

PRE-K: Physical Development: Body Awareness and Control, Large Muscle and Small Muscle Development and Coordination

Stage 1 Desired Results		
<p>ESTABLISHED GOALS:</p> <p><u>Competencies:</u></p> <ul style="list-style-type: none"> Students will demonstrate the ability to display responsible personal and social behavior in order to respect self, others, and materials in a variety of settings and situations. Students will demonstrate the ability to use control and coordination in order to participate in a variety of activities. <p><u>Framework descriptors:</u></p> <p>Body awareness and control</p> <ul style="list-style-type: none"> Participate in a variety of physical activities to enhance personal health and physical fitness. Continue to develop their ability to move their body in space and control their bodily movements. Increasingly use eye-hand coordination to perform a variety of tasks. <p>Large Muscle Development and Coordination</p> <ul style="list-style-type: none"> Continue to develop large muscle control and coordination to play more complex games and/or perform more controlled actions Increase their strength, balance, flexibility, and stamina Use a variety of materials and equipment in gross motor activities <p>Small Muscle Development and Coordination</p> <ul style="list-style-type: none"> Continue to develop small muscle control and coordination Demonstrate greater dexterity with a variety of tools such as eating utensils, crayons, keyboards, paint brushes, and scissors 	Transfer	
	<i>Students will be able to independently use their learning to live a physically active lifestyle.</i>	
	Meaning	
	<p>ENDURING UNDERSTANDINGS</p> <p><i>Students will understand that...</i></p> <ul style="list-style-type: none"> physical activities help us stay fit and healthy. our muscles help our bodies move. we control our bodies by making choices about how we move our muscles. 	<p>ESSENTIAL QUESTIONS</p> <ul style="list-style-type: none"> Why is it important to stay active? How do I use my body?
Acquisition		
	<p><i>Students will know...</i></p> <ul style="list-style-type: none"> that different activities can enhance personal health and physical fitness such as walking, running and playing. that they can control their bodily movements. that you can use your eyes and hands at the same time. <p><u>vocabulary:</u> muscles, body, strong/weak, fitness, physical, active, movement, balance, flexibility, endurance, body parts (heart, lungs, brain, eyes, hands, arms, legs, etc.), coordination, right/left</p>	<p><i>Students will be skilled at...</i></p> <ul style="list-style-type: none"> participating in a variety of physical activities. moving their body in space while maintaining control. using their eyes and hands together. playing complex games using large muscles and a variety of materials/equipment. increasing their strength, balance, flexibility, and stamina through activity. demonstrating dexterity with a variety of classroom tools.
Content Area Literacy Standards		21st Century Skills
<ul style="list-style-type: none"> NOT APPLICABLE 		<ul style="list-style-type: none"> Productivity and Accountability Leadership and Responsibility Collaboration

