

MSAD #54 Curriculum

Content Area: PE
Unit: Skiing

Grade: 3-6

MLR Content Standard:

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

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

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

Performance Indicator:

G1 Stability and Force

G2 Movement Skills

H3 Fitness Activity

H4 Physical Activity Benefits

I1 Cooperative Skills

I2 Responsible Behavior

I3 Safety Rules and Rules of Play

Performance Descriptor(s)	MSAD #54 Objectives	Instructional Resources/ Activities/Assessments
<p>G1 Stability and Force Students demonstrate positions that create sta</p> <p>a. a. Demonstrate movements that change the <i>center of gravity and line of gravity</i> during <i>dynamic balances</i>.</p> <p>b. b. Show how increasing speed and mass can change the force on an object.</p> <p>c. Demonstrate how body position can be changed to absorb force and decrease risk for injury.</p> <p>G2 Movement Skills Students demonstrate a variety of locomotor skills and manipulative skills.</p> <p>a. Demonstrate correct technique for a variety of <i>manipulative skills</i>.</p> <p>b. Demonstrate <i>locomotor skills</i> and <i>manipulative skills</i> in combination using changes in direction, level, or pathway.</p> <p>G3Skill-related Fitness Components Students identify the skill-related fitness components of balance and coordination.</p> <p>G4 Skill Improvement</p> <p>H3 Fitness Activity Students participate in physical activities that address each of the five <i>health-related fitness components</i> including <i>flexibility, cardiovascular endurance, muscular endurance, muscular strength, and body composition</i>.</p> <p>H4 Physical Activity Benefits Students identify physical and mental benefits and bodily responses related to regular participation in physical activity</p>	<p>Students will: Learn to familiarize with skis, boots and poles.</p> <p>Students will: learn the basic techniques of cross country skiing.</p>	<p>Lesson 1</p> <p>Activity:</p> <p>Proper use of equipment -How to use boots, skis, poles -Introduction - reciprocal arm swing -proper way to stand up from a fall</p> <p>Lesson 2 Review Skills.</p> <p>-Proper skiing techniques (herring bone, side step, snow plow)</p> <p>Lesson 2 Review and improve learned skills.</p> <p>Assessment: Formative</p>

I1 Cooperative Skills

Students demonstrate taking turns and sharing while participating in physical activities.

**I2 Students demonstrate side step
And herring bone techniques**

**Students identify safety rules and rule of play
for games/physical activities.**

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