Instructional Unit Title: Creative Movement

The teacher may provide examples of various movement patterns (e.g., grapevine, kick line, 3-person weave in basketball), so students can begin to make connections between movement and fitness improvement aerobic activity.



The teacher may provide examples of sequenced movement patterns (e.g., grapevine, the 8 count, kick line, 3-person weave in basketball), so students can analyze the flow of patterns within a routine.



The teacher may provide various manipulatives so students can begin transforming movement patterns into routines. (e.g., basketball, chair, jumping rope, hula hoop, sombrero hat, hacky sacs, juggling scarfs)



The teacher may introduce heart rate zones (e.g., low, moderate, high) so students can examine how movement and increased exertion impacts fitness levels.



The teacher may facilitate a discussion on goal setting so students can synthesize how different movement patterns can contribute to maintaining/improving personal fitness outcomes. (e.g., target heart rate zones)



The teacher may review movement patterns, sequencing, (e.g., 8 count, transitions) and the use of associated equipment so students can begin creating and/or refining movement performances.



The teacher may provide examples of peer evaluations so students can begin to understand how productive critiquing can contribute to the creative process.



PERFORMANCE ASSESSMENT: You and your group members have earned a spot on the hit TV show "America's Got Talent". In order to impress the judges (e.g. teachers), your team will develop and perform a creative movement routine designed to highlight effective sequencing and rhythm (e.g., gymnastics, dance, manipulatives). Roles of team members will include: Choreographer, Performers, and Writer/Editor

This unit was authored by a team of Colorado educators. 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. To see the entire instructional unit sample with possible learning experiences, resources, differentiation, and assessments visit http://www.cde.state.co.us/standardsandinstruction/instructionalunitsamples.