Unit 2 Manipulative Skills

Content Area: **Physical Education and Health**
Course(s): **Physical Education/Health**
Time Period: **October**
Length: **5 weeks**
Status: **Published**

Enduring Understandings

Manipulative skills are the motor skills used in sports and games.

The development of manipulative skills allow me to engage in activities at a more advanced level.

The fundamental skills of throwing, catching, kicking, volleying, dribbling, and striking will make me a better athlete.

Essential Questions

How can manipulative skills make me a better athlete?

When will I use manipulative skills outside of physical education and sports?

Skills

Develop throwing skills such as overhand, underhand, and side throw.

Develop catching skills with hands or implements.

Develop striking skills using hands or implements.

Develop hand and foot coordination.

Develop hand and eye coordination.

Standards

HPE.2.5.2	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
HPE.2.5.2.A	Movement Skills and Concepts
HPE.2.5.2.A.1	Explain and perform movement skills with developmentally appropriate control in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.2.A.4	Correct movement errors in response to feedback.
HPE.2.6.2	All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.
HPE.2.6.2.A.2	Explain what it means to be physically fit and engage in moderate to vigorous age-appropriate activities that promote fitness.

Assessments

Manipulative skills

Formative: Other Evidence:Other: Teacher Observation