Softball

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 practice safely, effectively and efficiently have better performance of softball skills in both practice and in games.

Rules are established for a safe and healthy environment.

Essential Questions

How do I reach the next level of performance?

How does following the rules help you play better?

Content

Vocabulary

Hitting, Catching, Throwing, Bunting, 1st Base, 2nd Base, 3rd Base, Home Plate, Strike, Ball, Out, Foul Ball, Home Run, Run Batted In, Single, Double, Triple

Learning Objectives

Demonstrate mechanically the correct form and control when using and combining hitting, throwing and catching in game-like settings.

Compare and contrast offensive and defensive strategies used in playing softball.

Detect and correct errors in hitting, throwing & catching and modify it.

Demonstrate good sportsmanship and teamwork.

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.1	Explain and demonstrate ways to apply movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).
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.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.