

Olds PE

This year in PE we will be participating in and playing many different types of activities. All of these activities fall under 4 main categories. Below you will find these categories, and a little bit about them.

Personal and Social Responsibility/Teamwork

Understandings

Students will understand that...

- Working cooperatively and safely makes teams more successful.
- Cooperative skills are not just Physical Education skills.
- Positive social-interactions has can make activities more enjoyable

Essential Questions

- How does cooperation and positive social interactions help your team achieve a common goal?
- Why is it important to safely engage in physical activities?

Knowledge

Students will know...

- Listening skills
- Communication (verbal/nonverb.)
- Cooperation
- Collaboration
- Safe practices
- Personal Responsibility
- Teamwork
- Respect
- Productive

Skills

Students will be able to...

- demonstrate examples of positive praise.
- demonstrate respectful language and actions.
- demonstrate safe practices.
- productively participate on a team.

Motor Skill Development

Understandings

Students will understand that...

- Locomotor and manipulative skills will be used outside of Physical Education class.
- Combining locomotor and manipulative skills are essential to effective gameplay.
- Demonstrating correct form and smooth transition will improve overall performance.
- Continuous effort and practice of skills leads to improvement.
- Feedback is valuable in improving performance.

Essential Questions

- How does practice contribute to skill improvement?
- Why is it important to be able to demonstrate manipulative skills while moving/changing directions/levels?
- Why is it important to demonstrate manipulative skills with correct form?
- How does feedback improve performance?

Knowledge

Students will know...

- Locomotor Skills
- Manipulative Skills
- Pathways
- Levels
- Directions
- Balance
- Transitions
- Combination
- Practice
- Attention
- Force/Power
- Effort
- Proficient (correct form)
- Critical Cues

Skills

Students will be able to...

- Demonstrate proper form in locomotor skills (walk, jog, run, hop, jump, gallop, skip, side-slide, chasing, dodge, flee)
- Demonstrate proper form in the five fundamental manipulative skills (striking, kicking, throwing/catching, dribbling)
- Exhibit smooth transitions and/or direction changes during movement activities (ex. jump rope/dance/gymnastics).
- Demonstrate combinations of manipulative and locomotor skills while moving.
- Explain the value of feedback in improving motor performance

Movement Concepts

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Health Related Fitness

Understandings

Students will understand that...

- Assessing your own fitness level across various exercises is a valuable skill.
- Identifying and engaging in a wide variety of enjoyable and challenging physical activities consistently can improve overall health

Essential Questions

- What are the health related fitness assessments and their associated exercises?
- Can you create and implement a health related fitness plan which includes moderate to vigorous activities that increase heart and breathing rate?
- What are some fun, challenging physical activities one can play/practice for increasing time periods to improve health related fitness results?
- Why is it important to incorporate a variety of fitness components into your physical activity?

Knowledge

Students will know...

- fitness components
- cardiovascular endurance
- muscular strength
- muscular endurance
- flexibility
- moderate-to-vigorous physical activity
- assessment
- lifelong fitness
- self-improvement

Skills

Students will be able to...

- Explain exercises and the associated fitness assessments across three or more health-related fitness components
- Identify enjoyable and challenging physical activities that they can perform for increasing periods of time
- Perform a variety of physical activities

