

| Clarity for Learning Planning Template | |
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| Standard 1: Demonstrate competency in a variety of motor skills and movement patterns. Standard 3: Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. | |
| Concepts (Nouns) Motor skills include tossing and catching. Many fitness skills help us improve our muscular strength | Skills (Verbs) Tossing and catching are motor skill used in a variety of physical activities Practicing physical activities that improve muscular strength can be done at school or at home. |
| Learning Progressions Tossing and Catching <ul style="list-style-type: none"> Tossing and catching are motor skills that students make great progress in during grades K-2. During this time cues are taught and students are encouraged to explore catching using a variety of equipment, including beanbags, and contexts, including along, with a partner, and in game situations as their skills progress. Fitness <ul style="list-style-type: none"> During K-2 fitness activities are used to expose students to a variety of activities that can be used to improve various components of fitness, including muscular strength. This time of the lesson is to allow students to discover the joy in these movements and lead them on a journey of developing meaningful physical activity experiences. | |
| Learning Intentions (I am learning to...) | Success Criteria (I know I'm successful when...) |
| I am learning to perform motor skills I am learning to perform fitness activities | I know I am successful when I can: <ul style="list-style-type: none"> Catch a self-tossed beanbag demonstrating 2 of 4 cues. Demonstrate two activities that enhance muscular strength. |