

# Unified PE: Unit 1 Movement

| ESTABLISHED GOALS:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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| <p><u>Competencies:</u></p> <ul style="list-style-type: none"> <li>Students will demonstrate the ability to develop and apply knowledge, skill and movement in a variety of activities in order to lead an active, healthy lifestyle.</li> <li>Students will demonstrate the ability to participate in physical activity in order to maintain an appropriate level of personal fitness.</li> <li>Students will demonstrate the ability to recognize the value that physical activity provides opportunities for enjoyment, challenge, self-expression, improved self-confidence, positive social interaction in order to lead a healthy lifestyle.</li> <li>Students will demonstrate the ability exhibit responsible, personal, and social behavior, in order to respect self and others, in physically active settings.</li> <li>Students will demonstrate the ability to analyze and summarize text and integrate knowledge to make meaning of discipline-specific materials.</li> <li>Students will demonstrate the ability to produce coherent and supported writing in order to communicate effectively for a range of discipline-specific tasks, purposes, and audiences.</li> <li>Students will demonstrate the ability to speak purposefully and effectively by strategically making decisions about content, language use, and discourse style.</li> </ul> <p><u>Content Standards:</u></p> <ul style="list-style-type: none"> <li>SHAPE.1 Develops a variety of motor skills.</li> <li>SHAPE.2 Applies knowledge related to movement and fitness concepts.</li> <li>SHAPE.3 Develops social skills through movement.</li> <li>SHAPE.4 Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity.</li> </ul> | Transfer                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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| <b>Content Area Literacy Standards</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  | <b>21<sup>st</sup> Century Skills</b>                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <p>RST.11-12.1 Cite specific textual evidence to support analysis of science and technical texts, attending to important distinctions the author makes and to any gaps or inconsistencies in the account.</p> <p>RST.11-12.2 Determine the central ideas or conclusions of a text; summarize complex concepts, processes, or information presented in a text by paraphrasing them in simpler but still accurate terms.</p> <p>RST.11-12.3 Follow precisely a complex multistep procedure when carrying out experiments, taking measurements, or performing technical tasks; analyze the specific results based on explanations in the text.</p> <p>RST.11-12.4 Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to <i>grades 11-12 texts and topics</i>.</p> <p>WHST.11-12.4 Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.</p> |  | <ul style="list-style-type: none"> <li>● <i>Solve problems</i></li> <li>● <i>Work creatively with others</i></li> <li>● <i>Communicate clearly</i></li> <li>● <i>Collaborate with others</i></li> <li>● <i>Be Flexible</i></li> </ul>                                                                                                                                                                                                                                          |

| <i>Evaluative Criteria</i> | <i>Assessment Evidence</i> |
|----------------------------|----------------------------|
|                            | PERFORMANCE TASK(S):       |
|                            | OTHER EVIDENCE:            |

| <i>Summary of Key Learning Events and Instruction</i>        |                                                              |
|--------------------------------------------------------------|--------------------------------------------------------------|
| <i>Language Arts Integration</i>                             | <i>Mathematics Integration</i>                               |
| <ul style="list-style-type: none"> <li>1.OA.1 Use</li> </ul> | <ul style="list-style-type: none"> <li>1.OA.1 Use</li> </ul> |
| <i>Technology Integration</i>                                | <i>District Materials</i>                                    |
| <ul style="list-style-type: none"> <li>1.OA.1 Use</li> </ul> |                                                              |