

Unit 04: Capture the Flag

Unit #:	APSDO-00026629	Duration:	2.0 Lesson(s)	Date(s)	
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Team:
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Grade(s)
 K, 1, 2, 3, 4

Subject(s)
 Wellness

Unit Focus

In this unit, students will explore the game of Capture the Flag through a deliberate focus on fleeing, dodging, and spatial awareness. Students will demonstrate improved performance through movements associated with size of space, pathways, and direction.

Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
<p>Connecticut Goals and Standards <i>Physical Education: 4</i></p> <ul style="list-style-type: none"> Continue to develop skills to participate productively in groups, in both cooperative and competitive activities <i>M.13.2</i> Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in increasingly more complex movement and game forms <i>M.10.1</i> Demonstrate knowledge of rules, safety practices and procedures as they apply to an increasing range of movement situations <i>M.10.3</i> 	<p>T1 (T1) Develop skills, knowledge and concepts needed to make appropriate decisions to create a healthy and balanced lifestyle.</p> <p>T2 (T2) Communicate effectively based on purpose, task and audience using appropriate vocabulary and body language.</p>	
	Meaning	
	Understanding(s)	Essential Question(s)
	<p>U1 (U101) Knowing where your body is located in space keeps you moving where you want to go.</p> <p>U2 (U102) Traveling from one point to another requires execution of a repeated technique.</p> <p>U3 (U103) Moving away from a person/projectile requires fluent lateral and</p>	<p>Q1 (Q101) How do I use my body to move around the ____ (field, gym, dance floor)? How do I stay aware of where everyone else is?</p> <p>Q2 (Q102) How do I move from one point to another?</p> <p>Q3 (Q103) How do I keep myself alive/open/active by moving?</p>

<ul style="list-style-type: none"> • Develop strategies for including all persons, despite individual differences, in physical activity settings <i>M.13.3</i> • Participate in a variety of individual, dual and team tasks, activities, creative movement, dance, play, games and sports <i>M.9.5</i> • Understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings <i>M.13.1</i> 	non-lateral movements. U4 (U104) Changing directions and speed requires understanding of balance and how it relates to movement.	Q4 (Q104) How do I stay in control when I stop, start and change direction?
	Acquisition of Knowledge and Skill	
	Knowledge	Skill(s)
		S1 Gr 2-4: Differentiate between movement in personal space and general space safely while chasing, fleeing, and dodging S2 Gr 2-4: Demonstrates balanced and controlled body movements while chasing, fleeing, and dodging