

## MSAD #54 Curriculum

Content Area: PE  
Unit: Hula Hoops

Grade: K-2  
MLR Span: K-2

MLR Content Standard:

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

**H. Physical Fitness Activities and Knowledge:** Students demonstrate and apply fitness concepts.

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

Performance Indicator:

G2 Movement Skills

G3 Skill-related Fitness Components

H3 Fitness Activity

H4 Physical Activity Benefits

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>G2 Movement Skills</b>  <b>Demonstrate a variety of</b>  <b>Students demonstrate a variety of</b>  <i>locomotor skills</i>.</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, coordination, agility, and speed.</b></p> <p><b>H3 Fitness Activity</b>  <b>Students participate in physical activities to introduce the</b>  <i>health-related fitness components of flexibility, cardiovascular endurance, muscular endurance, and muscular strength</i>.</p> <p><b>Cooperative Skills</b>  <b>I1 Students demonstrate cooperative skills while participating in physical activities.</b></p> <p>d. a. Demonstrate active listening.  e. b. Get along with others.  f. c. Accept responsibility for personal behavior.</p> <p><b>I2 Responsible Behavior</b>  <b>Students demonstrate safe behaviors and activities.</b></p> <p><b>I3 Safety Rules and Rules of Play</b>  <b>Students describe safety rules and rules of play for games/physical activities.</b></p>	<p>Students will: Learn a variety of ways to use a hula hoop.</p> <p>Students will: learn a variety of ways to hold and maneuver hula hoop.</p>	<p><b>Lesson 1</b></p> <p>Activity:</p> <ul style="list-style-type: none"> <li>-roll hoop</li> <li>-spin hoop.</li> <li>-go through hoop</li> <li>-toss and catch hoop</li> <li>-Practice loco motor skills with hoops</li> <li>-spin hoops on various body parts</li> </ul> <p><b>Lesson 2</b></p> <ul style="list-style-type: none"> <li>-review skills</li> <li>-game play</li> </ul> <p>Assessment: Formative</p>

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