **S8** practicing using feedback from the teacher.