**North East School Division**



**Unpacking Outcomes**

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| **Outcome (stated in its entirety) to be unpacked** | | |
| **4.4 Locomotor Skills -** Apply, with guidance, how to skillfully perform locomotor skills while participating in movement activities, including at a:• utilization level of skill when:• rolling backward. | | |
| **Outcome Unpacked** (circle the verb and underline the Nouns/Qualifiers) | | |
| **Apply locomotor skill of rolling backward at utilization skill level** | | |
| **KNOW** | **UNDERSTAND** | **BE ABLE TO DO** |
| 1. **Rolling Bwd. Utilization Level:**   bulletSquat down with your legs and knees together.  bulletBe sure to stay on the balls of your feet, not flat-footed.  bulletKeep your body in a rounded/circular shape so that the roll will maintain its speed. Keep your chin to your chest at all times.  bulletPlace your hands next to your ears, fingers spread, facing the same direction that you are(Mickey Mouse ears).  bulletAllow your body to roll backwards. As soon as your hands (Mickey Mouse ears) feel the floor, push so that your legs will follow over your head.  bulletStay tucked while pushing off floor. | 1. That learning to roll helps us:  * To get places * To get away/dodge * Prevent injury  1. It is important to pay attention to Risk Factors and Safe Practices when participating in rolls because:  * It is a body management activity that puts pressure on the neck and head. | **Utilization Level of Skill:**  a. Roll backward two consecutive times staying tight and trying to end on feet.  b. Roll backward at varying speeds while keeping body tight and trying to end on feet.  c. Combine rolling backward in a sequence with at least one other skill such as jumping backward off a slightly raised object (e.g., crate, bench, fitness step).  d. Roll backward safely (forward, sideways) to absorb impact after “falling” (e.g., from a raised object, after being “tripped” or “knocked over”). |
| **ESSENTIAL QUESTIONS** | | |
| 1. **Why learn how to roll?** 2. **Why is it important to pay attention to Risk Factors and Safe Practices when participating in rolls?** | | |