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.2.5.6	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
HPE.2.5.6.A	Movement Skills and Concepts
HPE.2.5.6.A.1	Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.6.A.2	Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.
HPE.2.5.6.A.4	Use self-evaluation and external feedback to detect and correct errors in one's movement performance.
HPE.2.5.6.A.CS1	Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.
HPE.2.5.6.B	Strategy
HPE.2.5.6.B.1	Demonstrate the use of offensive, defensive, and cooperative strategies in individual, dual, team and group activities.

Assessments

Eye-hand coordination

Formative: Other Evidence:Other: Teacher Observation