Unit 04: Throwing, Catching, Rolling

Content Area: **Physical Education**
Course(s): **Physical Education**
Time Period: **Week 8**
Length: **3 Weeks**
Status: **Published**

Unit Overview

Students will learn the proper form for throwing, rolling, and catching a variety of different objects. Specific emphasis will be placed on using correct techniques. To extend skills, students will participate in activities that include throwing at a target, throwing to a partner, and throwing to a specific area.

Standards

HPE.2.5.2.A.2	Demonstrate changes in time, force, and flow while moving in personal and general space at different levels, directions, ranges, and pathways.
HPE.2.5.2.A.4	Correct movement errors in response to feedback.
HPE.2.5.2.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.2.5.2.B.1	Differentiate when to use competitive and cooperative strategies in games, sports, and other movement activities.
HPE.2.5.2.B.2	Explain the difference between offense and defense.
HPE.2.5.2.B.4	Demonstrate strategies that enable team and group members to achieve goals.
HPE.2.5.2.B.CS1	Teamwork consists of effective communication and other interactions between team members.
HPE.2.5.2.C.1	Explain what it means to demonstrate good sportsmanship.
HPE.2.5.2.C.2	Demonstrate appropriate behaviors and safety rules and explain how they contribute to moving safely during basic activities.
HPE.2.5.2.C.CS1	Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.
HPE.2.6.2.A.1	Explain the role of regular physical activity in relation to personal health.
HPE.2.6.2.A.2	Explain what it means to be physically fit and engage in moderate to vigorous age-appropriate activities that promote fitness.
HPE.2.6.2.A.CS1	Appropriate types and amounts of physical activity enhance personal health.

Essential Questions

1. Why are the skills of throwing and catching important?

2. How can sportsmanship and teamwork affect outcomes of games?

3. Why is it important to follow rules?

Application of Knowledge and Skills...

Students will know that...

- 1. that using proper form when throwing/catching/rolling an object improves distance and accuracy.
- 2. how to adjust their throwing strength/speed according to the location of the target.
- 3. how to adjust throws and rolls according to whether the "recipient" is a person, target, or area.

Students will be able to...

- A. Demonstrate 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. Throw/roll towards stationary and moving targets and to general open spaces with accuracy.
- E. Identify safety rules for playing games.
- F. Demonstrate cooperation and teamwork during throwing/rolling games.
- G. Properly/safely throw an object in a crowded area.

Assessments

- Throwing Techniques pre-assessment:Assess students' ability to properly perform an overhand throw, an underhand throw, and a roll. 2.5.2.A.2 2.5.2.A.4 2.5.2.B.1 2.5.2.C.1 2.5.2.C.2
- Throwing, Catching, and Rolling Assessment: Students will identify pictures that depict the proper form for throwing, catching, and rolling. Students will explain how these activities contribute to physical fitness. 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

- Rolling Games: A series of games to develop rolling skills: Pin Knock Down, Rainstorm, and Pin Blasters.
- Team Handball: A catching and throwing game that requires teamwork and cooperation. Using proper technique, students practice catching and throwing accurately during the game.
- Throwing, Catching, and Rolling Games Stations: Using groups and stations, students will move to different areas of the gym to participate in throwing and catching activities: Planetball, Pirate ship, Speedball, and Ultimate sports.

- Partner Throws: A practice drill in which pairs of students practice accuracy of throws.

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 - Counting targets and other objects.

Resources

- Pecentral.org
- Teachphysed.com
- Mrgym.com
- Teacher-created lessons and activities
- Gatorskin balls

21st Century Skills

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.
CRP.K-12.CRP5.1	Career-ready individuals understand the interrelated nature of their actions and regularly make decisions that positively impact and/or mitigate negative impact on other people, organization, and the environment. They are aware of and utilize new technologies, understandings, procedures, materials, and regulations affecting the nature of their work as it relates to the impact on the social condition, the environment and the profitability of the organization.
CRP.K-12.CRP8.1	Career-ready individuals readily recognize problems in the workplace, understand the nature of the problem, and devise effective plans to solve the problem. They are aware of problems when they occur and take action quickly to address the problem; they thoughtfully investigate the root cause of the problem prior to introducing solutions. They carefully consider the options to solve the problem. Once a solution is agreed upon, they follow through to ensure the problem is solved, whether through their own actions or the actions of others.