Unit 7: PT- Team Handball

Content Area: **Physical Education and Health**
Course(s): **Physical Education 9, Physical Education 10, Physical Education 11, Physical Education 12**
Time Period: **March**
Length: **15 blocks**
Status: **Published**

Enduring Understandings

Individuals who learn to practice safely, effectively and efficiently have better performance of skills in a game situation.

Rules are established for a safe and healthy environment.

Essential Questions

In what ways can the game of team hand ball provide an opportunity for individuals to participate?

Why is teamwork important in playing team handball?

How does working well as a team relate to real life?

How do I know if I am progressively getting physically fit?

How does physical fitness impact one's sense of wellbeing?

What personal behaviors allow one to maintain fitness for a lifetime?

How does one balance everyday life activities with fitness activities to maintain fitness for a lifetime?

How does following directions make one successful?

How does one get and stay fit?

What are the components of lifelong health?

Content

Jump ball, obstruction, three-point line, defense, offense, types of throws (side-out, corner, indirect, direct) goal area, goalie, shutout.

Skills

Big Idea: Cooperation, Work Ethic, Skills Development, Physical Fitness

Resources

Handball, goals, cones

Pearson, Introduction to the Navy Junior Reserve Officer Training Corps, Wellness, Fitness and First Aid, Unit 5 - Chapters 1-10, Google Slides, Google Classroom, Google Docs,https://www.njrotc.navy.mil/curriculum.html

Standards

0xHPE.2.5.12	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
0xHPE.2.5.12.A	Movement Skills and Concepts
0xHPE.2.5.12.A.1	Explain and demonstrate ways to apply movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).
0xHPE.2.5.12.A.2	Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
0xHPE.2.5.12.C	Sportsmanship, Rules, and Safety
0xHPE.2.5.12.C.3	Determine the current impact of globalization and technology on the development of, participation in, and viewing of games, sports, dance, and other movement activities, and predict future impact.