Instructional Unit Title: Moving Objects

The teacher may introduce the concept of manipulation by presenting various objects so students can connect physical movement to its role in manipulating objects.



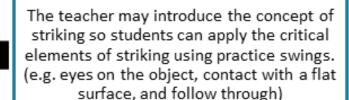
The teacher may define the use of equipment in general space versus personal space so the students may distinguish how to safely use various manipulatives.

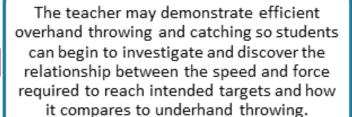


The teacher may demonstrate efficient effort when tossing and catching so students can begin to investigate and discover the relationship between the speed and force required to reach intended targets.



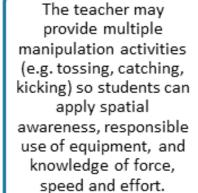
The teacher may introduce safety precautions around kicking (e.g. spacing, force, directionality) and the critical elements (e.g. eye on the ball, step next to the ball and follow through) so students can apply the concepts of speed, force, and effort using practice kicks.







The teacher may use a video of (e.g. an expert dribbler) so students recognize and practice the critical cues of efficiently dribbling a ball. (e.g. eyes up, use finger pads, ball at your side, and waist level)



PERFORMANCE ASSESSMENT: You and your peers will be a Physical Education teacher for the day. With a group of (2-3) peers design a cooperative activity using the equipment and skills at various stations. Stations may include a variety of equipment (e.g. balls, hoops, scarves, balloons, jump ropes, hockey sticks, bean bags). Skills may include:

- Overhand throwing and catching a ball through a hoop
- Manipulate a hula hoop to a partner in different directions
- Striking an object towards a target
- Kick to a target
- Dribble a ball with your hand
- Underhand toss object to partner or target

This unit was authored by a team of Colorado educators. The unit is intended to support teachers, schools, and districts as they make their own local decisions around the best instructional plans and practices for all students. To see the entire instructional unit sample with possible learning experiences, resources, differentiation, and assessments visit http://www.cde.state.co.us/standardsandinstruction/instructionalunitsamples.