

# Unit 2 Striking Activities

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

## **Enduring Understandings**

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Striking an object successfully requires proper form, control, speed and accuracy.

The amount of force needed to strike an object is dependent on the game situation.

Striking a moving object requires more concentration and physical effort.

## **Essential Questions**

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How will I determine how hard or soft I need to strike an object?

Can my knowledge of math and science be applied when determining the speed and angles at which to strike?

What adjustments do I have to make when striking a stationary object vs. striking a moving object?

## **Skills**

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Proper control of the body, implement and object being struck.

Various problem solving skills and math/science concepts.

Offensive and defensive differentiation.

## **Standards**

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| HPE.2.5.4     | All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.   |
| HPE.2.5.4.A   | Movement Skills and Concepts   |
| HPE.2.5.4.A.1 | Explain and perform essential elements of movement skills in both isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities). |
| HPE.2.5.4.A.2 | Use body management skills and demonstrate control when moving in relation to others, objects, and boundaries in personal and general space.   |
| HPE.2.5.4.B   | Strategy   |
| HPE.2.5.4.B.1 | Explain and demonstrate the use of basic offensive and defensive strategies (e.g., player positioning, faking, dodging, creating open areas, and defending space).                         |
| HPE.2.5.4.C   | Sportsmanship, Rules, and Safety   |
| HPE.2.5.4.C.1 | Summarize the characteristics of good sportsmanship and demonstrate appropriate behavior as both a player and an observer.   |

## **Assessments**

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Eye-hand coordination

Formative: Other Evidence:Other: Teacher Observation