Pickleball

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 and effectively have better performance of 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 more efficiently and effectively?

Content

Vocabulary

forehand shot , backhand shot, underhand serve

volley, dink or drop shot, lob shot, smash

Learning Objectives

Demonstrate the proper grip (hand shake grip), and execute/utilize the fundamental skills needed to play a competitive game of pickleball.

Demonstrate the various types of shots (forehand, backhand, underhand serve, volley, dink or drop shot, lob shot, and smash.

Identify and demonstrate the basic rules of pickle ball.

Develop efficient and effective strategies for offense and defense.

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.