Unit 3 Striking Activities

Content Area: **Physical Education and Health**
Course(s): **Painting, Physical Education/Health**
Time Period: **December**
Length: **8 weeks**
Status: **Published**

Enduring Understandings

Teamwork is necessary for the greater good of the team.

Striking activities require hand eye coordination and timing.

Focusing on the object and performing proper follow through are necessary when striking.

Striking skills are transferable between a multitude of activities.

Essential Questions

How does the force applied during striking affect where the object lands?

How does learning to strike in one activity transfer to another?

Where does my body need to be positioned in relation to the object I am striking?

Skills

How does the force applied during striking affect where the object lands?

How does learning to strike in one activity transfer to another?

Where does my body need to be positioned in relation to the object I am striking?

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.
HPE.2.5.2.B	Strategy
HPE.2.5.2.B.2	Explain the difference between offense and defense.

Assessments

Striking positions and follow through
Formative: Other Evidence:Other: Teacher Observation