

Specific Learning Outcomes

By the end of this unit, students will be able to:

- Experience & demonstrate *nonlocomotor, locomotor, sending & receiving skills* as they relate to *running, jumping, throwing & applicable adaptive skills*
- Show *cooperation*, specifically *teamwork*
- Display *effort and willingness to participate*
- Demonstrate *safety* through *listening skills and participation*
- Achieve *activity goals that are challenging*

Physical Literacy Environments (Select all that apply): Land Air Water Snow Ice

Teaching and Learning Activities

Lesson 1 (Run)	Lesson 2 (Run)	Lesson 3 (Run)	Lesson 4 (Jump)	Lesson 5 (Jump)
1. Tic-Tac-Toe Relay 2. Running Basics/ Relay Technique 3. Paarlauf	1. Hoop Hurdle Relays 2. Hurdle Intro (Lead Leg/Trail Leg) 3. Obstacle Course	1. Human Hurdles 2. Hurdle Walking-Marching-Run (3 hurdle Continuous) 3. Hurdle Slalom	1. Hop N' Stop 2. Running Long Jump (Approach and Take off) 3. Stone Bridge Tree	1. Leap Olympus 2. Running Long Jump (Flight and Landing) 3. 5 Step Jump for Distance
Lesson 6 (Jump)	Lesson 7 (Throw)	Lesson 8 (Throw)	Lesson 9 (Throw)	Lesson 10
1. Jumping Obstacle Course 2. Triple Jump Intro 3. Equal Distance	1. Shuttle Relay 2. Shot Put intro 3. Tic-Tac-Toe	1. D-Ball 2. Javelin Intro 3. Throw on a rope relay	1. T-Ball Relay 2. Discus Intro 3. Hoop Golf	I Can Games

Resources

- Athletics Alberta, www.athleticsalberta.com/education/run-jump-thro
- Canadian Sport for Life – Physical Literacy, www.physicalliteracy.ca
- Physical Literacy Assessment for Youth, <http://play.physicalliteracy.ca/play-tools>

Safety:

- Ensure that the activities take place on a smooth surface with no obstructions.
- Students must be informed of the boundaries for all activities.
- Be sure students are wearing appropriate footwear for physical activity.

For more information and to download the *Safety Guidelines for Physical Activity in Alberta Schools* visit:

https://education.alberta.ca/media/1109586/sg_pa_final_2014.pdf

Adaptations:

All of the activities can be adapted, if necessary, for students with a disability:

- Applicable adaptive skills can replace locomotor movement
- Distances can be decreased for relays and throwing activities
- Upper body movements can be performed instead of lower body movements
- Use lower cones or no cones for jumping activities
- Provide a soft landing/mat when performing jumping
- Additional possible adaptations will be noted with an asterisk.