Unit 04: Throwing, Catching, Rolling

Content Area: **Physical Education**
Course(s): **Physical Education**
Time Period: **Week 7**
Length: **3 Weeks**
Status: **Published**

Unit Overview

Students will learn advanced techniques of throwing, catching, and rolling. An emphasis will be placed on using the correct technique, including throwing or rolling with the dominant hand, stepping with the opposite foot, squaring the body to a target, watching the target, and following through to complete each movement. Students will throw and roll to stationary and to moving targets.

Standards

HPE.2.5.4.A.1	Explain and perform essential elements of movement skills in both isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.4.A.2	Use body management skills and demonstrate control when moving in relation to others, objects, and boundaries in personal and general space.
HPE.2.5.4.A.4	Correct movement errors in response to feedback and explain how the change improves performance.
HPE.2.5.4.A.CS1	Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.
HPE.2.5.4.B.1	Explain and demonstrate the use of basic offensive and defensive strategies (e.g., player positioning, faking, dodging, creating open areas, and defending space).
HPE.2.5.4.B.2	Acknowledge the contributions of team members and choose appropriate ways to motivate and celebrate accomplishments.
HPE.2.5.4.B.CS1	Offensive, defensive, and cooperative strategies are applied in most games, sports, and other activity situations.
HPE.2.5.4.C.1	Summarize the characteristics of good sportsmanship and demonstrate appropriate behavior as both a player and an observer.
HPE.2.5.4.C.2	Apply specific rules and procedures during physical activity and explain how they contribute to a safe active environment.
HPE.2.5.4.C.CS1	Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.

Essential Questions

1. How can I show good sportsmanship and teamwork during throwing and catching games?

2. How are safety rules an important part of throwing and catching activities?

Application of Knowledge and Skills...

Students will know that...

- 1.the basic skills developed for throwing, rolling, and catching can be embellished to create advanced techniques for throwing, rolling, and catching.
- 2. accuracy and throwing are essential in game situations.
- 3. different situations require different throwing and catching techniques.

Students will be able to...

- A. Perform overhand and underhand throws with proper form.
- B. Perform an underhand roll with proper form.
- C. Catch a ball that was either thrown or rolled.
- D. Accurately throw/roll towards small stationary/moving targets.
- E. Demonstrate cooperation and the ability to work with others during throwing and catching games.
- F. Demonstrate the ability to change velocity/height of a throw/roll depending on the game situation.

Assessments

• Pre-Assessment: Throwing, Catching and Rolling - Diagnostic: Instructional/Assessment Focus - Students will be assessed orally on their understanding of the proper mechanics of throwing/rolling an object. 2.5.2.A.2 2.5.2.B.1 2.5.2.B.4 2.6.2.A.1

• Advanced Technique - Diagnostic: Exhibition - Students will be assessed through a performance rubric on their ability to properly perform an overhand throw, underhand throw, and a roll. 2.5.2.A.1 2.5.2.A.2 2.5.2.B.1 2.5.2.C.1 2.5.2.C.2 2.6.2.A.1 2.6.2.A.2

• Throwing, Catching, and Rolling Test - Summative: Written Test - Students will take a written assessment relative to the proper form for throwing, catching, and rolling and the general rules for throwing games and activities. 2.5.2.A.2 2.5.2.A.4 2.5.2.B.1 2.5.2.B.2 2.5.2.B.4 2.5.2.C.1 2.5.2.C.2 2.6.2.A.1 2.6.2.A.2

Activities

- Throwing Session: using gatorskin balls and cones, students will perform a variety of throws.
- Rolling Games: a series of games to help promote rolling skills, including: Pin Knock Down, Rainstorm, and Pin Blasters.

- Team Handball: a catching and throwing game in which two teams play a game using teamwork and cooperation to win the game.
- Throwing, catching, and rolling games stations: students will participate in throwing and catching skills stations, which include: Planet ball, Pirate ship, Speed ball, and Ultimate sports.
- Partner Throws: students practice throwing with accuracy.

Activities to Differentiate Instruction

Differentiation for special education:

- General modifications may include:
    - Modifications & accommodations as listed in the student's IEP
    - Assign a peer to help keep student on task
    - Modified or reduced assignments
    - Reduce length of assignment for different mode of delivery
    - Increase one-to-one time
    - Working contract between you and student at risk
    - Prioritize tasks
    - Think in concrete terms and provide hands-on-tasks
    - Position student near helping peer or have quick access to teacher
    - Anticipate where needs will be
    - Break tests down in smaller increments
- Content specific modifications may include:

- Students who have difficulty using the proper form for throwing/rolling/catching will be given individual instruction by the teacher.
- Students will be encouraged to move closer to their target and to attend to form to help improve their throws.

Differentiation for ELL's:

- General modifications may include:
    - Integrate activities into thematic units
    - tap the student's prior knowledge and experience, which may be different from other students in the class
    - teach learning strategies and scaffold complex texts
    - organize students into a variety of learning groups
    - Collaboration with ELL Teacher
- Content specific vocabulary important for ELL students to understand include: overhand, underhand, throw, catch, roll

Differentiation to extend learning for gifted students may include:

- Students who excel will be encouraged to throw or roll towards a moving target and/or to move farther

away from the target.

Integrated/Cross-Disciplinary Instruction

- Mathematics connection: Students will practice counting during activities
- 21st Century Skills connection: collaboration and cooperation

Resources

- Pecentral.org
- Teachphysed.com
- Mrgym.com
- Teacher-created handouts and activities
- Gator-skin balls
- Cones, markers, and goal nets

21st Century Skills

CRP.K-12.CRP2.1	Career-ready individuals readily access and use the knowledge and skills acquired through experience and education to be more productive. They make connections between abstract concepts with real-world applications, and they make correct insights about when it is appropriate to apply the use of an academic skill in a workplace situation.
CRP.K-12.CRP3.1	Career-ready individuals understand the relationship between personal health, workplace performance and personal well-being; they act on that understanding to regularly practice healthy diet, exercise and mental health activities. Career-ready individuals also take regular action to contribute to their personal financial well-being, understanding that personal financial security provides the peace of mind required to contribute more fully to their own career success.
CRP.K-12.CRP4.1	Career-ready individuals communicate thoughts, ideas, and action plans with clarity, whether using written, verbal, and/or visual methods. They communicate in the workplace with clarity and purpose to make maximum use of their own and others' time. They are excellent writers; they master conventions, word choice, and organization, and use effective tone and presentation skills to articulate ideas. They are skilled at interacting with others; they are active listeners and speak clearly and with purpose. Career-ready individuals think about the audience for their communication and prepare accordingly to ensure the desired outcome.