

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.

Standard 5: Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

Concepts (Nouns)

Rhythmic activities include locomotor movements, movement principles and music

Self-expression is an important part of physical activity

Skills (Verbs)

Moving with music can involve many motor skills and principles.

Expressing myself can make physical activity enjoyable.

Learning Progressions

Rhythmic Activities

- Locomotor movements and movement principles including pathways, levels, and speeds combined with music make for rhythmic activities. Some rhythmic activities are dances with a leader and some allow for self-expression where students create their own. Early experiences involve self-expression and teacher led dances.

Self-expression

- Learning to express one's self through movement is an important component of learning to enjoy movement. The addition of music can further that enjoyment.

Learning Intentions (I am learning to...)

I am learning to perform motor skills and principles

I am learning to express myself through movement

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

I know I am successful when I can:

- Move in different pathways and at different levels to music.
- Follow the teachers instructions during a dance.