Softball

Content Area: **Physical Education and Health**
Course(s): **Phys Ed 6, Phys Ed 7, Phys Ed 8**
Time Period: **May**
Length: **4 weeks**
Status: **Published**

Transfer

Cooperation, Work Ethic, Skills Development, Physical Fitness

Enduring Understandings

Individuals who learn to practice safely, effectively and efficiently have better performance of softball skills in both practice and in games.

Rules are established for a safe and healthy environment.

Essential Questions

How do I reach the next level of performance?

How does following the rules help you play better?

Content

Hitting, Catching, Throwing, Bunting, 1st Base, 2nd Base, 3rd Base, Home Plate, Strike, Ball, Out, Foul Ball, Home Run, Run Batted In, Single, Double, Triple

Resources

Bat

Softball

Bases

Pitching Mound

Glove

Batting Gloves

Helmets

Standards

HPE.2.5.6.B.3	Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.
HPE.2.5.8.A	Movement Skills and Concepts
HPE.2.5.8.A.1	Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.8.A.2	Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.
HPE.2.5.8.A.3	Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance).
HPE.2.5.8.A.4	Detect, analyze, and correct errors and apply to refine movement skills.
HPE.2.5.8.A.CS1	Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort.
HPE.2.5.8.B	Strategy
HPE.2.5.8.B.1	Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings.
HPE.2.5.8.B.2	Assess the effectiveness of specific mental strategies applied to improve performance.
HPE.2.5.8.B.CS1	Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork.
HPE.2.5.8.C	Sportsmanship, Rules, and Safety
HPE.2.5.8.C.1	Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.
HPE.2.5.8.C.2	Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities.
HPE.2.5.8.C.3	Analyze the impact of different world cultures on present-day games, sports, and dance.
HPE.2.5.8.C.CS1	Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction.
HPE.2.5.8.C.CS2	Movement activities provide a timeless opportunity to connect with people around the world.

HPE.2.6.8.A	Fitness and Physical Activity
HPE.2.6.8.A.CS1	Knowing and applying a variety of effective training principles over time enhances personal fitness level, performance, and health status.