Pickleball

Content Area: **Health & Phys Ed**
Course(s): **Physical Education 9-12**
Time Period: **Semester 1**
Length: **3 weeks**
Status: **Published**

Standards

2.1.12.CHSS.8	Investigate how local, state, and global agencies are addressing health issues caused by climate change and share this information in an appropriate setting.
	Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity (e.g., games, sports, aerobics, fitness activities).
2.2.12.MSC.1	Explain and demonstrate ways to apply movement skills from one game, sport, aerobics, or recreational activity to another including striking skills (e.g., tennis, badminton, ping pong, racquetball, pickle ball).
2.2.12.MSC.2	Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
2.2.12.MSC.3	Design, lead and critique rhythmic and physical activity that includes variations in time, space, force, flow, and relationships (e.g., creative, cultural, social, aerobics dance, fitness).
2.2.12.MSC.4	Analyze etiquette, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance, participation, and behavior.
2.2.12.MSC.5	Develop rule changes to existing games, sports, and activities that enhance participation, safety, and enjoyment.
2.2.12.PF.1	Compare the short- and long-term benefits of physical activity and the impact on wellness associated with physical, mental, emotional fitness through one's lifetime.
2.2.12.PF.2	Respect and appreciate all levels of ability and encourage with care during all physical activities.
2.2.12.PF.5	Analyze fitness knowledge in strength, conditioning, agility, and the physiological responses of the energy systems effects on the mind and body before, during, and after physical fitness activities.
2.2.12.LF.1	Apply and share a movement and physical fitness vocabulary that is intrinsic to motivate oneself, to impact family, and others in a community.
2.2.12.LF.2	Develop a sense of openness and willingness when participating in physical fitness activity to share and learn experiences from your own and other cultures.
2.2.12.LF.3	Examine building to a level of fitness to successfully participate in a range of different physical activities during a lifetime.
2.2.12.LF.4	Exhibit responsible social behavior by including and cooperating with classmates of all skill levels, assisting when needed, and collaborating respectfully to solve problems in groups, teams, and in pairs during physical activity.

2.2.12.LF.5	Describe the social benefits gained from participating in physical activity (e.g., meeting someone, making friends, team work, building trust, experiencing something new).

Enduring Understandings

1. Physical and cognitive skills are necessary to participate in pickleball. **HE.9-12.2.2.12.MSC** - Movement Skills and Concepts- [Core Idea] - Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity (e.g., games, sports, aerobics, fitness activities).

2. Learning how to coordinate and control playing strategies that include cardiovascular endurance and agility, rather than strength and speed. ***HE.9-12.2.2.12.PF*** *- Physical Fitness - [Core Idea] - Physical and emotional growth often relies on taking personal responsibility for developing and maintaining physical fitness levels that also provide opportunities for self-expression, enjoyment, and emotional satisfaction.*

3. Enhance knowledge and understanding of the rules and strategies in the game of pickleball. **HE.9-12.2.2.12.MSC** - [Core Idea] - The quality of feedback from others, self-assessment as well as effort and repetition influences movement skills, concepts, and performance.

4. Positive experiences and decision-making that builds and develops team play, etiquette, communication and cooperation. **HE.9-12.2.2.12.MSC -** *- [Core Idea] - Individual and team execution requires interaction, respect, effort, and positive attitude.*

5. Pickleball provides an opportunity for personal enjoyment, personal challenge, self-expression, stress outlet, and social interactions. ***HE.9-12.2.1.12.EH*** *- Emotional Health [Core Idea] - Self-confidence, personal traits, stress, limitations, and strengths impact the mental and emotional development of an individual.*

Essential Questions

1. What are the net games that have influenced pickleball and its popularity in society?

2. What are the rules and safety concerns for pickleball?

3. How can positioning for singles and double play can impact scoring?

4. Why are pickleball basic skills essential for success.

5. How does pickleball promote a healthy lifestyle?

Knowledge and Skills

Performance expectations are:

- Gain knowledge in the origin and development of pickelball. ***HE.9-12.2.2.12.MSC.1***
- Improve and focus on their cardiovascular endurance and agility, rather than strength and speed. ***HE.9-12.2.2.12.LF.3***
- Explain knowledge of singles and doubles team strategies. ***HE.9-12.2.2.12.MSC.4***
- Develop techniques and moving concepts in serving, volleying, lobbing, passing, slamming, baseline shots and the double bounce rule. ***HE.9-12.2.2.12.MSC.2***
- Develop proper safety procedures, team play and the ability to work well with other students. ***HE.9-12.2.2.12.LF.4***

Transfer Goals

1. Students will be able to learn the importance of strategy and planning versus skill.

2. Students will be able to independently rely on healthy outlets, for stress, anger, and anxiety, for our students.

Resources

- https://edpuzzle.com/search?q=pickleball Lessons and Videos on Pickleball skills
- https://openphysed.org/curriculum_resources/ms-pickleball Standards and Drills for Pickleball
- https://blog.gophersport.com/pickleball-games-skill-development-video/ Small sided games for enhancing pickleball skills

Assessments

https://docs.google.com/document/d/1z90hu2-lCXoUTewriJPJTl5846tUuXMFSuMHD8is0yI/edit

Modifications for Diverse Learners

https://docs.google.com/document/d/1cUIE1QRfV7jJNjgU2NdcW1x91UAyDENe/edit