Grade 1 PE Unit 1- Spatial Awareness and Locomotor Movements

Unit Focus

In this unit, students will develop the 8 basic locomotor movements. Activities will include exploring traveling in general space at different speeds (fast, medium, slow) and pathways (zig zag, curvy, straight). Lessons will include explorations using hula-hoops (musical hoops, traveling, body positioning within personal space), tag games, and creative movement and pattern lessons.

Emphasis is on the ability to create and navigate traveling through pathways.

Stage 1: Desired Results - Key Understandings

Standard(s)

Healthy and Balanced Living Curriculum Framework
Physical Education K-5

- Demonstrates hopping, galloping, running, and sliding using a mature pattern. (E1.1.1)
- Demonstrates the ability to differentiate between movement in personal (selfspace) and general space. (S2.E1.Ka)
- Demonstrates moving at low, middle, and high levels while traveling. (S2.E2.1b)
- Demonstrates a variety of relationships with objects (e.g., over, under, around, through) while traveling. (S2.E2.1b)
- Demonstrates differences between fast and slow speeds. (S2.E3.1a)
- Demonstrates the ability to accept personal responsibility by using equipment and space appropriately (S4.E1.1)
- Demonstrates the ability to follow the rules and parameters of the learning environment. (S4.E2.1)
- Demonstrates the ability to respond appropriately to general feedback from the teacher. (S4.E3.1)
- Demonstrates the ability to work independently with others in a variety of class environments (e.g., small and large groups). (S4.E4.1)
- Demonstrates the ability to recognize that challenge in physical activities can lead to success (S5.E2.1)

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: increased proficiency as they walk, run, jump, skip, hop, leap, gallop, slide

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.

Stage 1: Desired Results - Key Understandings		
	K4 Movement concepts: speed, levels, and pathways while traveling **K5** Non-locomotor relationships: under, around, over, and through while traveling **K6** Feedback on spatial awareness and locomotor skills while traveling	**S4** performing locomotor skills on demand while traveling in space. **S5** traveling at different speeds, levels and pathways. **S6** listening respectfully to corrective feedback from the teacher. **S7** practicing my skills and movement patterns using feedback from the teacher.