Pillow Polo/Floor Hockey

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, Skills Development, Physical Fitness

Enduring Understandings

Individuals who learn to move safely, effectively and efficiently and feel comfortable and confident in the performance of motor skills are more likely to participate in health- enhancing forms of physical activity throughout life.

A team is more than a collection of individuals.

Sportsmanship: How you behave leaves as much of an impression as how you perform.

Rules are established and must be followed for a safe and healthy environment.

Essential Questions

Why do I have to understand concepts of movement when I can already perform the movement?

What makes a good team?

How does the nature of a sport impact on codes of behavior?

Content

Vocabulary

Goalie Crease

Goal Tender

High Sticking

Face- Off

Forehand

Backhand

Fouls

Penalties

Center

Right Wing

Left Wing

Right Defense

Left Defense

Learning Objectives

Demonstrate proper techniques and skills (dribbling, passing, shooting). Demonstrate the knowledge of rules through participation in the activity.

Students will demonstrate strategies and position play for floor hockey/pillow polo.

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.2	Apply a variety of mental strategies to improve performance.

HPE.2.5.12.C	Sportsmanship, Rules, and Safety
HPE.2.5.12.C.2	Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.

Assessments

Written test made by the teacher.
Formative: Other Evidence: Test: Written
Passing skill test
Formative: Other Evidence: Performance: Skill Demonstration
Striking the ball to score a goal skill test.
Formative: Other Evidence: Performance: Skill Demonstration
Teacher observation of students' participation
Summative: Transfer Tasks: Other: Teacher Observation