

Clarity for Learning Planning Template

Standard 1: Demonstrate competency in a variety of motor skills and movement patterns.

Standard 2: Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

Concepts (Nouns)

Motor skills include body management.

Weight transfer is a principle of motor movement

Skills (Verbs)

Managing the body while using motor skills allows for efficient movement

Transferring weight is a part of many skills and includes many body parts.

Learning Progressions

Body management

- A component of motor skills is the ability to manage the movement or body, referred to as body management. One skill within body management is the ability to roll like a log. This skill involves weight transfer and control for safety.

Weight Transfer

- Many motor skills require students to transfer weight from one body part to another. It is important that students explore transferring weight from different body parts to other body parts. These skills will be built on throughout their physical activity experiences.

Learning Intentions (I am learning to...)

I am learning to perform motor skills

I am learning to understand body management

Success Criteria (I know I'm successful when...)

I know I am successful when I can:

- Roll like a log in good spacing.
- Transfer weight from one body part to another using safe movement.