

| Clarity for Learning Planning Template | |
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| 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 non-locomotor skills Force is a movement principle that impacts performance | Skills (Verbs) Twisting, turning, and stretching are non-locomotor skills Learning to apply force to body parts is important for moving. |
| Learning Progressions Non-locomotor <ul style="list-style-type: none"> • Non-locomotor movements are involved in many physical activity such as gymnastics, fitness, sports, and yoga. Students are introduced to concepts such as twisting, stretching, and turning and provided the opportunity to explore these movements. These skills will be built upon in future lessons and years. | |
| Learning Intentions (I am learning to...) | Success Criteria (I know I'm successful when...) |
| I am learning to perform non-locomotor movements. I am learning to apply force when moving. | I know I am successful when I can: <ul style="list-style-type: none"> • Demonstrate using different forces. • Demonstrate two non-locomotor skills. |