

Clarity for Learning Planning Template

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

Concepts (Nouns)

Weight transfer is a motor skill

Balance is an important motor skill

Skills (Verbs)

Transferring weight from one body part to another takes practice and is used in a variety of activities

Balancing takes practice and is a part of many movements.

Learning Progressions

Weight Transfer

- Weight transfer is an essential part of most movements. Students learn they already transfer weight in movements such as walking or throwing. This skill is advanced with students transferring weight from hands to feet or feet to back. These skills and principles are used throughout the PE program.

Balance

- Students balance all day every day. Sitting, standing, walking, and running all require balance. K-2 physical education teaches students the foundations of this principle and how it applies to a variety of activities.

Learning Intentions (I am learning to...)

I am learning to transfer weight

I am learning to balance

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

I know I am successful when I can:

- Move my hands from my hands to my feet under control.
- Balance to be safe during gymnastics.