Unit 4 Striking Activities

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

Enduring Understandings

Focusing on the object ensures accuracy.

Preparation and follow through are two important skills before and after a strike is completed.

Essential Questions

Why is it important to keep your eye on the object when striking?

What preparations should I take before striking?

Skills

Apply striking skills with hands and feet.

Use an implement with hands to strike.

Use correct body position according to the type of strike.

Make contact with the object being struck.

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

Eye-hand coordination

Formative: Other Evidence:Other: Teacher Observation