Pillow Polo

Content Area: **Physical Education and Health**
Course(s): **Phys Ed 6, Phys Ed 7, Phys Ed 8**
Time Period: **February**
Length: **2 Weeks**
Status: **Published**

Transfer

Cooperation, Work Ethic, Skills Development, Physical Fitness

Enduring Understandings

Individuals who learn to move safely, effectively and efficiently and feel comfortable and confident in the performance of motor skills are more likely to participate in health-enhancing forms of physical activity throughout life.

Rules and safety are established for a safe and healthy understanding.

Teamwork will help develop skills for life time behaviors.

Essential Questions

To what extent does strategy influence performance?

How do competitive games and activities develop problem solving skills?

Why is sportsmanship important in class?

How do we improve the level of play in a team situation?

What makes a good team?

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

Content

Pillow Polo

Passing

Shooting

Receiving

Dribbling

Paddle Ball

Serving

Forehand

Backhand

Learning Objectives

Develop cardiovascular fitness through recreational activities.

Recognize different activities that use limited resources in modified settings.

Refine gross and fine motor skills including: throwing, catching, hand eye coordination.

Develop social interaction skills, sportsmanship, and cooperation through competitive activities.

Resources

Paddles

Balls

Net

Clock/timer

Whistle

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.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.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.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.