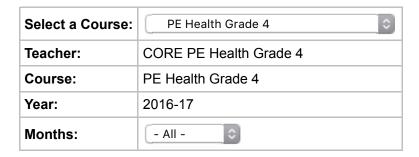
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August

September

Enduring Understandings **Essential Ouestions**

Standards

Knowledge & Skills

Academic Language

Motor Skills

Enduring Understandings **Essential Questions**

Standards

Knowledge & Skills

Academic Language

Students will understand the components needed to complete a catch in order to apply these skills throughout a variety of activites.

1. What games do you know that involve throwing and catching? 2. What team sports

are catching skills needed for? 3. Why is the proper catching technique important?

NASPE.1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

NASPE.2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

G.19 - Acquire movement and motor skills and understand concepts necessary to engage in moderate to vigorous physical activity.

SHAPE:

Students will know and be able to:

Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

TIER 1 1. Run

2. Slide

3. Gallop

4. Hop

5. Catch 6. Balance

7. Roll

8. Toss

9. Fast

10. Slow

11. Hard

12. Soft

13. Jump

14. Forward

15. Backward

16. Over

17. Under

18. High

19. Low

20. Skip

21. Bounce

22. Swing

23. Strike

24. Hit

25. Throw 26. Jog

27. Leap

28. Strong

29. Weak

30. Speed

31. Reach

32. Safety

TIER 2

1. Share

2. Follow

3. Describe

4. Repeat

5. Direction 6. Demonstrate

7. Describe

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					8. Compare 9. Contrast 10. Predict 11. Explain 12. Mirror 13. Recognize 14. Defend 15. Protect 16. Evaluate 17. Absorb 18. Support 19. Power 20. Force 21. Extend 22. Outward 23. Inward TIER 3 1. Locomotor 2. Non-locomotor 3. Object Control 4. Pathway 5. Pattern 6. Opposition 7. Pace 8. Horizontal 9. Vertical 10. Aerobic Capacity 11. Flexibility 12. Muscular Endurance 13. Muscular Strength 14. Volley
October	Enduring Understandings	Essential Questions	Standards	Knowledge X	Academic X Language
November	Enduring Understandings	Essential Questions	Standards	Knowledge & Skills	Academic X Language
Der					
December	Enduring Understandings	Essential Questions	Standards >	Knowledge X	Academic XX
	Students will understand that they can make healthy and unhealthy choices. Students will understand that you can build muscular strength, endurance, flexibility, aerobic capacity. What are some short-term and long-term realistic goals that I can set for myself to improve my health?	other activities/tasks/ exercises that will improve the overall	NASPE.3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activiand fitness. NASPE.5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. G.20 - Achieve and maintain a health-enhancing level of physical fitness base upon continual self-assessment.		TIER 1 1. Muscles 2. Heart 3. Brain 4. Bones 5. Lungs 6. Stomach 7. Fruit 8. Vegetables 9. Meat 10. Dairy 11. Water 12. Bread

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					TIER 2 1. Explain 2. Summarize 3. Describe 4. Compare 5. Contrast 6. Evaluate 7. Interpret 8. Analyze TIER 3 1. Health Related Fitness 2. Aerobic Capacity 3. Muscular Strength 4. Muscular Endurance 5. Flexibility 6. BMI 7. Heart Rate 8. Pulse 9. BPM 10. Protein 11. Carbohydrates 12. Minerals 13. Vitamins 14. Circulatory System 15. Respiratory System 16. Digestive System
January	Enduring Understandings	Essential Questions	Standards ×	Knowledge 💥	Academic Language
February	Enduring Understandings	Essential Questions	Standards ×	Knowledge & Skills	Academic Language
March	Enduring Understandings [※]	Essential Questions	Standards ×	Knowledge & Skills	Academic Language
April	Social Behavior				
A	Enduring Understandings [※]	Essential Questions	Standards ×	Knowledge ×	Academic Language
	Personal choices impact current and long term outcomes on individuals, family and society. Through understanding other's perspectives, circumstances, and experiences, I will show empathy for others	1. What influences my behaviors and decisions? 2. What can I do to prevent and resolve conflict? 3. How can communication enhance my personal health and develop positive relationships?	NASPE.4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others. G.21 - Develop skills necessary to become a successful member of a team by working with others during physical activity.		TIER 1 1. Talk 2. Listen 3. Behavior 4. Expectations 5. Rules 6. Safety 7. Responshible 8. Attitude 9. Motivation 10. Compromise

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	I will develop and maintain healthy relationships with peers and adults					11. Integrity 12. Character 13. Encouragement 14. Community 15. Resolution 16. Relationships 17. Respect 18. Acceptance 19. Choice 20. Example 21. Procedure TIER 2 1. Communicate 2. Discuss 3. Prepare 4. Cooperate TIER 3 1. Teamwork 2. Strategize 3. Sportsmanship
May	Enduring Understandings	Essential Questions	Standards	X	Knowledge 💥 & Skills	Academic Language
June	Enduring Understandings	Essential Questions	Standards	X	Knowledge 💥 & Skills	Academic X
July	Enduring Understandings	Essential XX Questions	Standards	\$X	Knowledge 💥	Academic X Language