Unit 4 Striking Activites

Content Area: **Physical Education and Health**
Course(s): **Physical Education/Health**
Time Period: **December**
Length: **7 weeks**
Status: **Published**

Enduring Understandings

Striking activities include but not limited to volleyball, baseball, golf, tennis, soccer, and hockey.

Body positioning is important when striking.

Essential Questions

When will I need to use striking skills?

What are some different activities that include striking?

Where should your eyes focus when striking?

What position should my body be in when preparing to strike?

How do body parts work together when striking?

Skills

Name activities that involve striking.

Focus eyes on object then strike.

Demonstrate correct body positioning when striking.

Make contact with the object.

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.

Assessments

Striking positions and follow through

Formative: Other Evidence:Other: Teacher Observation