Unit 2 Striking Activities

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

Enduring Understandings

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

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

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

Various problem solving skills and math/science concepts.

Offensive and defensive differentiation.

Standards

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

Eye-hand coordination

Formative: Other Evidence:Other: Teacher Observation