

# Four Square

Content Area: **Physical Education and Health**  
Course(s): **Physical Education 9, Physical Education 10, Physical Education 11, Physical Education 12**  
Time Period: **School Year**  
Length: **8 blocks**  
Status: **Published**

## Transfer

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Big Idea: Cooperation, Work Ethic, Skill Development and Physical Fitness

## Enduring Understandings

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Individuals who learn to practice safely, effectively, and efficiently will feel comfortable and confident in the performance of skill related components during participation.

Understanding game scores promotes cognitive strategies to improve chances of success.

Strategies provide desires to improve skill related components directed at correct, controlled physical execution.

## Essential Questions

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How do I improve my level of performance?

How does knowledge of the game score influence strategy?

To what extent does strategy influence performance?

Why is sportsmanship important in Physical Education class?

## Content

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## Vocabulary

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Block, Save, Spike, Serving, Rotation

## **Learning Objectives**

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Demonstrate mechanically correct form when hitting & serving the ball when playing 4 Square.

Compare and contrast offensive, defensive, & individual strategies that can be utilized while playing 4 Square.

Demonstrate the ability to rotate properly when playing 4 Square.

Demonstrate good sportsmanship while playing 4 Square.

## **Standards**

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HPE.2.5.12	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
HPE.2.5.12.A	Movement Skills and Concepts
HPE.2.5.12.A.2	Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
HPE.2.5.12.B	Strategy
HPE.2.5.12.B.1	Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.
HPE.2.5.12.B.3	Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.
HPE.2.5.12.C	Sportsmanship, Rules, and Safety
HPE.2.5.12.C.1	Analyze the role, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance and behavior.

## **Assessments**

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Active participation

Formative: Other Evidence: Performance: Authentic Task

Proper demonstration of skills, strategies and rules during 4 Square

Formative: Other Evidence: Performance: Skill Demonstration

Class discussions

Formative: Other Evidence: Oral: Discussion

Written quizzes and tests

Formative: Other Evidence: Test: Written

Teacher observation

Summative: Transfer Tasks: Other: Teacher Observation

