This unit was authored by a team of Colorado educators. The template provided one example of unit design that enabled teacher-authors to organize possible learning experiences, resources, differentiation, and assessments. The unit is intended to support teachers, schools, and districts as they make their own local decisions around the best instructional plans and practices for all students.
<table>
<thead>
<tr>
<th>Content Area</th>
<th>Mature Movement with Self and Objects</th>
<th>Grade Level</th>
<th>4th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course Name/Course Code</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Standard</td>
<td>Grade Level Expectations (GLE)</td>
<td>GLE Code</td>
<td></td>
</tr>
<tr>
<td>1. Movement Competence and Understanding</td>
<td>1. Identify the major characteristics of mature locomotor, non-locomotor, manipulative, and rhythmic skills</td>
<td>PE09-GR.4-S.1-GLE.1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2. Provide and receive feedback to and from peers using the major characteristics of mature locomotor and manipulative skills</td>
<td>PE09-GR.4-S.1-GLE.2</td>
<td></td>
</tr>
<tr>
<td>2. Physical and Personal Wellness</td>
<td>1. Explain how the health-related components of fitness affect performance when participating in physical activity</td>
<td>PE09-GR.4-S.2-GLE.1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2. Recognize the relationship between healthy nutrition and exercise</td>
<td>PE09-GR.4-S.2-GLE.2</td>
<td></td>
</tr>
<tr>
<td>3. Emotional and Social Wellness</td>
<td>1. Expectations for this standard are integrated into the other standards at this grade level.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Prevention and Risk Management</td>
<td>1. Identify and describe the benefits, risks, and safety factors associated with regular participation in physical activity</td>
<td>PE09-GR.4-S.4-GLE.1</td>
<td></td>
</tr>
</tbody>
</table>

**Colorado 21st Century Skills**

- **Critical Thinking and Reasoning:** Thinking Deeply, Thinking Differently
- **Information Literacy:** Untangling the Web
- **Collaboration:** Working Together, Learning Together
- **Self-Direction:** Own Your Learning
- **Invention:** Creating Solutions

<table>
<thead>
<tr>
<th>Unit Titles</th>
<th>Length of Unit/Contact Hours</th>
<th>Unit Number/Sequence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mature Movements With Self and Objects</td>
<td>Teacher’s Discretion</td>
<td>Teacher’s Discretion</td>
</tr>
</tbody>
</table>
## Unit Title

**Mature Movements with Self and Objects**

## Length of Unit

16 weeks

## Focusing Lens(es)

<table>
<thead>
<tr>
<th>Manipulation</th>
<th>Standards and Grade Level Expectations Addressed in this Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>PE09-GR.4-S.1-GLE.1</td>
</tr>
<tr>
<td></td>
<td>PE09-GR.4-S.1-GLE.2</td>
</tr>
<tr>
<td></td>
<td>PE09-GR.4-S.4-GLE.1</td>
</tr>
</tbody>
</table>

## Inquiry Questions (Engaging-Debatable):

- Why is it important to know the critical elements of movement? (PE09-Gr.4-S.1-GLE.2-EO.b; IQ.1; RA.1,3; N.1)
- Which is more important - accuracy or speed? Why? (PE09-GR.4-S.1-GLE.1-EO.a,b,c; IQ.1; RA.1; N.1)

## Unit Strands

- Movement Competence and Understanding in Physical Education
- Prevention and Risk Management in Physical Education

## Concepts

Safety; Identification; Distinguish; Modification; Assessment; Recognition; Demonstration; Development; Proficiency; Mature

## Generalizations

**My students will Understand that...**

<table>
<thead>
<tr>
<th>Demonstration and development of manipulative skills will help establish efficient and mature movement skills. (PE09-GR.4-S.1-GLE.1-EO.a,b,c; IQ.1; RA.1; N.1)</th>
<th><strong>Factual</strong></th>
<th><strong>Guiding Questions</strong></th>
<th><strong>Conceptual</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>What is the difference between and overhand and underhand throws?</td>
<td></td>
<td>What are some ways to improve throwing to a moving target? Why is it important to improve physical skills?</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Assessment and modification of self and others contributes to the recognition of mature movement. (PE09-GR.4-S.1-GLE.2-EO.b; IQ.1; RA.1,3; N.1)</th>
<th><strong>Factual</strong></th>
<th><strong>Guiding Questions</strong></th>
<th><strong>Conceptual</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>What are the critical elements of a kick?</td>
<td></td>
<td>Why is self-assessment important? What can a partner tell one about one’s skills that he or she cannot see oneself?</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Identification and assessment of key safety factors during games, activities and sport reduces the risk of injury to self and others. (PE09-GR.4-S.4-GLE.1-EO.a,b,c,d,e; IQ.1,2,3,4,5; RA.1,2,3,4,5; N.1,2,3)</th>
<th><strong>Factual</strong></th>
<th><strong>Guiding Questions</strong></th>
<th><strong>Conceptual</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>What rules promote safety in the games?</td>
<td></td>
<td>Why is safety important? What is a possible risk of not following rules when swimming?</td>
<td></td>
</tr>
<tr>
<td>Critical Content:</td>
<td>Key Skills:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>------------------</td>
<td>-------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>My students will <strong>Know...</strong></td>
<td>My students will be able to <strong>(Do)...</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>● Dribble, throw and kick objects to a moving targets (PE09-GR.4-S.1-GLE.1-EO.a,b,h)</td>
<td>● Dribble, throw, catch and kick objects to moving targets. (PE09-GR.4-S.1-GLE.1-EO.a,b,h)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>● How to identify and analyze a variety of movements (PE09-GR.4-S.1-GLE.1-EO.i) (PE09-GR.4-S.1-GLE.2-EO.b)</td>
<td>● Identify, compare and analyze a variety of movements. (PE09-GR.4-S.1-GLE.1-EO.i) (PE09-GR.4-S.1-GLE.2-EO.b)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>● Risks of physical activity (PE09-GR.4-S.4-GLE.1-EO.e)</td>
<td>● Analyze the risks of physical activity. (PE09-GR.4-S.4-GLE.1-EO.e)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Critical Language:** includes the Academic and Technical vocabulary, semantics, and discourse which are particular to and necessary for accessing a given discipline.

EXAMPLE: A student in Language Arts can demonstrate the ability to apply and comprehend critical language through the following statement: "Mark Twain exposes the hypocrisy of slavery through the use of satire."

A student in **________** can demonstrate the ability to apply and comprehend critical language through the following statement(s):

- The manipulation of objects in a variety of ways enhances mature movement patterns.

**Academic Vocabulary:** Safety, procedures, physical activity, assessment, comparison

**Technical Vocabulary:** Mature movement patterns
Colorado Teacher-Authored Sample Instructional Unit

**Unit Description:**
This unit is designed to allow students to develop mature movement patterns, manipulation and control through assessment and modifications. Learning experiences focus on other concepts, such as, dribbling, throwing, catching, kicking, mature movement patterns, and risks involved with physical activity. The performance assessment provides students with the opportunity to evaluate, modify, demonstrate and compare mature movement patterns.

**Considerations:**
The mature movements unit is designed to develop manipulation skills and improve mature movement patterns through modifications and assessments. However, all teachers will not have the resources (e.g. equipment, space, training) to teach certain elements of the unit (e.g. targets, dribbling, kicking). Teachers may still teach this unit using manipulative skills and mature movement patterns to achieve grade level expectations. Additional considerations may include:
- Class size and number of days, times per week, etc.
- Teacher’s background and training of the content; certification
- Students’ cultural and background experiences
- District and/or school policies
- Safety protocols and a supportive learning environment
- Flexibility is to be included in daily warm-ups
- Access to technology
- Challenge by choice
- Differentiation of skills
- Accommodations to facilitate the success for all students

**Unit Generalizations**

<table>
<thead>
<tr>
<th><strong>Key Generalization:</strong></th>
<th>Assessment and modification of self and others contributes to the recognition of mature movement.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Supporting Generalizations:</strong></td>
<td>Demonstration and development of manipulative skills will help establish efficient and mature movement skills.</td>
</tr>
<tr>
<td></td>
<td>Identification and assessment of key safety factors during games, activities and sport reduces the risk of injury to self and others.</td>
</tr>
</tbody>
</table>

**Performance Assessment:** *The capstone/summative assessment for this unit.*

**Claims:**
(Key generalization(s) to be mastered and demonstrated through the capstone assessment.)

Assessment and modification of self and others contributes to the recognition of mature movement.

**Stimulus Material:**
(Engaging scenario that includes role, audience, goal/outcome and explicitly connects the key generalization)

You will be performers and assessors of a mature movement (e.g. catching and throwing with and without an implement, dribbling, striking with and without an implement). Your team of 2-3 students will perform for each other to provide a peer assessment as well as a self-assessment (e.g. video analysis of a student performing critical elements of a mature movement pattern).

**Product/Evidence:**
(Expected product from students)

Students will collaborate in small groups to evaluate and assess themselves and provide feedback to their peers. Movement Analysis Criteria includes:
- Catching, throwing, dribbling and striking with or without an implement
- Length 1-2 minutes
- Mature movement patterns using proper form
### Colorado Teacher-Authored Sample Instructional Unit

| **Differentiation:** (Multiple modes for student expression) | Students may have varied roles:  
- skill performance by choice  
- video performance and share with a peer for feedback  
- demonstrate skills for teacher  
- choose your own audience |
|---|---|

### Texts for independent reading or for class read aloud to support the content

<table>
<thead>
<tr>
<th>Informational/Non-Fiction</th>
<th>Fiction</th>
</tr>
</thead>
</table>
| *Lesson Planning for Elementary Physical Education: Meeting the National Standards & Grade-Level Outcomes* by Society of Health and Physical Educators, Holt/Hale, Shirley, Hall, Tina  
*Fundamental Baseball* by Don Geng (Lexile Level 970) minimal cost  
*Fundamental Hockey* by Mike Foley (Lexile Level 1030) minimal cost  
*Volleyball In Action* by Bobbie Kalman Sarah Dann, and John Crossingham (Lexile Level 800) minimal cost | *Cam Jansen and the Sports Day Mysteries* by David A. Adler (Lexile Level 430) minimal cost  
*Shoot to Score* by Sandra Richmond (Lexile Level 670) minimal cost  
*Lacrosse Face-Off* by Matt Christopher (Lexile Level 780) minimal cost  
*Million Dollar Throw* by Mike Lupica (Lexile Level 960) minimal cost |

### Ongoing Discipline-Specific Learning Experiences

<table>
<thead>
<tr>
<th>1. Description:</th>
<th>Think like/ work like a mature performer to create a movement pattern</th>
<th>Teacher Resources:</th>
<th>Student Resources:</th>
</tr>
</thead>
</table>
[http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=10799#.WI0f3PkrI2w](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=10799#.WI0f3PkrI2w) (soccer dribbling)  
[http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=749#.WI0g6kbkrl2w](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=749#.WI0g6kbkrl2w) (hand dribbling)  
[http://www.pecentral.org/lessonideas/DribblePartnerCheck.pdf](http://www.pecentral.org/lessonideas/DribblePartnerCheck.pdf) (hand dribbling assessment)  
[http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=132770#.WI0rUPkrI2w](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=132770#.WI0rUPkrI2w) (hockey stick handling)  
[http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=10576#.WI0s-vkrI2x](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=10576#.WI0s-vkrI2x) (floor hockey dribbling)  
[http://www.pecentral.org/lessonideas/Floor_Hockey_Tap-Dribbling_Peer_Assessment.pdf](http://www.pecentral.org/lessonideas/Floor_Hockey_Tap-Dribbling_Peer_Assessment.pdf) (floor hockey assessment)  
https://www.youtube.com/watch?v=gcAKOr_WYeQ (lacrosse)  
[http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=7551#.WI0zu_krl2x](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=7551#.WI0zu_krl2x) (lacrosse)  
# Colorado Teacher-Authored Sample Instructional Unit

## Skills:
- Dribble, throw, catch and kick objects to moving targets.

## Assessment:
- Students will practice a mature movement pattern (e.g. dribbling a basketball, dribble using a hockey stick, throwing and catching with a partner, striking a soccer ball).

## 2. Description:
- Think like/ work like an assessor to provide feedback on a mature movement pattern for others.

## Teacher Resources:
- [http://www.pecentral.org/lessonideas/DribblePartnerCheck.pdf](http://www.pecentral.org/lessonideas/DribblePartnerCheck.pdf) (hand dribbling assessment)
- [http://www.pecentral.org/lessonideas/Floor_Hockey_Tap-Dribbling_Peer_Assessment.pdf](http://www.pecentral.org/lessonideas/Floor_Hockey_Tap-Dribbling_Peer_Assessment.pdf) (floor hockey assessment)
- [https://www.youtube.com/watch?v=gCALKo3wYeo](https://www.youtube.com/watch?v=gCALKo3wYeo) (lacrosse)
- [https://www.youtube.com/watch?v=YSf2Z1gQuA](https://www.youtube.com/watch?v=YSf2Z1gQuA) (field hockey dribbling)

## Student Resources:
- [http://www.pecentral.org/lessonideas/DribblePartnerCheck.pdf](http://www.pecentral.org/lessonideas/DribblePartnerCheck.pdf) (hand dribbling assessment)
- [http://www.pecentral.org/lessonideas/Floor_Hockey_Tap-Dribbling_Peer_Assessment.pdf](http://www.pecentral.org/lessonideas/Floor_Hockey_Tap-Dribbling_Peer_Assessment.pdf) (floor hockey assessment)
- [https://drive.google.com/open?id=0B3Sg9At9-DT9RzNEVzZVeS1CaXc](https://drive.google.com/open?id=0B3Sg9At9-DT9RzNEVzZVeS1CaXc) (4th Mature Movement Assessment; self/peer)
Skills:
- Dribble, throw, catch and kick objects to moving targets.
- How to identify, compare and analyze a variety of movements. Analyze the risks of physical activity.

Assessment:
Students will provide feedback for their peers’ improvement of a mature movement pattern each day.

Prior Knowledge and Experiences
These ongoing learning experiences build upon a presumed student working knowledge of eye-hand/eye-foot coordination, balance, transfer weight, manipulation, and the use of implements. However, not all students will be skilled at the same ability level or have similar life experiences with movements (e.g. throwing, catching, dribbling or using implements).

Learning Experience # 1
The teacher may review/model mature throwing and catching cues (e.g. side to target, arm back, step and follow through) so students can begin to explore manipulative skills with mature movement patterns.

Generalization Connection(s):
Demonstration of manipulative skills in a mature movement pattern to improve movement proficiency.

Teacher Resources:
http://www.pecentral.org/pecchallenge/cues/partnerthrowcatchcues.html (throwing and catching cues)

Student Resources:
http://www.pecentral.org/pecchallenge/cues/partnerthrowcatchcues.html (throwing and catching cues)

Assessment:
Students will work with a partner to use and assess mature throwing and catching cues (e.g. track, reach, give, and quick feet).

Differentiation:
(Multiple means for students to access content and multiple modes for student to express understanding.)

Access (Resources and/or Process)
Teacher may:
- provide images of throwing and catching cues
- provide one-on-one instruction of cues

Expression (Products and/or Performance)
Students may:
- perform one cue at a time without an object
- draw or verbally share the cues with the teacher
- provide cues to assess the teacher's performance

Extensions for depth and complexity:

Access (Resources and/or Process)
Teacher may:
- provide images of throwing and catching is specific sports/activities
- have students perform the skills in a sport specific activity

Expression (Products and/or Performance)
Students may:
- vary the object they are throwing and catching
- increase their distance
- focus on a specific target for accuracy

Critical Content:
- Objects to moving targets
Colorado Teacher-Authored Sample Instructional Unit

**Key Skills:**
- Variety of movements
- Risks of physical activity

**Critical Language:**
- Safety, procedures, physical activity, assessment, comparison, and mature movement patterns.

**Learning Experience # 2**

The teacher may utilize prior knowledge of throwing and catching cues (e.g. side to target, arm back, step and follow through) so students can compare the use of implements as a mature movement.

**Generalization Connection(s):**
Demonstration of manipulative skills in a mature movement pattern to improve movement proficiency.

**Teacher Resources:**
http://www.pecentral.org/pecchallenge/cues/partnerthrowcatchcues.html (throwing and catching cues)

**Student Resources:**
http://www.pecentral.org/pecchallenge/cues/partnerthrowcatchcues.html (throwing and catching cues)

**Assessment:**
Students will work with a partner to compare their manipulative skills with an implement to create mature movement patterns (e.g. lacrosse stick, scoops, gloves)

**Differentiation:**
(Multiple means for students to access content and multiple modes for student to express understanding.)

**Access (Resources and/or Process)**
- Teacher may:
  - provide images of throwing and catching with implement
  - provide one-on-one instruction with implement

**Expression (Products and/or Performance)**
- Students may:
  - perform one throwing and catching cues with implement but without object (e.g. ball, bean bag)
  - draw or verbally share with the teacher the cues with an implement

**Extensions for depth and complexity:**

**Access (Resources and/or Process)**
- Teacher may:
  - provide images of throwing and catching is specific sports/activities using an implement
  - have students perform the skills in a sport specific activity

**Expression (Products and/or Performance)**
- Students may:
  - vary the object they are throwing and catching
  - increase their distance
  - focus on a specific target for accuracy

**Critical Content:**
- Objects to moving targets
- Variety of movements
- Risks of physical activity

**Key Skills:**
- Dribble, throw, catch, kick objects to moving targets.
- Identify, compare and analyze a variety of movements.
- Analyze the risks of physical activity.
### Learning Experience #3

The teacher may review/model mature dribbling cues using hands and/or feet (e.g. dribble with inside or outside of foot, keep ball close, eyes up, controlled stop) so students can begin to explore manipulative skills with mature movement patterns.

| Generalization Connection(s): | Demonstration of manipulative skills in a mature movement pattern to improve movement proficiency. Assessment and modification of self and others contributes to the recognition of mature movement. |
| Teacher Resources: | [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=10799#.WI0f3PkrI2w](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=10799#.WI0f3PkrI2w) (soccer dribbling)  
[http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=749#.WI0gbfkri2w](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=749#.WI0gbfkri2w) (hand dribbling)  
[http://www.pecentral.org/lessonideas/DribblePartnerCheck.pdf](http://www.pecentral.org/lessonideas/DribblePartnerCheck.pdf) (hand dribbling assessment)  
| Student Resources: | [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=10799#.WI0f3PkrI2w](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=10799#.WI0f3PkrI2w) (soccer dribbling)  
[http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=749#.WI0gbfkri2w](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=749#.WI0gbfkri2w) (hand dribbling)  
[http://www.pecentral.org/lessonideas/DribblePartnerCheck.pdf](http://www.pecentral.org/lessonideas/DribblePartnerCheck.pdf) (hand dribbling assessment)  

| Assessment: | Students will work with a partner to peer assess their manipulation skills using hands or feet with mature movements (e.g. basketball and/or soccer) |

<table>
<thead>
<tr>
<th>Differentiation:</th>
<th><strong>Access</strong> (Resources and/or Process)</th>
<th><strong>Access</strong> (Resources and/or Process)</th>
</tr>
</thead>
</table>
| (Multiple means for students to access content and multiple modes for student to express understanding.) | Teacher may:  
- model assessment procedure  
- provide assessment checklist  
- assign partnerships  
- provide coaching sentence stems  
- provide images of cues  
- provide adaptive equipment  
- work one-on-one with student | Student may:  
- select their partner  
- choose the type of object to dribble  
- use sentence stems, checklists or images |

<table>
<thead>
<tr>
<th>Extensions for depth and complexity:</th>
<th><strong>Access</strong> (Resources and/or Process)</th>
<th><strong>Access</strong> (Resources and/or Process)</th>
</tr>
</thead>
</table>
| Teacher may:  
- allow video analysis | Student may:  
- analyze professional athletes |

| Critical Content: |  
- Objects to moving targets  
- Variety of movements  
- Risks of physical activity |

| Key Skills: |  
- Dribble, throw, catch and kick objects to moving targets.  
- Identify, compare and analyze a variety of movements. |
### Colorado Teacher-Authored Sample Instructional Unit

#### Critical Language:
- Analyze the risks of physical activity.
- Safety, procedures, physical activity, assessment, comparison, and mature movement patterns.

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### Learning Experience # 4

The teacher may review/model mature dribbling cues using an implement (e.g. keep object close, head up, use both sides of stick) so students can begin to explore manipulative skills with mature movement patterns.

#### Generalization Connection(s):
Demonstration of manipulative skills in a mature movement pattern to improve movement proficiency. Assessment and modification of self and others contributes to the recognition of mature movement.

#### Teacher Resources:
- [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=132770#.WI0rUPkrI2w](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=132770#.WI0rUPkrI2w) (hockey stick handling)
- [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=10576#.WI0s-vkrI2x](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=10576#.WI0s-vkrI2x) (floor hockey dribbling)
- [http://www.pecentral.org/lessonideas/Floor_Hockey_Tap-Dribbling_Peer_Assessment.pdf](http://www.pecentral.org/lessonideas/Floor_Hockey_Tap-Dribbling_Peer_Assessment.pdf) (floor hockey assessment)
- [https://www.youtube.com/watch?v=gjYczl9wwc8](https://www.youtube.com/watch?v=gjYczl9wwc8) (lacrosse)
- [https://www.youtube.com/watch?v=gcAKOr_WYeO](https://www.youtube.com/watch?v=gcAKOr_WYeO) (lacrosse)
- [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=7551#.WI0zu_krl2x](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=7551#.WI0zu_krl2x) (lacrosse)
- [https://www.youtube.com/watch?v=YSfZN-IgQuA](https://www.youtube.com/watch?v=YSfZN-IgQuA) (field hockey dribbling)

#### Student Resources:
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- [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=10576#.WI0s-vkrI2x](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=10576#.WI0s-vkrI2x) (floor hockey dribbling)
- [http://www.pecentral.org/lessonideas/Floor_Hockey_Tap-Dribbling_Peer_Assessment.pdf](http://www.pecentral.org/lessonideas/Floor_Hockey_Tap-Dribbling_Peer_Assessment.pdf) (floor hockey assessment)
- [https://www.youtube.com/watch?v=gjYczl9wwc8](https://www.youtube.com/watch?v=gjYczl9wwc8) (lacrosse)
- [https://www.youtube.com/watch?v=gcAKOr_WYeO](https://www.youtube.com/watch?v=gcAKOr_WYeO) (lacrosse)
- [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=7551#.WI0zu_krl2x](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=7551#.WI0zu_krl2x) (lacrosse)
- [https://www.youtube.com/watch?v=YSfZN-IgQuA](https://www.youtube.com/watch?v=YSfZN-IgQuA) (field hockey dribbling)

#### Assessment:
Students will work with a partner to peer assess their manipulation skills using an implement with mature movements (e.g. floor hockey, field hockey, ice hockey, lacrosse)

#### Differentiation:
(Multiple means for students to access content and multiple modes for student to express understanding.)

<table>
<thead>
<tr>
<th>Access (Resources and/or Process)</th>
<th>Expression (Products and/or Performance)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teacher may:</td>
<td>Student may:</td>
</tr>
<tr>
<td>- model assessment procedure</td>
<td>- select their partner</td>
</tr>
<tr>
<td>- provide assessment checklist</td>
<td>- choose the type of object to dribble</td>
</tr>
<tr>
<td>- assign partnerships</td>
<td>- use sentence stems, checklists or images</td>
</tr>
<tr>
<td>- provide coaching sentence stems</td>
<td>- use various sizes and weights of implements and objects to dribble</td>
</tr>
<tr>
<td>- provide videos or images of cues</td>
<td></td>
</tr>
<tr>
<td>- provide various objects to dribble</td>
<td></td>
</tr>
</tbody>
</table>

#### Extensions for depth and complexity:
- **Access (Resources and/or Process)**
- **Expression (Products and/or Performance)**
Teacher may:
- allow video analysis

Student may:
- analyze professional athletes

Critical Content:
- Objects to moving targets
- Variety of movements
- Risks of physical activity

Key Skills:
- Dribble, throw, catch and kick objects to moving targets.
- Identify, compare and analyze a variety of movements.
- Analyze the risks of physical activity.

Critical Language:
Safety, procedures, physical activity, assessment, comparison, and mature movement patterns.

Learning Experience # 5
The teacher may review/model mature striking cues using hands and/or feet (e.g. non-kicking footsteps next to the ball, kick with inside heel of other foot, follow through) so students can begin to explore manipulative skills with mature movement patterns.

Generalization Connection(s):
Demonstration of manipulative skills in a mature movement pattern to improve movement proficiency. Assessment and modification of self and others contributes to the recognition of mature movement.

Teacher Resources:
- http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=1405#.WI1ExvkrI2x (soccer assessment)
- http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=1197#.WI1H_PkrI2w (football punting assessment)
- http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5963#.WI1QW_krI2x (volleyball set assessment)
- http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5952#.WI1Qv_krI2y (volleyball bump assessment)

Student Resources:
- http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=1405#.WI1ExvkrI2x (soccer assessment)
- http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=1197#.WI1H_PkrI2w (football punting assessment)
- http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5963#.WI1QW_krI2x (volleyball set assessment)
- http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5952#.WI1Qv_krI2y (volleyball bump assessment)

Assessment:
Students will work with a partner to peer assess their striking skills using hands/feet with mature movements (e.g. volleyball, handball, soccer, football, kickball)

Differentiation:
Access (Resources and/or Process) | Expression (Products and/or Performance)
**Colorado Teacher-Authored Sample Instructional Unit**

<table>
<thead>
<tr>
<th>Teacher may:</th>
<th>Student may:</th>
</tr>
</thead>
<tbody>
<tr>
<td>- model assessment procedure</td>
<td>- self-assess</td>
</tr>
<tr>
<td>- provide assessment checklist</td>
<td>- select their partner</td>
</tr>
<tr>
<td>- assign partnerships</td>
<td>- choose the type and weight of object to strike</td>
</tr>
<tr>
<td>- provide coaching sentence stems</td>
<td>- use sentence stems, checklists or images</td>
</tr>
<tr>
<td>- provide images of cues</td>
<td></td>
</tr>
</tbody>
</table>

**Extensions for depth and complexity:**

### Access (Resources and/or Process)

<table>
<thead>
<tr>
<th>Teacher may:</th>
<th>Student may:</th>
</tr>
</thead>
<tbody>
<tr>
<td>- allow video analysis</td>
<td>- analyze professional athletes</td>
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</tbody>
</table>

### Expression (Products and/or Performance)

**Critical Content:**
- Objects to moving targets
- Variety of movements
- Risks of physical activity

**Key Skills:**
- Dribble, throw, catch and kick objects to moving targets.
- Identify, compare and analyze a variety of movements.
- Analyze the risks of physical activity.

**Critical Language:**
Safety, procedures, physical activity, assessment, comparison, and mature movement patterns.

### Learning Experience # 6

The teacher may review/model mature striking cues using implements (e.g. eyes on target, non-striking shoulder forward, step with opposite foot, follow-through) so students can begin to explore manipulative skills with mature movement patterns.

**Generalization Connection(s):**
Demonstration of manipulative skills in a mature movement pattern to improve movement proficiency. Assessment and modification of self and others contributes to the recognition of mature movement.

**Teacher Resources:**
- [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9570#.WI1aNfkrI2w](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9570#.WI1aNfkrI2w) (underhand paddle striking assessment)
- [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=8482#.WI1apvkrI2w](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=8482#.WI1apvkrI2w) (golf stations)
- [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=762#.WI1bz_krlI2w](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=762#.WI1bz_krlI2w) (tennis self/peer assessment)
- [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=761#.WI1cYPkrI2w](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=761#.WI1cYPkrI2w) (horse hockey with cues)
- [https://www.youtube.com/watch?v=uKQS1GTyHgA](https://www.youtube.com/watch?v=uKQS1GTyHgA) (badminton game - teacher tutorial)

**Student Resources:**
- [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9570#.WI1aNfkrI2w](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9570#.WI1aNfkrI2w) (underhand paddle striking assessment)
- [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=8482#.WI1apvkrI2w](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=8482#.WI1apvkrI2w) (golf stations)
- [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=762#.WI1bz_krlI2w](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=762#.WI1bz_krlI2w) (tennis self/peer assessment)
- [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=761#.WI1cYPkrI2w](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=761#.WI1cYPkrI2w) (horse hockey with cues)
### Assessment:
Students will work with a partner to peer assess their striking skills using an implement with mature movements (e.g. baseball, hockey, tennis, golf, badminton, pickle ball, table tennis).

### Differentiation:
(Multiple means for students to access content and multiple modes for student to express understanding.)

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<td>Teacher may:</td>
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</tr>
<tr>
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<td>● assign partnerships</td>
<td>● choose the type of object to dribble</td>
</tr>
<tr>
<td>● provide coaching sentence stems</td>
<td>● use sentence stems, checklists or images</td>
</tr>
<tr>
<td>● provide images of cues</td>
<td></td>
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</tbody>
</table>

### Extensions for depth and complexity:

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<tr>
<td>● allow video analysis</td>
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### Critical Content:
- Objects to moving targets
- Variety of movements
- Risks of physical activity

### Key Skills:
- Dribble, throw, catch and kick objects to moving targets.
- Identify, compare and analyze a variety of movements.
- Analyze the risks of physical activity.

### Critical Language:
Safety, procedures, physical activity, assessment, comparison, and mature movement patterns.
## Learning Experience # 7

The teacher may present a mature movement assessment so students can evaluate their manipulative skills and mature movement patterns as well as others.

### Generalization Connection(s):
- Assessment and modification of self and others contributes to the recognition of mature movement.

### Teacher Resources:
- [https://drive.google.com/open?id=0B3Sg9At9-DT9r2EVz2VeS1CaXc](https://drive.google.com/open?id=0B3Sg9At9-DT9r2EVz2VeS1CaXc) (4th Mature Movement Assessment: self/peer)

### Student Resources:
- [https://drive.google.com/open?id=0B3Sg9At9-DT9r2EVz2VeS1CaXc](https://drive.google.com/open?id=0B3Sg9At9-DT9r2EVz2VeS1CaXc) (4th Mature Movement Assessment: self/peer)

### Assessment:
- Students will perform a mature movement pattern using a manipulative and assess their performance as well as their partners.

### Differentiation:
(Multiple means for students to access content and multiple modes for student to express understanding.)

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<tr>
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</thead>
<tbody>
<tr>
<td>Teacher may:</td>
<td>Students may:</td>
</tr>
<tr>
<td>- face the student and have the student mirror the teacher’s movements</td>
<td>- perform the mature movement pattern without an object or implement using just their hands, etc.</td>
</tr>
<tr>
<td>- use a variety of implements</td>
<td>- independently modify the mature movement pattern</td>
</tr>
<tr>
<td>- provide images of mature movements</td>
<td>- use an implement of their choice</td>
</tr>
<tr>
<td>- provide images of different manipulative skills</td>
<td></td>
</tr>
<tr>
<td>- provide images of different implements</td>
<td></td>
</tr>
</tbody>
</table>

### Extensions for depth and complexity:

<table>
<thead>
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<th>Access (Resources and/or Process)</th>
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</thead>
<tbody>
<tr>
<td>Teacher may:</td>
<td>Students may:</td>
</tr>
<tr>
<td>- show video of students performing mature and complex movement skills</td>
<td>- develop their own mature movement pattern</td>
</tr>
<tr>
<td>- provide students with mature and complex movement patterns and sequences</td>
<td>- add creative and style to their mature movement pattern</td>
</tr>
</tbody>
</table>

### Critical Content:
- Objects to moving targets
- Variety of movements
- Risks of physical activity

### Key Skills:
- Dribble, throw, catch, kick objects to moving targets.
- Identify, compare and analyze a variety of movements.
- Analyze the risks of physical activity.

### Critical Language:
- Safety, procedures, physical activity, assessment, comparison, and mature movement patterns.