



Unit 1 Lessons

Fundamental Motor Skill: Introduction to Motor Skills

Objectives



1. Motor Movement

walk, run, stretch, grasp & release, jump, balance, kick



2. Body Awareness

head, shoulders, waist, arms, legs, knees, hands, feet, heels, toes



3. Personal Space

share space with peers and stay on own floor marker



4. Motor Imitation

see/imitate a movement



5. Visual Tracking

throw, watch & catch scarf



6. Sustained Physical Activity

continuous movement during music video

Key Words

List words

Lesson Plan

Time	Activity	Objectives			Structure
3 min	Warm-Up	Gathering	Increase Heart Rate	Warm-Up Muscles	Whole Group
5 min	Core 1: Popcorn Kernels	Motor Movement		Visual Tracking	
5 min	Core 2: Follow Me Home	Motor Movement	Personal Space	Motor Imitation	
5 min	Core 3: Simon Says		Body Awareness		
2-4 min	Physical Activity: Music Video	Sustained Physical Activity			
3 min	Cool Down	Gathering	Decrease Heart Rate	Cool Down Muscles	