

## MSAD #54 Curriculum

Content Area: Physical Education  
Unit: Bowling \*Single Day Lesson

Grade: 9- Diploma  
MLR Span: 9-Diplom

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.**

**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 Stability and Force**

**G2 Movement Skills**

**I1 Cooperative Skills**

**I2 Responsible Behavior**

Performance Descriptor(s)	MSAD #54 Objectives	Instructional Resources/ Activities/Assessments
<p><b>G1 Stability and Force</b></p> <p><b>Students change their motion and the motion of objects by applying the principles of stability and force to modify their performance in games/physical activities.</b></p> <p>a. Demonstrate how spin and rebound affect the motion of an object.</p> <p>b. Use the <i>principle of opposition</i>, point of contact, and point of release to change the path of an object during a game/physical activity.</p> <p>c. Adjust movements to accommodate external forces that decrease risk for injury.</p> <p><b>G2 Movement Skills</b></p> <p><b>Students demonstrate a variety of <i>specialized movement skills</i> specific to a game/physical activity while participating in a game/physical activity.</b></p> <p><b>I1 Cooperative Skills</b></p> <p><b>Students demonstrate collaborative skills while participating in physical activities.</b></p> <p>c. Include peers respectfully in activities.</p> <p><b>I2 Responsible Behavior</b></p> <p><b>Students demonstrate responsible and ethical personal behavior while participating in physical activities.</b></p>	<p>Students will:</p> <p>Bowl a regulation game using all previously learned skills while demonstrating ethical and responsible behavior.</p>	<p><b>Lessons 1 and 2.</b></p> <p>Students will bowl once each semester during their physical education class.</p>