

Clarity for Learning Planning Template

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)

Steps in a dance are motor skills that must be followed to perform the dance

Food is fuel for our bodies when we move.

Skills (Verbs)

Following steps is how to learn a dance.

Eating gives your body the energy it needs to be active.

Learning Progressions

Rhythmic Activities

- Throughout the elementary physical education program students learn to move to music, express themselves through dance, cooperate with partners and groups as well as follow teacher steps. During the 3-5 rhythmic movement skills lessons more complex dances lead by the teacher are explored with students focusing on how they learn the dance.

Nutrition

- Fundamental concepts associated with nutrition and physical activity are introduced and revisited throughout the elementary physical education program. Students learn how food fuels the body, how food is categorized/grouped, and how nutrition requirements may differ by activity.

Learning Intentions (I am learning to...)

I am learning to follow dance steps.

I am learning to understand the importance of nutrition and movement.

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

I know I am successful when I can:

- Follow the teacher's dance steps.
- List three categories or groups for food.