

## MSAD #54 Curriculum

Content Area: PE  
Unit: Kickball

Grade: 3-6

MLR Content Standard:

**Personal and Social Skills and Knowledge:** Students demonstrate and explain responsible personal behavior and responsible social behavior in physical activity settings

**Movement/Motor Skills and Knowledge:** Students demonstrate the *fundamental and specialized movement skills* and apply *principles of movement* for improved performance.

Performance Indicator:

**G1 Force and Stability**

**G2 Movement Skills**

**G4 Skill Improvement**

**I1 Cooperative Skills**

**I2 Responsible Behavior**

**I3 Safety Rules and Rules of Play**

Performance Descriptor(s)	MSAD #54 Objectives	Instructional Resources/ Activities/Assessments
<p><b>G1 Stability and Force</b>  <b>Students demonstrate positions that create stability and force.</b></p> <p>a. Show how base of support changes during <i>static balances</i>.  b. Demonstrate how body position can be adapted to pushing and pulling forces.  c. Demonstrate how to lift objects to prevent injuries.</p> <p><b>G2 Movement Skills</b>  <b>Students demonstrate a variety of <i>locomotor skills</i>.</b></p> <p>a. a. Demonstrate correct technique for a variety of <i>locomotor skills</i>.  b. b. Demonstrate a <i>locomotor skill</i> applying changes in direction, level, and/or pathway.  c. c. Demonstrate combinations of <i>locomotor skills</i>.</p> <p><b>G3 Skill Related Fitness Components</b>  <b>Students identify the skill-related fitness components of balance and coordination.</b></p> <p><b>G4 Skill Improvement</b></p> <p><b>I1 Cooperative Skills</b>  Students demonstrate taking turns and sharing while participating in physical activities.</p> <p><b>I2 Responsible Behavior</b>  Students follow procedures for safe behaviors, including maintaining appropriate personal space, while participating in physical activities.</p> <p><b>I3 Safety Rules and Rules of Play</b>  Students identify safety rules and rule of play for games/physical activities.</p>	<p>Students will: Students will learn basic kickball skills and rules.</p> <p>Students will be able to understand and execute a game.</p>	<p><b>Lesson 1</b>  Activity:  Kick and Catch  -Step with plant foot and kick.  -Catch ball once kicked  -Run bases.  -Review positions and rules.</p> <p><b>Lesson 2</b>  Activity:  Kickball game  Assessment: Formative</p>