Unit 1 Manipulative Skills

Content Area: **Physical Education and Health**
Course(s): **Painting, Physical Education/Health**
Time Period: **September**
Length: **9 weeks**
Status: **Published**

Enduring Understandings

Manipulative Skills are fundamental for success in all sports and recreational games

The mastery of manipulative skills will assist in overall gross motor development

Manipulative skills need to be practiced before they can be successfully used in a game setting

Essential Questions

How does the practice of manipulative skills help students in activities outside of the Physical Education setting?

How will accuracy and speed play a role in student success?

Why learn manipulative skills if I do not plan to play competitive sports?

Skills

Stepping with the non dominant foot

Using the dominant hand or leg to perform the skill

Perform manipulative skills with proper form, power and accuracy

Maintain coordination through manipulative skills.

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.2	Demonstrate changes in time, force, and flow while moving in personal and general space at different levels, directions, ranges, and pathways.

Assessments

Refinement of manipulative skills
Formative: Other Evidence:Other: Teacher Observation