

## Curriculum Overview

The 2020 Personal Wellness Curriculum contains two major components broken down by Marking Period:

Marking Period 1 and 4: Creative Movement/Personal Fitness:

Units of Study:

1. Personal Fitness (covered throughout the year)
2. Mindfulness (covered throughout the year)
3. Space Awareness (Mini-unit)
4. Balance (Mini-Unit)
5. Improvisation (Mini-Unit)
6. Cultural Dances (Mini-Unit)

Marking Period 2 and 3: Health Education

Units of Study:

1. Mental/Emotional Health
2. Substance Abuse Prevention
3. Family Life
4. Safety and Violence Prevention
5. Healthy Eating
6. Disease Prevention and Control

The curriculum was built using the MSDE Fine Arts Standards (Music, Dance, Drama) which were approved in 2017, PE Standards, and the Health Education Framework, approved in 2020. For each Unit, there is a Scope and Sequence, which is where teachers should begin. Each Scope and Sequence includes a progression, per day, of topics, lesson outline, and resources (some hyperlinked). The curriculum writing team consisted of the following teachers:

Health Team:

Creative Movement Team:

	MP 1	MP 2	MP 3	MP 4
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K	<i>Introduce rules and procedures (NOT GRADED)</i>	<i>Not Graded</i>	Students will learn concepts in the areas of Safety and Violence Prevention (making safe decisions), Healthy Eating (Healthy foods, drinking Water), and Disease Prevention and Control (germ prevention, dental care, hand washing).	Students will create and achieve fitness goals and demonstrate a series of repetitive movements from a traditional cultural dance and mindfulness activities. Students will also react and respond to unexpected situations through improvisation.
1	Students will demonstrate spatial awareness through several movement activities as well as perform different ways to show dynamic and static balance. They will use health-related fitness components to develop their personal fitness. Students will also demonstrate knowledge of poses, levels, bases of support, and balance.	Students will learn concepts in the areas of Social/Emotional Learning (exploring feelings/relationships, learning healthy responses to learning), Substance Abuse and Prevention (Using medicine safely), and Family Life (families and healthy relationships).	Students will learn concepts in the areas of Safety and Violence Prevention (safe routes and places, fire safety), Healthy Eating (Benefits of Eating Breakfast and Drinking Water), and Disease Prevention and Control (germ prevention, dental care).	Students will create and achieve fitness goals and demonstrate a series of repetitive movements from a traditional cultural dance and mindfulness activities. Students will also react and respond to unexpected situations through improvisation.
2	Students will demonstrate spatial awareness through several movement activities as well as perform different ways to show dynamic and static balance. They will use health-related fitness components to develop their personal fitness. Students will also demonstrate knowledge of poses, levels, bases of support, and balance.	Students will learn concepts in the areas of Social/Emotional Learning (growth and change, calming strategies, dealing with troublesome feelings), Substance Abuse and Prevention (Using medicine safely), and Family Life (family structure and peer relationships).	Students will learn concepts in the areas of Safety and Violence Prevention (bike and passenger safety, bullying prevention), Healthy Eating (Benefits of Eating Breakfast learning the food groups), and Disease Prevention and Control (hand washing, germ prevention, dental care).	Students will create and achieve fitness goals and demonstrate a series of repetitive movements from a traditional cultural dance and mindfulness activities. Students will also react and respond to unexpected situations through improvisation.

3	<p>Students will demonstrate spatial awareness through several movement activities as well as perform different ways to show dynamic and static balance. They will use health-related fitness components to develop their personal fitness. Students will also demonstrate knowledge of poses, levels and basis of support through mindfulness activities.</p>	<p>Students will learn concepts in the areas of Social/Emotional Learning (basic and complex emotions, coping with emotions, friendships, and family) and Substance Abuse and Prevention (peer pressure).</p>	<p>Students will learn concepts in the areas of Safety and Violence Prevention (peer pressure, conflict resolution, advocacy), Healthy Eating (Healthy eating choices, balanced eating), and Disease Prevention and Control (hand washing, prevention of infectious diseases, helping others with good safety habits).</p>	<p>Students will create and achieve fitness goals and demonstrate a series of repetitive movements from a traditional cultural dance and mindfulness activities. Students will also explore ways to use voice, gestures and character to improvise a creative performance.</p>
4	<p>Students will demonstrate spatial awareness through several movement activities as well as perform different ways to show dynamic and static balance. They will use health-related fitness components to develop their personal fitness. Students will also demonstrate knowledge of poses, levels and basis of support through mindfulness activities.</p>	<p>Students will learn concepts in the areas of Social/Emotional Learning (understanding emotional health, empathy) and Substance Abuse and Prevention (harmful household products, environmental safety), and Family Life (puberty/adolescence, healthy relationships, trusted adults).</p>	<p>Students will learn concepts in the areas of Safety and Violence Prevention (peer pressure, and dares, digital citizenry), Healthy Eating (jobs of food groups, daily eating and activity goals), and Disease Prevention and Controls (habits of good health, communicable, non-communicable diseases).</p>	<p>Students will create and achieve fitness goals and demonstrate a series of repetitive movements from a traditional cultural dance and mindfulness activities. Students will also explore ways to use voice, gestures and character to improvise a creative performance.</p>
5	<p>Students will demonstrate spatial awareness through several movement activities as well as perform different ways to show dynamic and static balance. They will use health-related fitness components to develop their personal fitness. Students will also demonstrate knowledge of poses, levels and basis of support through</p>	<p>Students will learn concepts in the areas of Social/Emotional Learning (calm-down strategies, self-regulation, coping with stress) and Substance Abuse and Prevention (medicine use and misuse, alcohol and the media), and Family Life (physical and social changes in puberty).</p>	<p>Students will learn concepts in the areas of Safety and Violence Prevention (bullying and cyberbullying prevention, ), Healthy Eating (goal setting, understanding food amounts), and Disease Prevention and Controls (understanding chronic disease, lifestyle choices to prevent disease).</p>	<p>Students will create and achieve fitness goals and demonstrate a series of repetitive movements from a traditional cultural dance and mindfulness activities. Students will also explore ways to use voice, gestures and character to improvise a creative performance.</p>

	mindfulness activities.			
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## Pre-K/K Creative Movement/Personal Fitness Scope and Sequence

**Purpose:** The Creative Movement/ Personal Fitness Scope and Sequence document is intended to provide teachers with an outline to teach the class. The course has been set up to account for 18 classes of instruction for two marking periods in Grades Pre K-5. Topics, standards/SEL Competencies addressed and lesson outline have been identified for each day of the unit. In addition, lesson plans..... . Teachers may select additional and/or replacement resources for any lesson, but the goal is that teachers are staying aligned with the sequence of topics. **It is not expected that all teachers will be teaching the same topic every day; however, all teachers should be within a couple lessons of each other from the scope and sequence based on need.**

**Mini Unit Topics:**

1. *Space Awareness*
2. *Balance*
3. *Improvisation*
4. *Cultural Dances*

**Monthly Unit Topics:**

1. *Personal Fitness*
2. *Mindfulness Activities*

### Monthly Units:

#### A. Personal Fitness

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<i>PE Standard 3:</i> Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	<ul style="list-style-type: none"><li>● Fitness</li><li>● Exercises</li><li>● Goals</li><li>● Safety</li></ul>

#### B. Mindfulness/Yoga

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>PE Standard 5:</i> Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.</p> <p><i>SEL Components:</i> Self-awareness, Self-Management</p> <p><i>Dance Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.</p>	<ul style="list-style-type: none"> <li>● Yoga</li> <li>● Mindfulness</li> <li>● Levels</li> <li>● Focus</li> <li>● Control</li> <li>● Balance</li> <li>● Relaxation</li> </ul>

### Mini-Units:

#### A. Space Awareness

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>PE Standard 1:</i> Demonstrate competency in a variety of motor skills and movement patterns.</p> <p><i>Dance Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.</p>	<ul style="list-style-type: none"> <li>● Level</li> <li>● Pathway</li> <li>● Locomotor</li> <li>● Non Locomotor</li> <li>● Straight</li> <li>● Curved</li> <li>● Zig Zag</li> </ul>

	<ul style="list-style-type: none"> <li>● Forward</li> <li>● Backward</li> <li>● Sideways</li> </ul>
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**B. Balance**

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>PE Standard 1:</i> Demonstrate competency in a variety of motor skills and movement patterns.  <i>Dance Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.</p>	<ul style="list-style-type: none"> <li>● Balance</li> <li>● Acrobat</li> <li>● Tightrope</li> </ul>

**C. Improvisation**

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>Theater Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.  <i>Theater Anchor Standard 2:</i> Organize and develop artistic ideas and work.  <i>Theater Anchor Standard 5:</i> Develop and refine artistic work for presentation.</p>	<ul style="list-style-type: none"> <li>● Theater</li> <li>● Character</li> <li>● Acting</li> </ul>

**E. Cultural Dances**

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>PE Standard 1:</i> Demonstrate competency in a variety of motor skills and movement patterns.</p> <p><i>Dance Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.</p> <p><i>Dance Anchor Standard 3:</i> Refine and complete artistic work</p>	<ul style="list-style-type: none"> <li>● Culture</li> <li>● Dance</li> <li>● Celebration</li> <li>● Tradition</li> <li>● Beliefs</li> </ul>

## Sequence of Lessons

### Marking Period 1

Week	Topic	Lesson Outline	Resource: (Ex. Websites, Text, etc.)
1	Introduction	<p><b>Objectives:</b> Introduction</p> <p><b>Activities:</b> Review Classroom Expectations</p>	Google Slideshow of Expectations
2	Personal Fitness 1	<p><b>Objectives:</b> Define Personal Fitness; Demonstrate safe and controlled movements at different exercise stations.</p> <p><b>Activities:</b> Unit Introduction; 20-second stations</p>	<p>Music, Mats, Equipment, Jump Ropes</p> <p>Slideshow:  <a href="https://drive.google.com/file/d/1OAshCjTBc7F5EngGlfBHPKesMfPtBDRa/view?usp=sharing">https://drive.google.com/file/d/1OAshCjTBc7F5EngGlfBHPKesMfPtBDRa/view?usp=sharing</a> </p>



		on basic movements and Fitness Activities	Lesson Plan: <a href="https://drive.google.com/file/d/1r0kGR1vfKbbRsQB7JM1fqJfSY9emQdY4/view?usp=sharing">https://drive.google.com/file/d/1r0kGR1vfKbbRsQB7JM1fqJfSY9emQdY4/view?usp=sharing</a>
3	MIndfulness 1	<p><b>Objectives:</b> Identify basic knowledge of yoga and mindfulness terms and movements.</p> <p><b>Activities:</b> Unit Introduction; Basic Mindfulness and Yoga Activities</p>	<p>Yoga and Mindfulness videos:</p> <p>Slideshows in Folder: <a href="https://docs.google.com/presentation/d/1rvlTvcwAiLRCrWQXmq5Bin-6tKwc0_aqCuUlrBFBx08/edit?usp=sharing">https://docs.google.com/presentation/d/1rvlTvcwAiLRCrWQXmq5Bin-6tKwc0_aqCuUlrBFBx08/edit?usp=sharing</a></p> <p>Lesson Plan: <a href="https://docs.google.com/document/d/17A60Lc_7LL3934Twf0JEV7WEmzWH6eQ4wYXEd2HE2WY/edit?usp=sharing">https://docs.google.com/document/d/17A60Lc_7LL3934Twf0JEV7WEmzWH6eQ4wYXEd2HE2WY/edit?usp=sharing</a></p> <p>Mats</p>
4	<b>Mini Unit: Space Awareness Lesson 1</b>	<p><b>Objectives:</b> Understand difference between locomotor/non-locomotor movements.</p> <p><b>Activities:</b> “Barnyard Dance” story--animal movements; picture sort of locomotor/non-locomotor movements</p>	<p>Lesson Plan: <a href="https://docs.google.com/document/d/1anpX_SMf-8hm8xXsZjjPTgviKSOJ2nleFAmm9pxlwQA/edit?usp=sharing">https://docs.google.com/document/d/1anpX_SMf-8hm8xXsZjjPTgviKSOJ2nleFAmm9pxlwQA/edit?usp=sharing</a></p> <p>“Barnyard Dance” text or read aloud: <a href="https://www.youtube.com/watch?v=Se2KVqGQoUI">https://www.youtube.com/watch?v=Se2KVqGQoUI</a></p> <p>Sorting Activity on SB</p>

5	<b>Mini Unit Lesson 2</b>	<p><b>Objectives:</b> Correctly identify the 3 different levels we use in space through movement tasks.</p> <p><b>Activities:</b> Movement Activities resembling a Day at the beach; moving at different levels to a song.</p>	<p>Lesson Plan:  <a href="https://drive.google.com/file/d/1_gcfry0dKcBYF9X6iCo4MIC5Z4ZD47Hs/view?usp=sharing">https://drive.google.com/file/d/1_gcfry0dKcBYF9X6iCo4MIC5Z4ZD47Hs/view?usp=sharing</a></p> <p>“Surfin’ USA” song</p> <p>Possible Beach Props</p>
6	Personal Fitness 2	<p><b>Objective:</b> Students will use all 3 health-related fitness components while participating in Fitness Monopoly.</p> <p><b>Activities:</b> Fitness Monopoly Game</p>	<p>Poly-Spots</p> <p>Lesson Plan:  <a href="https://docs.google.com/document/d/1I7Md8C5OqemjBHo0oluVhxr9s6RjEVdLt5TLfn4d3Mk/edit?usp=sharing">https://docs.google.com/document/d/1I7Md8C5OqemjBHo0oluVhxr9s6RjEVdLt5TLfn4d3Mk/edit?usp=sharing</a></p> <p>Monopoly Game Board and materials</p> <p>Google Slideshow:  <a href="https://docs.google.com/presentation/d/1X1ATh9Z6cubLx3jJ0iNrOoaZebSvF2T6HmvoZMy-SSY/edit#slide=id.gcd2b872c1b_0_0">https://docs.google.com/presentation/d/1X1ATh9Z6cubLx3jJ0iNrOoaZebSvF2T6HmvoZMy-SSY/edit#slide=id.gcd2b872c1b_0_0</a></p> <p>Jump Ropes, Hula Hoops</p>
7	Mindfulness 2	<p><b>Objective:</b> Be able to show 3 Yoga poses with a flow. Demonstrate knowledge of poses, levels, and basis of support.</p> <p><b>Activities:</b> Demonstration of Yoga Poses, Dice game, Yoga Video</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1pzj-gw8uJSFKSEpD33No5sWeZvGjurEBhHtChFPqRyg/edit?usp=sharing">https://docs.google.com/document/d/1pzj-gw8uJSFKSEpD33No5sWeZvGjurEBhHtChFPqRyg/edit?usp=sharing</a></p> <p>Dice</p> <p>Yoga Video</p>

			<p>Mats</p> <p>Google Slideshow:  <a href="https://docs.google.com/presentation/d/1X1ATh9Z6cubLx3jJ0iNrOoaZebSvF2T6HmvoZMy-SSY/edit?usp=sharing">https://docs.google.com/presentation/d/1X1ATh9Z6cubLx3jJ0iNrOoaZebSvF2T6HmvoZMy-SSY/edit?usp=sharing</a></p>
8	<p>Mini Unit:  <b>Balance</b>  Lesson 1</p>	<p><b>Objective:</b> Demonstrate various balances using their bodies and equipment.</p> <p><b>Activities:</b> Station activities</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1BU4IKu0i7GqeG5DGiEKFM_ZTT_GGMzm4ERAEMsizE/edit?usp=sharing">https://docs.google.com/document/d/1BU4IKu0i7GqeG5DGiEKFM_ZTT_GGMzm4ERAEMsizE/edit?usp=sharing</a></p> <p>Bean bags, various pictures, low balance beam</p>
9	<p>Mini Unit  <b>Lesson 2</b></p>	<p><b>Objective:</b> Demonstrate various balances using their bodies and equipment.</p> <p><b>Activities:</b> Station activities (continuation from last week)</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1oh_PyujMWFvWmyqj-lwhO9XSR9KvLjZotlDxtX-zNSl/edit?usp=sharing">https://docs.google.com/document/d/1oh_PyujMWFvWmyqj-lwhO9XSR9KvLjZotlDxtX-zNSl/edit?usp=sharing</a></p>

### Marking Period 4

Week	Topic	Standards Addressed	Lesson Outline
1	Personal Fitness 3	<p><b>Objectives:</b> Students will demonstrate multiple exercises correctly.</p> <p><b>Activities:</b> Dice Fitness Activity</p>	<p>Lesson Plan:  <a href="https://drive.google.com/file/d/1twGcl-wjkeEn9NyL_3UxChsoXms6omxx/view?usp=sharing">https://drive.google.com/file/d/1twGcl-wjkeEn9NyL_3UxChsoXms6omxx/view?usp=sharing</a></p>

			<p>Slideshow:</p> <p><a href="https://drive.google.com/file/d/1rYUPoCtgg7Naw0HzqnXD4J2BmefiyKcc/view?usp=sharing">https://drive.google.com/file/d/1rYUPoCtgg7Naw0HzqnXD4J2BmefiyKcc/view?usp=sharing</a></p> <p>Dice</p>
2	MIndfulness 3	<p><b>Objectives:</b> Students will become familiar with yoga terms and poses through performing various movements.</p> <p><b>Activities:</b> Yoga pose activity, “Spelling Bee Activity</p>	<p>Lesson Plan:</p> <p><a href="https://docs.google.com/document/d/1NNmWBban-KgpFAEU-Cs7gfjrpKVDgMAG64poErYpqU/edit?usp=sharing">https://docs.google.com/document/d/1NNmWBban-KgpFAEU-Cs7gfjrpKVDgMAG64poErYpqU/edit?usp=sharing</a></p> <p>Slideshow:</p> <p><a href="https://docs.google.com/presentation/d/1BuvPso60U6ZAEKn1ITQBeFBWsp_-RnQR50W6FARu9m4/edit?usp=sharing">https://docs.google.com/presentation/d/1BuvPso60U6ZAEKn1ITQBeFBWsp_-RnQR50W6FARu9m4/edit?usp=sharing</a></p>
3	Mini Unit: <b>Improvisation</b> Lesson 1	<p><b>Objectives:</b> Students will react and respond to unexpected situations, building confidence and creative abilities.</p> <p><b>Activities:</b> “All of the People Who...” Icebreaker; What is Improv?; Improv Practice, “Mirror Mirror” activity.</p>	<p>Lesson Plan:</p> <p><a href="https://docs.google.com/document/d/13uKmpO5gyg1UUz1o ezX-Y98r1YCMPw0TNOBn7GZb7FA/edit?usp=sharing">https://docs.google.com/document/d/13uKmpO5gyg1UUz1o ezX-Y98r1YCMPw0TNOBn7GZb7FA/edit?usp=sharing</a></p> <p>Improv Actions Google Doc in Folder</p>
4	Mini Unit Lesson 2	<p><b>Objectives:</b> Students will react and respond to unexpected situations, building confidence and creative abilities.</p> <p><b>Activities:</b> Farm Animals Improv Game, “Take a Seat” Activity.</p>	<p>Lesson Plan:</p> <p><a href="https://docs.google.com/document/d/1hBdg-olU7Z0ox_iBv6YadASurkR1oDjy7WqGDqLrWXE/edit?usp=sharing">https://docs.google.com/document/d/1hBdg-olU7Z0ox_iBv6YadASurkR1oDjy7WqGDqLrWXE/edit?usp=sharing</a></p> <p>Animal Cards</p> <p>Chairs</p> <p>Self-Assessment</p> <p>Other Resources in Google Drive Folder</p>

5	Mini Unit Lesson 3		
6	Personal Fitness 4	<p><b>Objectives:</b> Students will create and achieve various fitness goals.</p> <p><b>Activities:</b> Goal setting and Health component exercise activity</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/12eBvIR4iUaWqnQD8OboO63ik2JLM5haOlwBNI0w50TI/edit?usp=sharing">https://docs.google.com/document/d/12eBvIR4iUaWqnQD8OboO63ik2JLM5haOlwBNI0w50TI/edit?usp=sharing</a></p> <p>Goal Sheets</p> <p>Exit Tickets</p>
7	MIndfulness 4	<p><b>Objectives:</b> Students will be able demonstrate meditation techniques and practice breathing/poses.</p> <p><b>Activities:</b> Mindfulness Stations/video</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1ScelTZKtAKTiwbxOJYuGfjl76pb5-Zyllq_vR9ozZvk/edit?usp=sharing">https://docs.google.com/document/d/1ScelTZKtAKTiwbxOJYuGfjl76pb5-Zyllq_vR9ozZvk/edit?usp=sharing</a></p>
8	Mini Unit: <b>Multicultural Dances</b> Lesson 1	<p><b>Objectives:</b> Students will demonstrate a series of repetitive movements from traditional Cultural Dance.</p> <p><b>Activities:</b> Define culture, Introduce Denmark, Learn “The Shoemaker Dance”</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1vRqT5L2xQQXnm5DcIY4iPpNQYLLmzFM3citz8oqIWY/edit?usp=sharing">https://docs.google.com/document/d/1vRqT5L2xQQXnm5DcIY4iPpNQYLLmzFM3citz8oqIWY/edit?usp=sharing</a></p> <p>Bucket</p> <p>Slideshow:  <a href="https://docs.google.com/presentation/d/1Fgdjkr-wtSfYppl78WIOhPjC1aIX_85R_dtK_6LCago/edit?usp=sharing">https://docs.google.com/presentation/d/1Fgdjkr-wtSfYppl78WIOhPjC1aIX_85R_dtK_6LCago/edit?usp=sharing</a></p>
9	Mini Unit Lesson 2	<p><b>Objectives:</b> Students will demonstrate a series of repetitive movements from traditional Cultural Dance.</p> <p><b>Activities:</b> “Seven Jumps Dance”</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1ASV8CZYn006FZQ52Ttc1r7cNqjllVzGMcAvaHv4lrBA/edit?usp=sharing">https://docs.google.com/document/d/1ASV8CZYn006FZQ52Ttc1r7cNqjllVzGMcAvaHv4lrBA/edit?usp=sharing</a></p>



## Grade 1 Creative Movement/Personal Fitness Scope and Sequence Grade

**Purpose:** The Creative Movement/ Personal Fitness Scope and Sequence document is intended to provide teachers with an outline to teach the class. The course has been set up to account for 18 classes of instruction for two marking periods in Grades Pre K-5. Topics, standards/SEL Competencies addressed and lesson outline have been identified for each day of the unit. In addition, lesson plans..... Teachers may select additional and/or replacement resources for any lesson, but the goal is that teachers are staying aligned with the sequence of topics. **It is not expected that all teachers will be teaching the same topic every day; however, all teachers should be within a couple lessons of each other from the scope and sequence based on need.**

**Mini Unit Topics:**

1. Space Awareness
2. Balance
3. Improvisation
4. Cultural Dances

**Monthly Unit Topics:**

1. Personal Fitness
2. Mindfulness Activities

### Monthly Units:

#### A. Personal Fitness

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<i>PE Standard 3:</i> Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	<ul style="list-style-type: none"><li>● Fitness</li><li>● Exercises</li><li>● Goals</li><li>● Safety</li></ul>

#### B. Mindfulness/Yoga

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>PE Standard 5:</i> Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.</p> <p><i>SEL Components:</i> Self-awareness, Self-Management</p> <p><i>Dance Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.</p>	<ul style="list-style-type: none"> <li>● Yoga</li> <li>● Mindfulness</li> <li>● Levels</li> <li>● Focus</li> <li>● Control</li> <li>● Balance</li> <li>● Relaxation</li> </ul>

### **Mini-Units:**

#### **A. Spatial Awareness**

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>PE Standard 1:</i> Demonstrate competency in a variety of motor skills and movement patterns.</p> <p><i>Dance Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.</p>	<ul style="list-style-type: none"> <li>● Level</li> <li>● Pathway</li> <li>● Locomotor</li> <li>● Non Locomotor</li> <li>● Straight</li> <li>● Curved</li> <li>● Zig Zag</li> </ul>



	<ul style="list-style-type: none"> <li>● Forward</li> <li>● Backward</li> <li>● Sideways</li> </ul>
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**B. Balance**

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>PE Standard 1:</i> Demonstrate competency in a variety of motor skills and movement patterns.  <i>Dance Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.</p>	<ul style="list-style-type: none"> <li>● Balance</li> <li>● Acrobat</li> <li>● Tightrope</li> </ul>

**C. Improvisation**

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>Theater Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.  <i>Theater Anchor Standard 2:</i> Organize and develop artistic ideas and work.  <i>Theater Anchor Standard 5:</i> Develop and refine artistic work for presentation.</p>	<ul style="list-style-type: none"> <li>● Theater</li> <li>● Character</li> <li>● Acting</li> </ul>

**E. Cultural Dances**

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>PE Standard 1:</i> Demonstrate competency in a variety of motor skills and movement patterns.</p> <p><i>Dance Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.</p> <p><i>Dance Anchor Standard 3:</i> Refine and complete artistic work</p>	<ul style="list-style-type: none"> <li>● Culture</li> <li>● Dance</li> <li>● Celebration</li> <li>● Tradition</li> <li>● Beliefs</li> <li>● Hora</li> </ul>

## Sequence of Lessons

### Marking Period 1

Week	Topic	Lesson Outline	Resource: (Ex. Websites, Text, etc.)
1	Introduction	<p><b>Objectives:</b> Introduction</p> <p><b>Activities:</b> Review Classroom Expectations</p>	Google Slideshow of Expectations
2	Personal Fitness 1	<p><b>Objectives:</b> Define Personal Fitness; Demonstrate safe and controlled movements at different</p>	<p>Lesson Plan:  <a href="https://drive.google.com/file/d/1r0kGR1vfKbbRsQB7JM1fqJfS">https://drive.google.com/file/d/1r0kGR1vfKbbRsQB7JM1fqJfS</a></p>

		<p>exercise stations.</p> <p><b>Activities:</b> Unit Introduction; 30-second stations on basic movements and Fitness Activities; fitness discussion</p>	<p><a href="https://drive.google.com/file/d/1Y9emQdY4/view?usp=sharing">Y9emQdY4/view?usp=sharing</a></p> <p>Music, Mats, Equipment, Jump Ropes</p> <p>PPT:  <a href="https://drive.google.com/file/d/10AshCjTBc7F5EngGIfbHPKesMfPtBDRa/view?usp=sharing">https://drive.google.com/file/d/10AshCjTBc7F5EngGIfbHPKesMfPtBDRa/view?usp=sharing</a></p>
3	MIIndfulness 1	<p><b>Objectives:</b> Identify basic knowledge of yoga and mindfulness terms and movements.</p> <p><b>Activities:</b> Unit Introduction; Basic Mindfulness and Yoga Activities</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/17A60Lc_7LL3934Twf0JEV7WEmzWH6eQ4wYXEd2HE2WY/edit?usp=sharing">https://docs.google.com/document/d/17A60Lc_7LL3934Twf0JEV7WEmzWH6eQ4wYXEd2HE2WY/edit?usp=sharing</a></p> <p>Slideshow:  <a href="https://docs.google.com/presentation/d/1rvITvcwAiLRCrWOXmq5Bin-6tKwc0_aqCuUlrBFBx08/edit?usp=sharing">https://docs.google.com/presentation/d/1rvITvcwAiLRCrWOXmq5Bin-6tKwc0_aqCuUlrBFBx08/edit?usp=sharing</a></p> <p>Mats</p>
4	<b>Mini Unit: Space Awareness Lesson 1</b>	<p><b>Objectives:</b> Understand difference between locomotor/non-locomotor movements.</p> <p><b>Activities:</b> Transportation, traveling activity.</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1anpX_SMf-8hm8xXsZjiPTgviKSOJ2nleFAmm9pxlwQA/edit?usp=sharing">https://docs.google.com/document/d/1anpX_SMf-8hm8xXsZjiPTgviKSOJ2nleFAmm9pxlwQA/edit?usp=sharing</a></p> <p>Sorting Activity on SB</p> <p>Floor Lines</p>
5	<b>Mini Unit Lesson 2</b>	<p><b>Objectives:</b> Correctly identify the 3 different levels we use in space through movement tasks.</p> <p><b>Activities:</b> Movement Activities resembling a Day at the beach; moving at different levels to a song. Create movements using different levels and choice of scenarios.</p>	<p>Lesson Plan:  <a href="https://drive.google.com/file/d/1_gcfry0dKcBYF9X6iCo4MIC5Z4ZD47Hs/view?usp=sharing">https://drive.google.com/file/d/1_gcfry0dKcBYF9X6iCo4MIC5Z4ZD47Hs/view?usp=sharing</a></p> <p>Possible Beach Props</p>

			Props for other scenarios.
6	Personal Fitness 2	<p><b>Objective:</b> Students will use all 3 health-related fitness components while participating in Fitness Monopoly.</p> <p><b>Activities:</b> Fitness Monopoly Game</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/117Md8C5OqemjBHo0oIuVhxr9s6RjEVdLt5TLfn4d3Mk/edit?usp=sharing">https://docs.google.com/document/d/117Md8C5OqemjBHo0oIuVhxr9s6RjEVdLt5TLfn4d3Mk/edit?usp=sharing</a></p> <p>Poly-Spots</p> <p>Monopoly Game Board and materials</p> <p>Google Slideshow:  <a href="https://docs.google.com/presentation/d/1X1ATh9Z6cubLx3jJ0iNrOoaZebSvF2T6HmvoZMy-SSY/edit#slide=id.gcd2b872c1b_0_0">https://docs.google.com/presentation/d/1X1ATh9Z6cubLx3jJ0iNrOoaZebSvF2T6HmvoZMy-SSY/edit#slide=id.gcd2b872c1b_0_0</a></p> <p>Jump Ropes, Hula Hoops</p>
7	MIndfulness 2	<p><b>Objective:</b> Be able to show 3 Yoga poses with a flow. Demonstrate knowledge of poses, levels, and basis of support.</p> <p><b>Activities:</b> Demonstration of Yoga Poses, Dice game, Yoga Video</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1pzj-gw8uJSFKSEpD33No5sWeZvGjurEBhHtChFPqRyg/edit?usp=sharing">https://docs.google.com/document/d/1pzj-gw8uJSFKSEpD33No5sWeZvGjurEBhHtChFPqRyg/edit?usp=sharing</a></p> <p>Dice</p> <p>Mats</p> <p>Slideshow:  <a href="https://docs.google.com/presentation/d/1X1ATh9Z6cubLx3jJ0iNrOoaZebSvF2T6HmvoZMy-SSY/edit?usp=sharing">https://docs.google.com/presentation/d/1X1ATh9Z6cubLx3jJ0iNrOoaZebSvF2T6HmvoZMy-SSY/edit?usp=sharing</a></p>

8	Mini Unit: <b>Balance</b> Lesson 1	<b>Objective:</b> Demonstrate various balances using their bodies and equipment.  <b>Activities:</b> Station activities	Lesson Plan: <a href="https://docs.google.com/document/d/1BU4IKu0i7GqeG5DGiEKFM_ZTT_GGMzm4ERAEMsizE/edit?usp=sharing">https://docs.google.com/document/d/1BU4IKu0i7GqeG5DGiEKFM_ZTT_GGMzm4ERAEMsizE/edit?usp=sharing</a>  Bean bags, various pictures, low balance beam
9	Mini Unit <b>Lesson 2</b>	<b>Objective:</b> Demonstrate various balances using their bodies and equipment.  <b>Activities:</b> Station activities (continuation from last week)	Lesson Plan: <a href="https://docs.google.com/document/d/1oh_PyujMWFvWmyqj-lwhO9XSR9KvLjZOTlDxtX-zNSI/edit?usp=sharing">https://docs.google.com/document/d/1oh_PyujMWFvWmyqj-lwhO9XSR9KvLjZOTlDxtX-zNSI/edit?usp=sharing</a>

## Marking Period 4

Week	Topic	Standards Addressed	Lesson Outline
1	Personal Fitness 3	<b>Objectives:</b> Students will demonstrate multiple exercises correctly.  <b>Activities:</b> Dice Fitness Activity	Lesson Plan: <a href="https://drive.google.com/file/d/1twGcl-wjkeEn9NyL_3UxChsoXms6omxx/view?usp=sharing">https://drive.google.com/file/d/1twGcl-wjkeEn9NyL_3UxChsoXms6omxx/view?usp=sharing</a>  PPT: <a href="https://drive.google.com/file/d/1rYUPoCtgg7Naw0HzgnXD4J2BmfyKcc/view?usp=sharing">https://drive.google.com/file/d/1rYUPoCtgg7Naw0HzgnXD4J2BmfyKcc/view?usp=sharing</a>

2	MIndfulness 3	<p><b>Objectives:</b> Students will become familiar with toga terms and poses through performing various movements.</p> <p><b>Activities:</b> Yoga Pose Activity, “Spelling Bee” Activity</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1NNmWBban-KgpFAEU-Cs7gfjrpKVDqMAG64poErYpqUI/edit?usp=sharing">https://docs.google.com/document/d/1NNmWBban-KgpFAEU-Cs7gfjrpKVDqMAG64poErYpqUI/edit?usp=sharing</a></p>
3	Mini Unit: <b>Improvisation</b> Lesson 1	<p><b>Objectives:</b> Students will react and respond to unexpected situations, building confidence and creative abilities.</p> <p><b>Activities:</b> “All of the People Who...” Icebreaker; What is Improv?; Improv Practice, “Mirror Mirror” activity.</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/13uKmPQ5gyg1UUz1o ezX-Y98r1YCMPw0TNOBn7GZb7FA/edit?usp=sharing">https://docs.google.com/document/d/13uKmPQ5gyg1UUz1o ezX-Y98r1YCMPw0TNOBn7GZb7FA/edit?usp=sharing</a></p> <p>Improv Actions Google Doc in Folder</p>
4	Mini Unit Lesson 2	<p><b>Objectives:</b> Students will react and respond to unexpected situations, building confidence and creative abilities.</p> <p><b>Activities:</b> Farm Animals Improv Game, “Take a Seat” Activity.</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1hBdq-olU7Z0ox_iBv6Y adASurkR1oDjy7WqGDqLrWXE/edit?usp=sharing">https://docs.google.com/document/d/1hBdq-olU7Z0ox_iBv6Y adASurkR1oDjy7WqGDqLrWXE/edit?usp=sharing</a></p> <p>Animal Cards</p> <p>Chairs</p> <p>Self-Assessment</p> <p>Other Resources in Google Drive Folder</p>
5	Mini Unit  Lesson 3		
6	Personal Fitness 4	<p><b>Objectives:</b> Students will create and achieve various fitness goals.</p> <p><b>Activities:</b> Goal setting and Health component exercise activity</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/12eBvI4iUaWqnQD80 boO63ik2JLM5haOlwBNIOW50TI/edit?usp=sharing">https://docs.google.com/document/d/12eBvI4iUaWqnQD80 boO63ik2JLM5haOlwBNIOW50TI/edit?usp=sharing</a></p> <p>Goal Sheets</p>

			Exit Tickets
7	MIndfulness 4	<p><b>Objectives:</b> Demonstrate mindfulness techniques and practice breathing and poses.</p> <p><b>Activities:</b> Mindfulness stations and video</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1SceITZKtAKTiwbxOJYuGfjl76pb5-Zyllg_vR9ozZvk/edit?usp=sharing">https://docs.google.com/document/d/1SceITZKtAKTiwbxOJYuGfjl76pb5-Zyllg_vR9ozZvk/edit?usp=sharing</a></p> <p>PPT:  <a href="https://docs.google.com/presentation/d/1c5kz0sRZlimOQq7Oe0nWtUeUtBQDY_8kw5fpQg3ANY/edit?usp=sharing">https://docs.google.com/presentation/d/1c5kz0sRZlimOQq7Oe0nWtUeUtBQDY_8kw5fpQg3ANY/edit?usp=sharing</a></p>
8	Mini Unit: <b>Multicultural Dances</b> Lesson 1	<p><b>Objectives:</b> Students will demonstrate a series of repetitive movements from traditional Cultural Dance.</p> <p><b>Activities:</b> Define culture, Introduce Israel and learn “Hora”</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/13PTGHF58V0no6JxRNeEwGBtMvFXxleb3ag0ftPd0Kxg/edit?usp=sharing">https://docs.google.com/document/d/13PTGHF58V0no6JxRNeEwGBtMvFXxleb3ag0ftPd0Kxg/edit?usp=sharing</a></p> <p>Slideshow:  <a href="https://docs.google.com/presentation/d/1Njvh5sCFKcsC94jSd7VC7zt_BQrHKzPXo8dr-6cNJ6w/edit?usp=sharing">https://docs.google.com/presentation/d/1Njvh5sCFKcsC94jSd7VC7zt_BQrHKzPXo8dr-6cNJ6w/edit?usp=sharing</a></p> <p>bucket</p>
9	Mini Unit Lesson 2	<p><b>Objectives:</b> Students will demonstrate a series of repetitive movements from traditional Cultural Dance.</p> <p><b>Activities:</b> Review Dance, compare dances</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1-LISdh0AbMJMlrob5JDZ5C4SyUwIL_fo84Zk7qtcPaQ/edit?usp=sharing">https://docs.google.com/document/d/1-LISdh0AbMJMlrob5JDZ5C4SyUwIL_fo84Zk7qtcPaQ/edit?usp=sharing</a></p>





## Grade 2 Creative Movement/Personal Fitness Scope and Sequence Grade

**Purpose:** The Creative Movement/ Personal Fitness Scope and Sequence document is intended to provide teachers with an outline to teach the class. The course has been set up to account for 18 classes of instruction for two marking periods in Grades Pre K-5. Topics, standards/SEL Competencies addressed and lesson outline have been identified for each day of the unit. In addition, lesson plans..... . Teachers may select additional and/or replacement resources for any lesson, but the goal is that teachers are staying aligned with the sequence of topics. **It is not expected that all teachers will be teaching the same topic every day; however, all teachers should be within a couple lessons of each other from the scope and sequence based on need.**

**Mini Unit Topics:**

1. Space Awareness
2. Balance
3. Improvisation
4. Cultural Dances

**Monthly Unit Topics:**

1. Personal Fitness
2. Mindfulness Activities

### Monthly Units:

#### A. Personal Fitness

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<i>PE Standard 3:</i> Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	<ul style="list-style-type: none"><li>● Fitness</li><li>● Exercises</li><li>● Goals</li><li>● Safety</li><li>● Attainable</li></ul>

**B. Mindfulness/Yoga**

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>PE Standard 5:</i> Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.</p> <p><i>SEL Components:</i> Self-awareness, Self-Management</p> <p><i>Dance Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.</p>	<ul style="list-style-type: none"> <li>● Yoga</li> <li>● Mindfulness</li> <li>● Levels</li> <li>● Focus</li> <li>● Control</li> <li>● Balance</li> <li>● Relaxation</li> <li>● Bases of Support</li> </ul>

**Mini-Units:**

**A. Spatial Awareness**

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>PE Standard 1:</i> Demonstrate competency in a variety of motor skills and movement patterns.</p> <p><i>Dance Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.</p>	<ul style="list-style-type: none"> <li>● Level</li> <li>● Pathway</li> <li>● Locomotor</li> <li>● Nonlocomotor</li> </ul>

	<ul style="list-style-type: none"> <li>● Straight</li> <li>● Curved</li> <li>● Zig Zag</li> <li>● Forward</li> <li>● Backward</li> <li>● Sideways</li> </ul>
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**B. Balance**

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>PE Standard 1:</i> Demonstrate competency in a variety of motor skills and movement patterns.  <i>Dance Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.</p>	<ul style="list-style-type: none"> <li>● Balance</li> <li>● Acrobat</li> <li>● Tightrope</li> </ul>

**C. Improvisation**

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>Theater Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.  <i>Theater Anchor Standard 2:</i> Organize and develop artistic ideas and work.  <i>Theater Anchor Standard 5:</i> Develop and refine artistic work for presentation.</p>	<ul style="list-style-type: none"> <li>● Theater</li> <li>● Character</li> <li>● Acting</li> <li>● Mirroring</li> <li>● Improvise</li> </ul>

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**E. Cultural Dances**

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>PE Standard 1:</i> Demonstrate competency in a variety of motor skills and movement patterns.</p> <p><i>Dance Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.</p> <p><i>Dance Anchor Standard 3:</i> Refine and complete artistic work</p>	<ul style="list-style-type: none"> <li>● Culture</li> <li>● Dance</li> <li>● Celebration</li> <li>● Tradition</li> <li>● Beliefs</li> <li>● Values</li> <li>● Tarantella</li> </ul>

**Sequence of Lessons**

**Marking Period 1**

Day	Topic	Lesson Outline	Resource:

			(Ex. Websites, Text, etc.)
1	Introduction	<p><b>Objectives:</b> Introduction</p> <p><b>Activities:</b> Review Classroom Expectations</p>	Google Slideshow of Expectations
2	Personal Fitness 1	<p><b>Objectives:</b> Define Personal Fitness; Demonstrate safe and controlled movements at different exercise stations.</p> <p><b>Activities:</b> Unit Introduction; 30-second stations on basic movements and Fitness Activities; fitness discussion</p>	<p>Lesson Plan:  <a href="https://drive.google.com/file/d/1r0kGR1vfKbbRsQB7JM1fqJfSY9emQdY4/view?usp=sharing">https://drive.google.com/file/d/1r0kGR1vfKbbRsQB7JM1fqJfSY9emQdY4/view?usp=sharing</a></p> <p>Music, Mats, Equipment, Jump Ropes</p> <p>PPT:  <a href="https://drive.google.com/file/d/1OAshCjTbc7F5EngGfbbHPKesMfPtBDRa/view?usp=sharing">https://drive.google.com/file/d/1OAshCjTbc7F5EngGfbbHPKesMfPtBDRa/view?usp=sharing</a></p>
3	MIndfulness 1	<p><b>Objectives:</b> Identify basic knowledge of yoga and mindfulness terms and movements.</p> <p><b>Activities:</b> Unit Introduction; Basic Mindfulness and Yoga Activities</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/17A60Lc_7LL3934Twf0JEV7WEmzWH6eQ4wYXEd2HE2WY/edit?usp=sharing">https://docs.google.com/document/d/17A60Lc_7LL3934Twf0JEV7WEmzWH6eQ4wYXEd2HE2WY/edit?usp=sharing</a></p> <p>Slideshow:  <a href="https://docs.google.com/presentation/d/1rvITvcwAiLRCrWQXmq5Bin-6tKwc0_aqCuUlRBFbX08/edit?usp=sharing">https://docs.google.com/presentation/d/1rvITvcwAiLRCrWQXmq5Bin-6tKwc0_aqCuUlRBFbX08/edit?usp=sharing</a></p> <p>Mats</p>
4	<b>Mini Unit: Space Awareness Lesson 1</b>	<p><b>Objectives:</b> Understand difference between locomotor/non-locomotor movements.</p> <p><b>Activities:</b> Pathways, Tunnel Tag, Cross-Fire Activities</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/143NWYa-8moyskxBWpkqIZuxP0dpAdwSu0JbV4H_1hEM/edit?usp=sharing">https://docs.google.com/document/d/143NWYa-8moyskxBWpkqIZuxP0dpAdwSu0JbV4H_1hEM/edit?usp=sharing</a></p> <p>Sorting Activity on SB</p> <p>Floor Lines</p>

5	<b>Mini Unit Lesson 2</b>	<p><b>Objectives:</b> Correctly identify the 3 different levels we use in space through movement tasks.</p> <p><b>Activities:</b> Movement Activities: Create movements using different levels and choice of scenarios.</p>	<p>Lesson Plan:  <a href="https://drive.google.com/file/d/1_gcfry0dKcBYF9X6iCo4MIC5Z4ZD47Hs/view?usp=sharing">https://drive.google.com/file/d/1_gcfry0dKcBYF9X6iCo4MIC5Z4ZD47Hs/view?usp=sharing</a></p> <p>Possible Beach Props</p> <p>Props for other scenarios.</p>
6	Personal Fitness 2	<p><b>Objective:</b> Students will use all 3 health-related fitness components while participating in Fitness Monopoly.</p> <p><b>Activities:</b> Fitness Monopoly Game</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/117Md8C5OqemjBHo0oluVhxr9s6RjEVdLt5TLfn4d3Mk/edit?usp=sharing">https://docs.google.com/document/d/117Md8C5OqemjBHo0oluVhxr9s6RjEVdLt5TLfn4d3Mk/edit?usp=sharing</a></p> <p>Poly-Spots</p> <p>Monopoly Game Board and materials</p> <p>Google Slideshow:  <a href="https://docs.google.com/presentation/d/1X1ATh9Z6cubLx3jJ0iNrOoaZebSvF2T6HmvoZMy-SSY/edit#slide=id.gcd2b872c1b_0_0">https://docs.google.com/presentation/d/1X1ATh9Z6cubLx3jJ0iNrOoaZebSvF2T6HmvoZMy-SSY/edit#slide=id.gcd2b872c1b_0_0</a></p> <p>Jump Ropes, Hula Hoops</p>
7	Mindfulness 2	<p><b>Objective:</b> Be able to show 3 Yoga poses with a flow. Demonstrate knowledge of poses, levels, and basis of support.</p> <p><b>Activities:</b> Demonstration of Yoga Poses, Dice game, Yoga Video</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1pzj-gw8uJSFKSEpD33No5sWeZvGjurEBhHtChFPqRyg/edit?usp=sharing">https://docs.google.com/document/d/1pzj-gw8uJSFKSEpD33No5sWeZvGjurEBhHtChFPqRyg/edit?usp=sharing</a></p> <p>Dice</p> <p>Mats</p>

			<p>Slideshow:</p> <p><a href="https://docs.google.com/presentation/d/1X1ATh9Z6cubLx3jJ0iNrOoaZebSvF2T6HmvoZMy-SSY/edit?usp=sharing">https://docs.google.com/presentation/d/1X1ATh9Z6cubLx3jJ0iNrOoaZebSvF2T6HmvoZMy-SSY/edit?usp=sharing</a></p>
8	Mini Unit: <b>Balance</b> Lesson 1		<p>Lesson Plan:</p> <p><a href="https://docs.google.com/document/d/1BU4IKu0i7GqeleG5DGiEKFM_ZTT_GGMzm4ERAEMsizE/edit?usp=sharing">https://docs.google.com/document/d/1BU4IKu0i7GqeleG5DGiEKFM_ZTT_GGMzm4ERAEMsizE/edit?usp=sharing</a></p> <p>Bean bags, various pictures, low balance beam</p>
9	Mini Unit <b>Lesson 2</b>		<p>Lesson Plan:</p> <p><a href="https://docs.google.com/document/d/1oh_PyujMWFvWmyqj-lwhO9XSR9KvLjZOTlDxtX-zNSI/edit?usp=sharing">https://docs.google.com/document/d/1oh_PyujMWFvWmyqj-lwhO9XSR9KvLjZOTlDxtX-zNSI/edit?usp=sharing</a></p>

## Marking Period 4

Week	Topic	Standards Addressed	Lesson Outline
1	Personal Fitness 3	<b>Objectives:</b> Students will demonstrate multiple exercises correctly.	<p>Lesson Plan:</p> <p><a href="https://drive.google.com/file/d/1twGcl-wjkeEn9NyL_3UxChsoXms6omxx/view?usp=sharing">https://drive.google.com/file/d/1twGcl-wjkeEn9NyL_3UxChsoXms6omxx/view?usp=sharing</a></p>

		<b>Activities:</b> Dice Fitness Activity in Groups of 3	PPT: <a href="https://drive.google.com/file/d/1rYUPoCtgg7Naw0HzgnXD4J2BmefiyKcc/view?usp=sharing">https://drive.google.com/file/d/1rYUPoCtgg7Naw0HzgnXD4J2BmefiyKcc/view?usp=sharing</a>
2	MIndfulness 3	<b>Objectives:</b>	Lesson Plan: <a href="https://docs.google.com/document/d/1NNmWBban-KgpFAEU-Cs7gfjrpKVDqMAG64poErYpqUI/edit?usp=sharing">https://docs.google.com/document/d/1NNmWBban-KgpFAEU-Cs7gfjrpKVDqMAG64poErYpqUI/edit?usp=sharing</a>
3	Mini Unit: <b>Improvisation</b> Lesson 1	<b>Objectives:</b> Students will react and respond to unexpected situations, building confidence and creative abilities.  <b>Activities:</b> “All of the People Who...” Icebreaker; What is Improv?; Improv Practice, “Mirror Mirror” activity.	Lesson Plan: <a href="https://docs.google.com/document/d/13uKmpO5gyg1UUz1o ezX-Y98r1YCMPw0TNOBn7GZb7FA/edit?usp=sharing">https://docs.google.com/document/d/13uKmpO5gyg1UUz1o ezX-Y98r1YCMPw0TNOBn7GZb7FA/edit?usp=sharing</a>  Improv Actions Google Doc in Folder
4	Mini Unit Lesson 2	<b>Objectives:</b> Students will react and respond to unexpected situations, building confidence and creative abilities.  <b>Activities:</b> Farm Animals Improv Game, “Take a Seat” Activity.	Lesson Plan: <a href="https://docs.google.com/document/d/1hBdg-olU7Z0ox_iBv6YadASurkR1oDjy7WqGDqLrWXE/edit?usp=sharing">https://docs.google.com/document/d/1hBdg-olU7Z0ox_iBv6YadASurkR1oDjy7WqGDqLrWXE/edit?usp=sharing</a>  Animal Cards  Chairs  Self-Assessment  Other Resources in Google Drive Folder
5	Mini Unit  Lesson 3		
6	Personal Fitness 4	<b>Objectives:</b> Students will create and achieve various fitness goals.	Lesson Plan: <a href="https://docs.google.com/document/d/12eBvIR4iUaWqnQD80">https://docs.google.com/document/d/12eBvIR4iUaWqnQD80</a>



		<p><b>Activities:</b> Goal setting and Health component exercise activity</p>	<p><a href="https://docs.google.com/document/d/boO63ik2JLM5ha0lwBNI0w50TI/edit?usp=sharing">boO63ik2JLM5ha0lwBNI0w50TI/edit?usp=sharing</a></p> <p>Goal Sheets</p> <p>Exit Tickets</p>
7	MIndfulness 4		<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1SceITZKtAKTiwbxOJYuGfjl76pb5-Zyllg_vR9ozZvk/edit?usp=sharing">https://docs.google.com/document/d/1SceITZKtAKTiwbxOJYuGfjl76pb5-Zyllg_vR9ozZvk/edit?usp=sharing</a></p> <p>PPT:  <a href="https://docs.google.com/presentation/d/1c5kz0sRZlimOQq7Oe0nWtUeUtBQDYY_8kw5fpQg3ANY/edit?usp=sharing">https://docs.google.com/presentation/d/1c5kz0sRZlimOQq7Oe0nWtUeUtBQDYY_8kw5fpQg3ANY/edit?usp=sharing</a></p>
8	Mini Unit: <b>Multicultural Dances</b> Lesson 1	<p><b>Objectives:</b> Students will demonstrate a series of repetitive movements from traditional Cultural Dance.</p> <p><b>Activities:</b> Define culture, Introduce Italy and learn “Tarantella”</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/13PTGHF58V0no6JxRNeEwGBtMvFXxleb3ag0ftPd0Kxg/edit?usp=sharing">https://docs.google.com/document/d/13PTGHF58V0no6JxRNeEwGBtMvFXxleb3ag0ftPd0Kxg/edit?usp=sharing</a></p> <p>Slideshow:  <a href="https://docs.google.com/presentation/d/1aZKwottagCuucifJPDeOzUl8jBe4b0m2cdvaPu97n_c/edit?usp=sharing">https://docs.google.com/presentation/d/1aZKwottagCuucifJPDeOzUl8jBe4b0m2cdvaPu97n_c/edit?usp=sharing</a></p>
9	Mini Unit Lesson 2	<p><b>Objectives:</b> Students will demonstrate a series of repetitive movements from traditional Cultural Dance.</p> <p><b>Activities:</b> Review Dance, compare dances,</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1-LISdh0AbMJMIrob5JDZ5C4SyUwIL_fo84Zk7qtcPaQ/edit?usp=sharing">https://docs.google.com/document/d/1-LISdh0AbMJMIrob5JDZ5C4SyUwIL_fo84Zk7qtcPaQ/edit?usp=sharing</a></p>



## Grade 3 Creative Movement/Personal Fitness Scope and Sequence Grade

**Purpose:** The Creative Movement/ Personal Fitness Scope and Sequence document is intended to provide teachers with an outline to teach the class. The course has been set up to account for 18 classes of instruction for two marking periods in Grades Pre K-5. Topics, standards/SEL Competencies addressed and lesson outline have been identified for each day of the unit. In addition, lesson plans..... Teachers may select additional and/or replacement resources for any lesson, but the goal is that teachers are staying aligned with the sequence of topics. **It is not expected that all teachers will be teaching the same topic every day; however, all teachers should be within a couple lessons of each other from the scope and sequence based on need.**

**Mini Unit Topics:**

1. Spatial Awareness
2. Balance
3. Improvisation
4. Cultural Dances

**Monthly Unit Topics:**

1. Personal Fitness
2. Mindfulness Activities

### Monthly Units:

#### A. Personal Fitness

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<i>PE Standard 3:</i> Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	<ul style="list-style-type: none"> <li>● Fitness</li> <li>● Exercises</li> <li>● Goals</li> <li>● Safety</li> </ul>

#### B. Mindfulness/Yoga

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>PE Standard 5:</i> Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.</p> <p><i>SEL Components:</i> Self-awareness, Self-Management</p> <p><i>Dance Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.</p>	<ul style="list-style-type: none"> <li>● Yoga</li> <li>● Mindfulness</li> <li>● Levels</li> <li>● Focus</li> <li>● Control</li> <li>● Balance</li> <li>● Relaxation</li> </ul>

**Mini-Units:**

**A. Spatial Awareness**

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>PE Standard 1:</i> Demonstrate competency in a variety of motor skills and movement patterns.</p> <p><i>Dance Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.</p>	<ul style="list-style-type: none"> <li>● Level</li> <li>● Pathway</li> <li>● Locomotor</li> <li>● Nonlocomotor</li> <li>● Straight</li> <li>● Curved</li> </ul>

	<ul style="list-style-type: none"> <li>● Zig Zag</li> <li>● Forward</li> <li>● Backward</li> <li>● Sideways</li> </ul>
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**B. Balance**

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>PE Standard 1:</i> Demonstrate competency in a variety of motor skills and movement patterns.  <i>Dance Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.</p>	<ul style="list-style-type: none"> <li>● Static Balance</li> <li>● Dynamic Balance</li> </ul>

**C. Improvisation**

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>Theater Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.  <i>Theater Anchor Standard 2:</i> Organize and develop artistic ideas and work.  <i>Theater Anchor Standard 5:</i> Develop and refine artistic work for presentation.</p>	<ul style="list-style-type: none"> <li>● Theater</li> <li>● Character</li> <li>● Acting</li> <li>● Voice</li> <li>● Gestures</li> </ul>

**E. Cultural Dances**

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>PE Standard 1:</i> Demonstrate competency in a variety of motor skills and movement patterns.</p> <p><i>Dance Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.</p> <p><i>Dance Anchor Standard 3:</i> Refine and complete artistic work</p>	<ul style="list-style-type: none"> <li>● Culture</li> <li>● Dance</li> <li>● Celebration</li> <li>● Tradition</li> <li>● Beliefs</li> <li>● D'Hammerschmiedsgselln</li> </ul>

**Sequence of Lessons**

**Marking Period 1**

Day	Topic	Lesson Outline	Resource:  (Ex. Websites, Text, etc.)
1	Introduction	<p><b>Objectives:</b> Introduction</p> <p><b>Activities:</b> Review Classroom Expectations</p>	Google Slideshow of Expectations

2	Personal Fitness 1	<p><b>Objectives:</b> Define Personal Fitness; Demonstrate safe and controlled movements at different exercise stations.</p> <p><b>Activities:</b> Unit Introduction; 30-second stations on basic movements and Fitness Activities; fitness discussion</p>	<p>Lesson Plan:  <a href="https://drive.google.com/file/d/17_F1UutAy90BzXyXgopil77wTKulSjw1/view?usp=sharing">https://drive.google.com/file/d/17_F1UutAy90BzXyXgopil77wTKulSjw1/view?usp=sharing</a></p> <p>Music, Mats, Equipment, Jump Ropes</p> <p>PPT in Folder</p>
3	Mindfulness 1	<p><b>Objectives:</b> Identify basic knowledge of yoga and mindfulness terms and movements.</p> <p><b>Activities:</b> Review of activities learned from previous year.</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1iFT3EtIBJZmp_A5MskKTlmt3BG7AnNEXFk8Sf1hp3A/edit?usp=sharing">https://docs.google.com/document/d/1iFT3EtIBJZmp_A5MskKTlmt3BG7AnNEXFk8Sf1hp3A/edit?usp=sharing</a></p> <p>Slideshows in Folder:  <a href="https://docs.google.com/presentation/d/1rvITvcwAiLRCrWOXmq5Bin-6tKwc0_aqCuUlRBFbX08/edit?usp=sharing">https://docs.google.com/presentation/d/1rvITvcwAiLRCrWOXmq5Bin-6tKwc0_aqCuUlRBFbX08/edit?usp=sharing</a></p> <p>Mats</p>
4	<b>Mini Unit: Space Awareness Lesson 1</b>	<p><b>Objectives:</b> Create a map displaying locomotor movements, pathways, and levels followed by performance.</p> <p><b>Activities:</b> Create Locomotor map with 4 locomotor movements and 2 pathways</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1K1qAuZ0y_utdd_s7qvDmUK0bbIjfpYFKzdE3D7Us7qE/edit?usp=sharing">https://docs.google.com/document/d/1K1qAuZ0y_utdd_s7qvDmUK0bbIjfpYFKzdE3D7Us7qE/edit?usp=sharing</a></p> <p>Paper for Maps</p> <p>Floor Lines</p> <p>Alternative 2-Day Plan:  <a href="https://drive.google.com/file/d/1ms7RE-gZIE2kLo2A5Nb6c8yOE9o7ftWe/view?usp=sharing">https://drive.google.com/file/d/1ms7RE-gZIE2kLo2A5Nb6c8yOE9o7ftWe/view?usp=sharing</a></p>

5	<b>Mini Unit Lesson 2</b>	<p><b>Objectives:</b> Perform a map of various locomotor pathways.</p> <p><b>Activities:</b> Perform various locomotor movement maps.</p>	<p>Maps</p> <p>Lesson Plan:  <a href="https://docs.google.com/document/d/1NXDWWwWjzbeleFC9BDfScGjETAI2oRO49a72ogLBlg/edit?usp=sharing">https://docs.google.com/document/d/1NXDWWwWjzbeleFC9BDfScGjETAI2oRO49a72ogLBlg/edit?usp=sharing</a></p>
6	Personal Fitness 2	<p><b>Objective:</b> Students will use all 3 health-related fitness components while participating in Fitness Monopoly.</p> <p><b>Activities:</b> Fitness Monopoly Game</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1l7Md8C5OqemjBHo0oluVhxr9s6RjEVdLt5TLfn4d3Mk/edit?usp=sharing">https://docs.google.com/document/d/1l7Md8C5OqemjBHo0oluVhxr9s6RjEVdLt5TLfn4d3Mk/edit?usp=sharing</a></p> <p>Poly-Spots, Jump Ropes, Hula Hoops</p> <p>Monopoly Game Board and materials</p> <p>Google Slideshow:  <a href="https://docs.google.com/presentation/d/1X1ATh9Z6cubLx3j0iNrOoaZebSvF2T6HmvoZMy-SSY/edit#slide=id.gcd2b872c1b_0_0">https://docs.google.com/presentation/d/1X1ATh9Z6cubLx3j0iNrOoaZebSvF2T6HmvoZMy-SSY/edit#slide=id.gcd2b872c1b_0_0</a></p>
7	Mindfulness 2	<p><b>Objective:</b> Be able to show 3 Yoga poses with a flow. Demonstrate knowledge of poses, levels, and basis of support.</p> <p><b>Activities:</b> Demonstration of Yoga Poses, levels, and bases of support.</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1KPPzpRiJME9oqE2SXIRZV2TKdNoHMHC1bSv9Ncov3JM/edit?usp=sharing">https://docs.google.com/document/d/1KPPzpRiJME9oqE2SXIRZV2TKdNoHMHC1bSv9Ncov3JM/edit?usp=sharing</a></p> <p>Mats, Dice</p> <p>Google Slideshow:  <a href="https://docs.google.com/presentation/d/1QQ_YXQEdDjOs90e">https://docs.google.com/presentation/d/1QQ_YXQEdDjOs90e</a></p>



			<a href="https://docs.google.com/document/d/1YoTv3_RE87Mp_k_E8L_Z_ZtyEfKQzCNSwMz1S8eNFsHw/edit?usp=sharing">ZHUeelYx91xpNR4s9TTp9RMRAu_c/edit?usp=sharing</a>
8	Mini Unit: <b>Balance</b> Lesson 1	<b>Objective:</b> Students will be able to identify and demonstrate both Static and Dynamic Balance through various movement activities.  <b>Activities:</b> Various Balance Activities	Lesson Plan: <a href="https://docs.google.com/document/d/1YoTv3_RE87Mp_k_E8L_Z_ZtyEfKQzCNSwMz1S8eNFsHw/edit?usp=sharing">https://docs.google.com/document/d/1YoTv3_RE87Mp_k_E8L_Z_ZtyEfKQzCNSwMz1S8eNFsHw/edit?usp=sharing</a>  Visuals, Music, Mats
9	Mini Unit <b>Lesson 2</b>	<b>Objective:</b> Students will be able to identify and demonstrate both Static and Dynamic Balance through various movement activities.  <b>Activities:</b> Create a balance movement sequence	Lesson Plan: <a href="https://docs.google.com/document/d/1nsnHkt5s4sO0Por5PaGY0TJdb0kueLwLLAA99rX0Sj4/edit?usp=sharing">https://docs.google.com/document/d/1nsnHkt5s4sO0Por5PaGY0TJdb0kueLwLLAA99rX0Sj4/edit?usp=sharing</a>  Rubric, Music, Visuals

## Marking Period 4

Week	Topic	Standards Addressed	Lesson Outline
1	Personal Fitness 3	<b>Objectives:</b> Students will demonstrate safe and controlled movements and reflect on the benefits of these activities.  <b>Activities:</b> Various Station Activities	Lesson Plan: <a href="https://drive.google.com/file/d/1d6QNSx6ihwOPgYkdJBvJURH2PVCYft-t/view?usp=sharing">https://drive.google.com/file/d/1d6QNSx6ihwOPgYkdJBvJURH2PVCYft-t/view?usp=sharing</a>  Slideshow:

			<a href="https://drive.google.com/file/d/1i2EtOczqPSoXXjAKI1OGwd-ZX3bdHxH3/view?usp=sharing">https://drive.google.com/file/d/1i2EtOczqPSoXXjAKI1OGwd-ZX3bdHxH3/view?usp=sharing</a>
2	MIndfulness 3	<p><b>Objectives:</b> Identify basic knowledge and yoga movements; Finish creating their yoga flow.</p> <p><b>Activities:</b> “Spelling Bee” activity; Yoga Flow activity</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1HscmM_2jQI2T_YCThI-w4FB_KXTmXd37vIVvcH5fnI4/edit?usp=sharing">https://docs.google.com/document/d/1HscmM_2jQI2T_YCThI-w4FB_KXTmXd37vIVvcH5fnI4/edit?usp=sharing</a></p> <p>Slideshow:  <a href="https://docs.google.com/presentation/d/1bfo3v5r_laSGBcrOUN8QJ-ckHtYWnXpiWEjCq0hpl-o/edit?usp=sharing">https://docs.google.com/presentation/d/1bfo3v5r_laSGBcrOUN8QJ-ckHtYWnXpiWEjCq0hpl-o/edit?usp=sharing</a></p>
3	Mini Unit: <b>Improvisation</b> Lesson 1	<p><b>Objectives:</b> Students will explore ways to use voice, gestures, and character in order to improvise creative performance.</p> <p><b>Activities:</b> “Hitchhiker Activity”</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1mloYhtsAaAwNUfd90PAxNEU_SgCsq-QNxflnf5klI4/edit?usp=sharing">https://docs.google.com/document/d/1mloYhtsAaAwNUfd90PAxNEU_SgCsq-QNxflnf5klI4/edit?usp=sharing</a></p> <p>Chairs</p>
4	Mini Unit <b>Improvisation</b> Lesson 2	<p><b>Objectives:</b> Students will explore ways to use voice, gestures, and character in order to improvise creative performance.</p> <p><b>Activities:</b> Lip Sync activity; “Yes, Let’s” Activity</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1O3RkmjW4oFFvbAM0B_qoOGI9Xq9Jf9BoArE71G2E804/edit?usp=sharing">https://docs.google.com/document/d/1O3RkmjW4oFFvbAM0B_qoOGI9Xq9Jf9BoArE71G2E804/edit?usp=sharing</a></p> <p>Music</p> <p>Props</p>
5	Personal Fitness 4	<p><b>Objectives:</b> Students will write an attainable goal for a personal fitness activity</p> <p><b>Activities:</b> Predication fitness activity</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1G037sOeeybtSJWUY P5G_Sv_dJ71Spyft_gnuzrigKjU/edit?usp=sharing">https://docs.google.com/document/d/1G037sOeeybtSJWUY P5G_Sv_dJ71Spyft_gnuzrigKjU/edit?usp=sharing</a></p> <p>Goal Sheets</p>

			Exit Tickets
6	MIndfulness 4	<p><b>Objectives:</b> Be able to demonstrate meditation techniques and practice breathing/poses.</p> <p><b>Activities:</b> Mindfulness Station Activities</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/15YJRqIAObiSUVA_Av4JhuyrChgDfChgYcUP7nlV98ps/edit?usp=sharing">https://docs.google.com/document/d/15YJRqIAObiSUVA_Av4JhuyrChgDfChgYcUP7nlV98ps/edit?usp=sharing</a></p> <p>Slideshow:  <a href="https://docs.google.com/presentation/d/1kUdlbtyjh2QJDzDkQSRwBEZj1DP8HfuyFuyuHOkQnAg/edit?usp=sharing">https://docs.google.com/presentation/d/1kUdlbtyjh2QJDzDkQSRwBEZj1DP8HfuyFuyuHOkQnAg/edit?usp=sharing</a></p> <p>Yoga mats, poly sports, yoga cards</p>
7	Mini Unit: <b>Multicultural Dances</b> Lesson 1	<p><b>Objectives:</b> Students will demonstrate a series of repetitive movements from traditional Cultural Dance.</p> <p><b>Activities:</b> Define culture, Introduce Germany and learn <b>D'hamerschmeidsgesseln</b></p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1jXttg9OeQB047qS2hJXmFSzlhGGBJTj7VsVqriPo00/edit?usp=sharing">https://docs.google.com/document/d/1jXttg9OeQB047qS2hJXmFSzlhGGBJTj7VsVqriPo00/edit?usp=sharing</a></p> <p>Video of dance; Slideshow presentation:  <a href="https://docs.google.com/presentation/d/1DYyLddJo2hJJxmZbNRknb6NxmZ9E-Ui2lXuErYsjRIA/edit?usp=sharing">https://docs.google.com/presentation/d/1DYyLddJo2hJJxmZbNRknb6NxmZ9E-Ui2lXuErYsjRIA/edit?usp=sharing</a></p>
8	Mini Unit Lesson 2	<p><b>Objectives:</b> Students will demonstrate a series of repetitive movements from traditional Cultural Dance.</p> <p><b>Activities:</b> Continuation of last week</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1Wx1Uo-sCVutR2ss_tfcyxpncK9NvsZ9X7pCn4ix65rM/edit?usp=sharing">https://docs.google.com/document/d/1Wx1Uo-sCVutR2ss_tfcyxpncK9NvsZ9X7pCn4ix65rM/edit?usp=sharing</a></p> <p>Video of dance; slideshow presentation</p>
9	Catch up	<b>Catch up</b>	Catch up

## Grade 4 Creative Movement/Personal Fitness Scope and Sequence Grade

**Purpose:** The Creative Movement/ Personal Fitness Scope and Sequence document is intended to provide teachers with an outline to teach the class. The course has been set up to account for 18 classes of instruction for two marking periods in Grades Pre K-5. Topics, standards/SEL Competencies addressed and lesson outline have been identified for each day of the unit. In addition, lesson plans..... Teachers may select additional and/or replacement resources for any lesson, but the goal is that teachers are staying aligned with the sequence of topics. **It is not expected that all teachers will be teaching the same topic every day; however, all teachers should be within a couple lessons of each other from the scope and sequence based on need.**

- Mini Unit Topics:**
1. Spatial Awareness
  2. Balance
  3. Improvisation
  4. Cultural Dances

- Monthly Unit Topics:**
1. Personal Fitness
  2. Mindfulness Activities

### **Monthly Units:**

#### **A. Personal Fitness**

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<i>PE Standard 3:</i> Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	<ul style="list-style-type: none"> <li>● Fitness</li> <li>● Exercises</li> <li>● Goals</li> <li>● Safety</li> </ul>

**B. Mindfulness/Yoga**

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>PE Standard 5:</i> Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.</p> <p><i>SEL Components:</i> Self-awareness, Self-Management</p> <p><i>Dance Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.</p>	<ul style="list-style-type: none"><li>● Yoga</li><li>● Mindfulness</li><li>● Levels</li><li>● Focus</li><li>● Control</li><li>● Balance</li><li>● Relaxation</li></ul>

**Mini-Units:**

**A. Spatial Awareness**

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>PE Standard 1:</i> Demonstrate competency in a variety of motor skills and movement patterns.</p> <p><i>Dance Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.</p>	<ul style="list-style-type: none"><li>● Level</li><li>● Pathway</li><li>● Locomotor</li><li>● Non Locomotor</li><li>● Straight</li><li>● Curved</li><li>● Zig Zag</li><li>● Forward</li><li>● Backward</li><li>● Sideways</li></ul>

## B. Balance

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>PE Standard 1:</i> Demonstrate competency in a variety of motor skills and movement patterns.</p> <p><i>Dance Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.</p>	<ul style="list-style-type: none"><li>● Static Balance</li><li>● Dynamic Balance</li></ul>

## C. Improvisation

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>Theater Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.</p> <p><i>Theater Anchor Standard 2:</i> Organize and develop artistic ideas and work.</p> <p><i>Theater Anchor Standard 5:</i> Develop and refine artistic work for presentation.</p>	<ul style="list-style-type: none"><li>● Theater</li><li>● Character</li><li>● Acting</li><li>● Voice</li><li>● Gestures</li></ul>

## E. Cultural Dances

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>PE Standard 1:</i> Demonstrate competency in a variety of motor skills and movement patterns.</p> <p><i>Dance Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.</p> <p><i>Dance Anchor Standard 3:</i> Refine and complete artistic work</p>	<ul style="list-style-type: none"><li>● Culture</li><li>● Dance</li><li>● Celebration</li><li>● Tradition</li><li>● Beliefs</li><li>● Virginia Reel</li></ul>

# Sequence of Lessons

## Marking Period 1

Day	Topic	Lesson Outline	Resource:  (Ex. Websites, Text, etc.)
1	Introduction	<b>Objectives:</b> Introduction  <b>Activities:</b> Review Classroom Expectations	Google Slideshow of Expectations
2	Personal Fitness 1	<b>Objectives:</b> Define Personal Fitness; Demonstrate safe and controlled movements at different exercise stations.  <b>Activities:</b> Unit Introduction; 45-second stations on basic movements and Fitness Activities; fitness discussion	Lesson Plan: <a href="https://drive.google.com/file/d/17_F1UutAy90BzXyXgopil77wTKulSjw1/view?usp=sharing">https://drive.google.com/file/d/17_F1UutAy90BzXyXgopil77wTKulSjw1/view?usp=sharing</a>  Music, Mats, Equipment, Jump Ropes  PPT in Folder
3	MIndfulness 1	<b>Objectives:</b> Identify basic knowledge of yoga and mindfulness terms and movements.  <b>Activities:</b> Yoga Dice Station Activity	Lesson Plan: <a href="https://docs.google.com/document/d/1iFT3EtIBJZmp_A5MskKTlmqt3BG7AnNEXFk8Sf1hp3A/edit?usp=sharing">https://docs.google.com/document/d/1iFT3EtIBJZmp_A5MskKTlmqt3BG7AnNEXFk8Sf1hp3A/edit?usp=sharing</a>  Slideshows in Folder: <a href="https://docs.google.com/presentation/d/1rvITvcwAiLRCrWQXmq5Bin-6tKwc0_aqCuUlRBFBx08/edit?usp=sharing">https://docs.google.com/presentation/d/1rvITvcwAiLRCrWQXmq5Bin-6tKwc0_aqCuUlRBFBx08/edit?usp=sharing</a>



			Mats
4	<b>Mini Unit: Space Awareness Lesson 1</b>	<p><b>Objectives:</b> Create a map displaying locomotor movements, pathways, and levels followed by performance.</p> <p><b>Activities:</b> Create Locomotor map with 4 locomotor movements and 2 pathways</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1K1qAuZ0y_utdd_s7qvDmUK0bbljfpYFKzdE3D7Us7qE/edit?usp=sharing">https://docs.google.com/document/d/1K1qAuZ0y_utdd_s7qvDmUK0bbljfpYFKzdE3D7Us7qE/edit?usp=sharing</a></p> <p>Paper for Maps</p> <p>Floor Lines</p> <p>Alternative 2-Day Plan:  <a href="https://drive.google.com/file/d/1ms7RE-gZIE2kLo2A5Nb6c8yOE9o7ftWe/view?usp=sharing">https://drive.google.com/file/d/1ms7RE-gZIE2kLo2A5Nb6c8yOE9o7ftWe/view?usp=sharing</a></p>
5	<b>Mini Unit Lesson 2</b>	<p><b>Objectives:</b> Perform a map of various locomotor pathways.</p> <p><b>Activities:</b> Perform various locomotor movement maps.</p>	<p>Maps</p> <p>Lesson Plan:  <a href="https://docs.google.com/document/d/1NXDWWwWjzbeleFC9BDfScGjETAl2oRQ49a72ogLBlg/edit?usp=sharing">https://docs.google.com/document/d/1NXDWWwWjzbeleFC9BDfScGjETAl2oRQ49a72ogLBlg/edit?usp=sharing</a></p>
6	Personal Fitness 2	<p><b>Objective:</b> Students will use all 3 health-related fitness components while participating in Fitness Monopoly.</p> <p><b>Activities:</b> Fitness Monopoly Game</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1I7Md8C5OqemjBHo0luVhxr9s6RjEVdLt5TLfn4d3Mk/edit?usp=sharing">https://docs.google.com/document/d/1I7Md8C5OqemjBHo0luVhxr9s6RjEVdLt5TLfn4d3Mk/edit?usp=sharing</a></p> <p>Poly-Spots, Jump Ropes, Hula Hoops</p> <p>Monopoly Game Board and materials</p>

			<p>Google Slideshow:  <a href="https://docs.google.com/presentation/d/1X1ATh9Z6cubLx3jJ0iNrOoaZebSvF2T6HmvoZMy-SSY/edit#slide=id.gcd2b872c1b_0_0">https://docs.google.com/presentation/d/1X1ATh9Z6cubLx3jJ0iNrOoaZebSvF2T6HmvoZMy-SSY/edit#slide=id.gcd2b872c1b_0_0</a></p>
7	MIIndfulness 2	<p><b>Objective:</b> Be able to show 3 Yoga poses with a flow. Demonstrate knowledge of poses, levels, and basis of support.</p> <p><b>Activities:</b> Demonstration of Yoga Poses, levels, and bases of support.</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1KPPzpRiJME9oqE2SXIRZV2TKdNoHMHc1bSv9Ncov3JM/edit?usp=sharing">https://docs.google.com/document/d/1KPPzpRiJME9oqE2SXIRZV2TKdNoHMHc1bSv9Ncov3JM/edit?usp=sharing</a></p> <p>Mats, Dice</p> <p>Google Slideshow:  <a href="https://docs.google.com/presentation/d/1QQ_YXQEdDjQs90eZHUeelYx91xpNR4s9TTp9RMRAu_c/edit?usp=sharing">https://docs.google.com/presentation/d/1QQ_YXQEdDjQs90eZHUeelYx91xpNR4s9TTp9RMRAu_c/edit?usp=sharing</a></p>
8	Mini Unit: <b>Balance</b> Lesson 1	<p><b>Objective:</b> Students will be able to identify and demonstrate both Static and Dynamic Balance through various movement activities.</p> <p><b>Activities:</b> Various Balance Activities</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1YoTv3_RE87Mp_k_E8LZ_ZtyEfKqzCNSwMz1S8eNFsHw/edit?usp=sharing">https://docs.google.com/document/d/1YoTv3_RE87Mp_k_E8LZ_ZtyEfKqzCNSwMz1S8eNFsHw/edit?usp=sharing</a></p> <p>Visuals, Music, Mats</p>
9	Mini Unit <b>Lesson 2</b>	<p><b>Objective:</b> Students will be able to identify and demonstrate both Static and Dynamic Balance through various movement activities.</p> <p><b>Activities:</b> Create a balance movement sequence</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1nsnHkt5s4sO0Por5PaGY0TJdb0kuelwLLAA99rX0Sj4/edit?usp=sharing">https://docs.google.com/document/d/1nsnHkt5s4sO0Por5PaGY0TJdb0kuelwLLAA99rX0Sj4/edit?usp=sharing</a></p> <p>Rubric, Music, Visuals</p>



## Marking Period 4

Week	Topic	Standards Addressed	Lesson Outline
1	Personal Fitness 3	<p><b>Objectives:</b> Students will demonstrate safe and controlled movements and reflect on the benefits of these activities.</p> <p><b>Activities:</b> Various Station Activities</p>	<p>Lesson Plan:  <a href="https://drive.google.com/file/d/1d6QNSx6ihwOPgYkdJBvJURH2PVCYfT-t/view?usp=sharing">https://drive.google.com/file/d/1d6QNSx6ihwOPgYkdJBvJURH2PVCYfT-t/view?usp=sharing</a></p> <p>Slideshow:  <a href="https://drive.google.com/file/d/1i2EtOczgPSoXXjAKI1OGwd-ZX3bdHxH3/view?usp=sharing">https://drive.google.com/file/d/1i2EtOczgPSoXXjAKI1OGwd-ZX3bdHxH3/view?usp=sharing</a></p>
2	MIndfulness 3	<p><b>Objectives:</b></p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1HscmM_2jQI2T_YCThl-w4FB_KXTmXd37vIVvcH5fnI4/edit?usp=sharing">https://docs.google.com/document/d/1HscmM_2jQI2T_YCThl-w4FB_KXTmXd37vIVvcH5fnI4/edit?usp=sharing</a></p> <p>Slideshow:  <a href="https://docs.google.com/presentation/d/1bfo3v5r_laSGBcrOUN8QJ-ckHtYWnXpiWEjcg0hpl-o/edit?usp=sharing">https://docs.google.com/presentation/d/1bfo3v5r_laSGBcrOUN8QJ-ckHtYWnXpiWEjcg0hpl-o/edit?usp=sharing</a></p>
3	Mini Unit: <b>Improvisation</b> Lesson 1	<p><b>Objectives:</b> Students will explore ways to use voice, gestures, and character in order to improvise creative performance.</p> <p><b>Activities:</b> “Hitchhiker Activity”</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1mloYhtsAaAwNUfd90PAxNEU_SqCsq-QNxflnf5kIi4/edit?usp=sharing">https://docs.google.com/document/d/1mloYhtsAaAwNUfd90PAxNEU_SqCsq-QNxflnf5kIi4/edit?usp=sharing</a></p> <p>Chairs</p>

4	Mini Unit <b>Improvisation</b> Lesson 2	<p><b>Objectives:</b> Students will explore ways to use voice, gestures, and character in order to improvise creative performance.</p> <p><b>Activities:</b> Lip Sync activity; “Yes, Let’s” Activity</p>	<p>Lesson Plan: <a href="https://docs.google.com/document/d/1O3RkmjW4oFFvbAM0B_qoOGI9Xq9Jf9BoArE71G2E8O4/edit?usp=sharing">https://docs.google.com/document/d/1O3RkmjW4oFFvbAM0B_qoOGI9Xq9Jf9BoArE71G2E8O4/edit?usp=sharing</a></p> <p>Music</p> <p>Props</p>
5	Personal Fitness 4	<p><b>Objectives:</b> Students will write an attainable goal for a personal fitness activity</p> <p><b>Activities:</b> Predication fitness activity</p>	<p>Lesson Plan: <a href="https://docs.google.com/document/d/1G037sOeeybtSJWUY P5G_Sv_dJ71Spyft_gnuzriqKjU/edit?usp=sharing">https://docs.google.com/document/d/1G037sOeeybtSJWUY P5G_Sv_dJ71Spyft_gnuzriqKjU/edit?usp=sharing</a></p> <p>Goal Sheets</p> <p>Exit Tickets</p>
6	MIndfulness 4	<p><b>Objectives:</b> Be able to demonstrate meditation techniques and practice breathing/poses.</p> <p><b>Activities:</b> Mindfulness Station Activities</p>	<p>Lesson Plan: <a href="https://docs.google.com/document/d/15YJRqIAObiSUVA_Av4JhuyrChqDfChqYcUP7nlV98ps/edit?usp=sharing">https://docs.google.com/document/d/15YJRqIAObiSUVA_Av4JhuyrChqDfChqYcUP7nlV98ps/edit?usp=sharing</a></p> <p>Slideshow: <a href="https://docs.google.com/presentation/d/1kUdlbtyjh2QJDzDkQSRwBEZj1DP8HfuyFuyuHOkQnAg/edit?usp=sharing">https://docs.google.com/presentation/d/1kUdlbtyjh2QJDzDkQSRwBEZj1DP8HfuyFuyuHOkQnAg/edit?usp=sharing</a></p> <p>Yoga mats, poly sports, yoga cards</p>
7	Mini Unit: <b>Multicultural Dances</b> Lesson 1	<p><b>Objectives:</b> Students will demonstrate a series of repetitive movements from traditional Cultural Dance.</p> <p><b>Activities:</b> Define culture, Introduce America and “Virginia Reel”</p>	<p>Lesson Plan: <a href="https://docs.google.com/document/d/1jXttg9QeQB047qS2hJXmFSzlhGGBJTj7VsVqriPo00/edit?usp=sharing">https://docs.google.com/document/d/1jXttg9QeQB047qS2hJXmFSzlhGGBJTj7VsVqriPo00/edit?usp=sharing</a></p> <p>Video of dance; Slideshow presentation: <a href="https://docs.google.com/presentation/d/11Nqlgn9ZFizZb6KcArFtHgEwwAIJQDLb6N3DvjMcHA/edit?usp=sharing">https://docs.google.com/presentation/d/11Nqlgn9ZFizZb6KcArFtHgEwwAIJQDLb6N3DvjMcHA/edit?usp=sharing</a></p>
8	Mini Unit Lesson 2	<p><b>Objectives:</b> Students will demonstrate a series of repetitive movements from traditional Cultural</p>	<p>Lesson Plan: <a href="https://docs.google.com/document/d/1Wx1Uo-sCVutR2ss_tf">https://docs.google.com/document/d/1Wx1Uo-sCVutR2ss_tf</a></p>

		Dance. <b>Activities:</b> Continuation of last week	<a href="https://www.youtube.com/watch?v=cyxpncK9NvsZ9X7pCn4ix65rM/edit?usp=sharing">cyxpncK9NvsZ9X7pCn4ix65rM/edit?usp=sharing</a> Video of dance; slideshow presentation
9	Catch up	<b>Catch up</b>	Catch up

## Grade 5 Creative Movement/Personal Fitness Scope and Sequence Grade

**Purpose:** The Creative Movement/ Personal Fitness Scope and Sequence document is intended to provide teachers with an outline to teach the class. The course has been set up to account for 18 classes of instruction for two marking periods in Grades Pre K-5. Topics, standards/SEL Competencies addressed and lesson outline have been identified for each day of the unit. In addition, lesson plans..... Teachers may select additional and/or replacement resources for any lesson, but the goal is that teachers are staying aligned with the sequence of topics. **It is not expected that all teachers will be teaching the same topic every day; however, all teachers should be within a couple lessons of each other from the scope and sequence based on need.**

- Mini Unit Topics:**
1. Spatial Awareness
  2. Balance
  3. Improvisation
  4. Cultural Dances

- Monthly Unit Topics:**
1. Personal Fitness
  2. Mindfulness Activities

### Monthly Units:

#### A. Personal Fitness

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>PE Standard 3:</i> Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</p>	<ul style="list-style-type: none"> <li>● Fitness</li> <li>● Exercises</li> <li>● Goals</li> <li>● Safety</li> </ul>

#### B. Mindfulness/Yoga

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>PE Standard 5:</i> Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.</p> <p><i>SEL Components:</i> Self-awareness, Self-Management</p> <p><i>Dance Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.</p>	<ul style="list-style-type: none"> <li>● Yoga</li> <li>● Mindfulness</li> <li>● Levels</li> <li>● Focus</li> <li>● Control</li> <li>● Balance</li> <li>● Relaxation</li> </ul>

### **Mini-Units:**

#### **A. Spatial Awareness**

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>PE Standard 1:</i> Demonstrate competency in a variety of motor skills and movement patterns.</p> <p><i>Dance Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.</p>	<ul style="list-style-type: none"> <li>● Level</li> <li>● Pathway</li> <li>● Locomotor</li> <li>● Non Locomotor</li> <li>● Straight</li> <li>● Curved</li> <li>● Zig Zag</li> </ul>



	<ul style="list-style-type: none"> <li>● Forward</li> <li>● Backward</li> <li>● Sideways</li> </ul>
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**B. Balance**

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>PE Standard 1:</i> Demonstrate competency in a variety of motor skills and movement patterns.  <i>Dance Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.</p>	<ul style="list-style-type: none"> <li>● Static Balance</li> <li>● Dynamic Balance</li> </ul>

**C. Improvisation**

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>Theater Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.  <i>Theater Anchor Standard 2:</i> Organize and develop artistic ideas and work.  <i>Theater Anchor Standard 5:</i> Develop and refine artistic work for presentation.</p>	<ul style="list-style-type: none"> <li>● Theater</li> <li>● Character</li> <li>● Acting</li> <li>● Voice</li> <li>● Gestures</li> </ul>

## E. Cultural Dances

Standards	Disciplinary Vocab Words for the Unit - Key Acronyms and Mnemonics
<p><i>PE Standard 1:</i> Demonstrate competency in a variety of motor skills and movement patterns.</p> <p><i>Dance Anchor Standard 1:</i> Generate and conceptualize artistic ideas and work.</p> <p><i>Dance Anchor Standard 3:</i> Refine and complete artistic work</p>	<ul style="list-style-type: none"> <li>● Culture</li> <li>● Dance</li> <li>● Celebration</li> <li>● Tradition</li> <li>● Beliefs</li> <li>● Virginia Reel</li> </ul>

## Sequence of Lessons

### Marking Period 1

Day	Topic	Lesson Outline	Resource: (Ex. Websites, Text, etc.)
1	Introduction	<p><b>Objectives:</b> Introduction</p> <p><b>Activities:</b> Review Classroom Expectations</p>	Google Slideshow of Expectations

2	Personal Fitness 1	<p><b>Objectives:</b> Define Personal Fitness; Demonstrate safe and controlled movements at different exercise stations.</p> <p><b>Activities:</b> Unit Introduction; 45-second stations on basic movements and Fitness Activities; fitness discussion</p>	<p>Lesson Plan:  <a href="https://drive.google.com/file/d/17_F1UutAy90BzXyXgopil77wTKulSjw1/view?usp=sharing">https://drive.google.com/file/d/17_F1UutAy90BzXyXgopil77wTKulSjw1/view?usp=sharing</a></p> <p>Music, Mats, Equipment, Jump Ropes</p> <p>PPT in Folder</p>
3	Mindfulness 1	<p><b>Objectives:</b> Identify basic knowledge of yoga and mindfulness terms and movements.</p> <p><b>Activities:</b> Yoga Dice Station Activity</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1iFT3EtIBJZmp_A5MskKTlmt3BG7AnNEXFk8Sf1hp3A/edit?usp=sharing">https://docs.google.com/document/d/1iFT3EtIBJZmp_A5MskKTlmt3BG7AnNEXFk8Sf1hp3A/edit?usp=sharing</a></p> <p>Slideshows in Folder:  <a href="https://docs.google.com/presentation/d/1rvITvcwAiLRCrWOXmq5Bin-6tKwc0_aqCuUlRBFbX08/edit?usp=sharing">https://docs.google.com/presentation/d/1rvITvcwAiLRCrWOXmq5Bin-6tKwc0_aqCuUlRBFbX08/edit?usp=sharing</a></p> <p>Mats</p>
4	<b>Mini Unit: Space Awareness Lesson 1</b>	<p><b>Objectives:</b> Create a map displaying locomotor movements, pathways, and levels followed by performance.</p> <p><b>Activities:</b> Create Locomotor map with 4 locomotor movements and 2 pathways</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1K1qAuZ0y_utdd_s7qvDmUK0bbIjfpYFKzdE3D7Us7qE/edit?usp=sharing">https://docs.google.com/document/d/1K1qAuZ0y_utdd_s7qvDmUK0bbIjfpYFKzdE3D7Us7qE/edit?usp=sharing</a></p> <p>Paper for Maps</p> <p>Floor Lines</p> <p>Alternative 2-Day Plan:  <a href="https://drive.google.com/file/d/1ms7RE-gZIE2kLo2A5Nb6c8yOE9o7ftWe/view?usp=sharing">https://drive.google.com/file/d/1ms7RE-gZIE2kLo2A5Nb6c8yOE9o7ftWe/view?usp=sharing</a></p>

5	<b>Mini Unit Lesson 2</b>	<p><b>Objectives:</b> Perform a map of various locomotor pathways.</p> <p><b>Activities:</b> Perform various locomotor movement maps.</p>	<p>Maps</p> <p>Lesson Plan:  <a href="https://docs.google.com/document/d/1NXDWWwWjzbeleFC9BDfScGjETAI2oRO49a72ogLBlg/edit?usp=sharing">https://docs.google.com/document/d/1NXDWWwWjzbeleFC9BDfScGjETAI2oRO49a72ogLBlg/edit?usp=sharing</a></p>
6	Personal Fitness 2	<p><b>Objective:</b> Students will use all 3 health-related fitness components while participating in Fitness Monopoly.</p> <p><b>Activities:</b> Fitness Monopoly Game</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1l7Md8C5OqemjBHo0oluVhxr9s6RjEVdLt5TLfn4d3Mk/edit?usp=sharing">https://docs.google.com/document/d/1l7Md8C5OqemjBHo0oluVhxr9s6RjEVdLt5TLfn4d3Mk/edit?usp=sharing</a></p> <p>Poly-Spots, Jump Ropes, Hula Hoops</p> <p>Monopoly Game Board and materials</p> <p>Google Slideshow:  <a href="https://docs.google.com/presentation/d/1X1ATh9Z6cubLx3j0iNrOoaZebSvF2T6HmvoZMy-SSY/edit#slide=id.gcd2b872c1b_0_0">https://docs.google.com/presentation/d/1X1ATh9Z6cubLx3j0iNrOoaZebSvF2T6HmvoZMy-SSY/edit#slide=id.gcd2b872c1b_0_0</a></p>
7	Mindfulness 2	<p><b>Objective:</b> Be able to show 3 Yoga poses with a flow. Demonstrate knowledge of poses, levels, and basis of support.</p> <p><b>Activities:</b> Demonstration of Yoga Poses, levels, and bases of support.</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1KPPzpRiJME9oqE2SXIRZV2TKdNoHMHC1bSv9Ncov3JM/edit?usp=sharing">https://docs.google.com/document/d/1KPPzpRiJME9oqE2SXIRZV2TKdNoHMHC1bSv9Ncov3JM/edit?usp=sharing</a></p> <p>Mats, Dice</p> <p>Google Slideshow:  <a href="https://docs.google.com/presentation/d/1QQ_YXQEdDjOs90e">https://docs.google.com/presentation/d/1QQ_YXQEdDjOs90e</a></p>

			<a href="https://docs.google.com/document/d/1YoTv3_RE87Mp_k_E8L_Z_ZtyEfKQzCNSwMz1S8eNFsHw/edit?usp=sharing">ZHUeelYx91xpNR4s9TTp9RMRAu_c/edit?usp=sharing</a>
8	Mini Unit: <b>Balance</b> Lesson 1	<b>Objective:</b> Students will be able to identify and demonstrate both Static and Dynamic Balance through various movement activities.  <b>Activities:</b> Various Balance Activities	Lesson Plan: <a href="https://docs.google.com/document/d/1YoTv3_RE87Mp_k_E8L_Z_ZtyEfKQzCNSwMz1S8eNFsHw/edit?usp=sharing">https://docs.google.com/document/d/1YoTv3_RE87Mp_k_E8L_Z_ZtyEfKQzCNSwMz1S8eNFsHw/edit?usp=sharing</a>  Visuals, Music, Mats
9	Mini Unit <b>Lesson 2</b>	<b>Objective:</b> Students will be able to identify and demonstrate both Static and Dynamic Balance through various movement activities.  <b>Activities:</b> Create a balance movement sequence	Lesson Plan: <a href="https://docs.google.com/document/d/1nsnHkt5s4sO0Por5PaGY0TJdb0kueLwLLAA99rX0Sj4/edit?usp=sharing">https://docs.google.com/document/d/1nsnHkt5s4sO0Por5PaGY0TJdb0kueLwLLAA99rX0Sj4/edit?usp=sharing</a>  Rubric, Music, Visuals

## Marking Period 4

Week	Topic	Standards Addressed	Lesson Outline
1	Personal Fitness 3	<b>Objectives:</b> Students will demonstrate safe and controlled movements and reflect on the benefits of these activities.  <b>Activities:</b> Various Station Activities	Lesson Plan: <a href="https://drive.google.com/file/d/1d6QNSx6ihwOPgYkdJBvJURH2PVCYft-t/view?usp=sharing">https://drive.google.com/file/d/1d6QNSx6ihwOPgYkdJBvJURH2PVCYft-t/view?usp=sharing</a>  Slideshow:

			<a href="https://drive.google.com/file/d/1i2EtOczqPSoXXjAKI1OGwd-ZX3bdHxH3/view?usp=sharing">https://drive.google.com/file/d/1i2EtOczqPSoXXjAKI1OGwd-ZX3bdHxH3/view?usp=sharing</a>
2	MIndfulness 3	<b>Objectives:</b>	Lesson Plan: <a href="https://docs.google.com/document/d/1HscmM_2jQI2T_YCTh-lw4FB_KXTmXd37vIVvcH5fnl4/edit?usp=sharing">https://docs.google.com/document/d/1HscmM_2jQI2T_YCTh-lw4FB_KXTmXd37vIVvcH5fnl4/edit?usp=sharing</a>  Slideshow: <a href="https://docs.google.com/presentation/d/1bfo3v5r_laSGBcrOUN8QJ-ckHtYWnXpiWEjqc0hpl-o/edit?usp=sharing">https://docs.google.com/presentation/d/1bfo3v5r_laSGBcrOUN8QJ-ckHtYWnXpiWEjqc0hpl-o/edit?usp=sharing</a>
3	Mini Unit: <b>Improvisation</b> Lesson 1	<b>Objectives:</b> Students will explore ways to use voice, gestures, and character in order to improvise creative performance.  <b>Activities:</b> “Hitchhiker Activity”	Lesson Plan: <a href="https://docs.google.com/document/d/1mloYhtsAaAwNUfd90PAxNEU_SgCsq-QNxflnf5klI4/edit?usp=sharing">https://docs.google.com/document/d/1mloYhtsAaAwNUfd90PAxNEU_SgCsq-QNxflnf5klI4/edit?usp=sharing</a>  Chairs
4	Mini Unit <b>Improvisation</b> Lesson 2	<b>Objectives:</b> Students will explore ways to use voice, gestures, and character in order to improvise creative performance.  <b>Activities:</b> Lip Sync activity; “Yes, Let’s” Activity	Lesson Plan: <a href="https://docs.google.com/document/d/1O3RkmjW4oFFvbAM0B_goOGI9Xq9Jf9BoArE71G2E804/edit?usp=sharing">https://docs.google.com/document/d/1O3RkmjW4oFFvbAM0B_goOGI9Xq9Jf9BoArE71G2E804/edit?usp=sharing</a>  Music  Props
5	Personal Fitness 4	<b>Objectives:</b> Students will write an attainable goal for a personal fitness activity  <b>Activities:</b> Predication fitness activity	Lesson Plan: <a href="https://docs.google.com/document/d/1G037sOeeybtSJWUY P5G_Sv_dJ71Spyft_gnuzrigKjU/edit?usp=sharing">https://docs.google.com/document/d/1G037sOeeybtSJWUY P5G_Sv_dJ71Spyft_gnuzrigKjU/edit?usp=sharing</a>  Goal Sheets

			Exit Tickets
6	MIndfulness 4	<p><b>Objectives:</b> Be able to demonstrate meditation techniques and practice breathing/poses.</p> <p><b>Activities:</b> Mindfulness Station Activities</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/15YJRqIAObiSUVA_Av4JhuyrChgDfChgYcUP7nlV98ps/edit?usp=sharing">https://docs.google.com/document/d/15YJRqIAObiSUVA_Av4JhuyrChgDfChgYcUP7nlV98ps/edit?usp=sharing</a></p> <p>Slideshow:  <a href="https://docs.google.com/presentation/d/1kUdlbtyjh2QJDzDkQSRwBEZj1DP8HfuyFuyuHOkQnAg/edit?usp=sharing">https://docs.google.com/presentation/d/1kUdlbtyjh2QJDzDkQSRwBEZj1DP8HfuyFuyuHOkQnAg/edit?usp=sharing</a></p> <p>Yoga mats, poly sports, yoga cards</p>
7	Mini Unit: <b>Multicultural Dances</b> Lesson 1	<p><b>Objectives:</b> Students will demonstrate a series of repetitive movements from traditional Cultural Dance.</p> <p><b>Activities:</b> Define culture, Introduce America and “Virginia Reel”</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1jXttg9OeQB047qS2hJXmFSzhlhGGBJTj7VsVqriPo00/edit?usp=sharing">https://docs.google.com/document/d/1jXttg9OeQB047qS2hJXmFSzhlhGGBJTj7VsVqriPo00/edit?usp=sharing</a></p> <p>Video of dance; Slideshow presentation:  <a href="https://docs.google.com/presentation/d/1HhWd30K0yo34_RzGWKCI2ycch4DF5Y_SqVbp9q9a9a4/edit?usp=sharing">https://docs.google.com/presentation/d/1HhWd30K0yo34_RzGWKCI2ycch4DF5Y_SqVbp9q9a9a4/edit?usp=sharing</a></p> <p>And:  <a href="https://drive.google.com/file/d/1R_yAXBtLY-f7FSp7nFwTMeRscyDfV4tX/view?usp=sharing">https://drive.google.com/file/d/1R_yAXBtLY-f7FSp7nFwTMeRscyDfV4tX/view?usp=sharing</a></p>
8	Mini Unit Lesson 2	<p><b>Objectives:</b> Students will demonstrate a series of repetitive movements from traditional Cultural Dance.</p> <p><b>Activities:</b> Continuation of last week</p>	<p>Lesson Plan:  <a href="https://docs.google.com/document/d/1Wx1Uo-sCVutR2ss_tfcyxpnck9NvsZ9X7pCn4ix65rM/edit?usp=sharing">https://docs.google.com/document/d/1Wx1Uo-sCVutR2ss_tfcyxpnck9NvsZ9X7pCn4ix65rM/edit?usp=sharing</a></p> <p>Video of dance; slideshow presentation</p>
9	Catch up	<b>Catch up</b>	Catch up

