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

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

Enduring Understandings

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

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

Vocabulary

Block, Save, Spike, Serving, Rotation

Learning Objectives

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

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

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