

## MSAD #54 Curriculum

Content Area: PE  
Unit: Bowling

Grade: 3-6

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:

**G1 Stability and Force**

**G2 Movement Skills**

**G3 Skill-related fitness components**

**G4 Skill Improvement**

**H3 Fitness Activity**

**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>G1 Stability and Force</b>  <b>Students demonstrate a variety of movements that apply stability and force.</b></p> <p>a. Demonstrate movements that change the <i>center of gravity and line of gravity</i> during <i>dynamic balances</i>.</p> <p>b. Show how increasing speed and mass can change the force on an object.</p> <p>c. Demonstrate how body position can be changed to absorb force and decrease risk for injury.</p> <p><b>G2 Movement Skills</b>  <b>Students demonstrate a variety of <i>locomotor skills</i> and <i>manipulative skills</i>.</b></p> <p>a. Demonstrate correct technique for a variety of <i>manipulative skills</i>.</p> <p>b. Demonstrate <i>locomotor skills</i> and <i>manipulative skills</i> in combination using changes in direction, level, or pathway.</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>G4 Skill Improvement</b>  <b>Students describe why practice is important to skill improvement.</b></p> <p><b>H3 Fitness Activity</b>  <b>Students participate in physical activities that address each of the five <i>health-related fitness components including flexibility, cardiovascular endurance, muscular endurance, muscular strength, and body composition</i>.</b></p> <p><b>Cooperative Skills</b></p>	<p>Students will: Learn basic skills of bowling.</p> <p>Students will: learn bowling etiquette.</p>	<p><b>Lesson 1</b></p> <p>Activity:</p> <p>-How to hold and roll the bowling ball.          -Proper steps and approach</p> <p><b>Lesson 2</b>          Game Play</p> <p>Assessment: Formative</p>

**I1 Students demonstrate cooperative skills while participating in physical activities.**

- a. a. Demonstrate active listening.
- b. b. Get along with others.
- c. c. Accept responsibility for personal behavior.

**I2 Responsible Behavior**  
**Students demonstrate safe behaviors and activities.**

**I3 Safety Rules and Rules of Play**  
**Students describe safety rules and rules of play for games/physical activities.**

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