

MSAD #54 Curriculum

Content Area: PE
Unit: Roller Blading

Grade: 3-6

MLR Content Standard:

G. Movement/Motor Skills and Knowledge: Students demonstrate the *fundamental and specialized movement skills* and apply *principles of movement* for improved performance.

H. Physical Fitness Activities and Knowledge: Students demonstrate and apply fitness concepts.

I. Personal and Social Skills and Knowledge: Students demonstrate and explain responsible personal behavior and responsible social behavior in physical activity settings.

Performance Indicator: G1

G2 Movement Skills

G3 Skill-related Fitness Components

H3 Fitness Activity

H4 Physical Activity Benefits

I1 Cooperative Skills

I2 Responsible Behavior

I3 Safety Rules and Rules of Play

Performance Descriptor(s)	MSAD #54 Objectives	Instructional Resources/ Activities/Assessments
<p>G1 Stability and Force Students demonstrate a variety of movements that apply stability and force.</p> <p>a. Demonstrate movements that change the <i>center of gravity and line of gravity</i> during <i>dynamic balances</i>.</p> <p>b. Show how increasing speed and mass can change the force on an object.</p> <p>c. Demonstrate how body position can be changed to absorb force and decrease risk for injury.</p> <p>G2 Movement Skills Students demonstrate a variety of <i>locomotor skills</i> and <i>manipulative skills</i>.</p> <p>b. Demonstrate <i>locomotor skills</i> and <i>manipulative skills</i> in combination using changes in direction, level, or pathway.</p> <p>G3 Skill-related fitness components Students identify the skill-related fitness components of balance, coordination, agility, and speed.</p> <p>G4 Skill Improvement Students describe why practice is important to skill improvement.</p> <p>H3 Fitness Activity Students participate in physical activities that address each of the five <i>health-related fitness components</i> including <i>flexibility, cardiovascular endurance, muscular endurance, muscular strength, and body composition</i>.</p> <p>H4 Physical Activity Benefits Students identify the physical benefits and bodily responses related to physical activities.</p> <p>Cooperative Skills</p>	<p>Students will: Learn the basics of roller blading.</p> <p>Students will learn how to organize and manage equipment.</p>	<p>Lesson 1</p> <p>Activity:</p> <ul style="list-style-type: none"> -proper blading stance/positioning -techniques of skating -techniques of braking -techniques of falling <p>Lesson 2</p> <ul style="list-style-type: none"> -Review <p>Assessment: Formative</p>

I1 Students demonstrate cooperative skills while participating in physical activities.

- a. a. Demonstrate active listening.
- b. b. Get along with others.
- c. c. Accept responsibility for personal behavior.

I2 Responsible Behavior
Students demonstrate safe behaviors and appropriate equipment use while participating in physical activities.

I3 Safety Rules and Rules of Play
Students describe safety rules and rules of play for games/physical activities.

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