Softball

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

Standards

P.1	Acting as responsible and contributing member of society
P.2	Building and maintaining healthy relationships
P.3	Communicating clearly and effectively (verbal and nonverbal)
P.4	Resolving conflict
P.5	Attending to personal health, emotional, social and physical well-being
P.6	Engaging in an active lifestyle
P.8	Managing-self
P.9	Setting goals
P.10	Using technology tools responsibly

Enduring Understandings

1. Teamwork and communication are essential to ensure the best possible results during game play.

HE.9-12.2.2.12.MSC.3 -- [Core Idea] - *Individual and team execution requires interaction, respect, effort, and positive attitude.*

2. Playing softball can be an effective way to increase cardiovascular endurance.

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. Participating in softball can increase one's understanding how critical aerobic exercise is to the overall health of an individual.

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.*

4. softball effectively demonstrates an understanding of movement concepts and the use of basic and refined motor skills.

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).*

5. Softball's popularity and impact on cultures around the world is growing exponentially.

HE.9-12.2.2.12.LF5- [Core Idea] - *Community resources can support a lifetime of wellness to self and family members.*

6. The movement aspects of running, catching and throwing are skills developed in this activity that can be used across other activities.

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).

7. Positive experiences and decision making regarding fitness attributes to a healthy lifestyle.

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.

8.

To continue in activities that provide for fitness and exercise throughout childhood and continuing through adulthood.

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.

9.

Softball provides enjoyment through team sports atmosphere and play.

HE.9-12.2.2.12.MSC *- Movement Skills and Concepts*
- [Core Idea] - Individual and team execution requires interaction, respect, effort, and positive attitude.

HE.9-12.2.2.12.LF - Lifelong Fitness- *[Core Idea] - Healthy habits and behaviors are created by personal learning experiences, knowledge, beliefs, and goals towards living and maintaining a healthy lifestyle of fitness, self-expression, social interaction, and enjoying movement in asafe and healthy environment (e.g., golf, tennis, badminton, martial arts, bowling, kayaking, ping-pong, cricket, hiking, biking, swimming).*

Essential Questions

1. What components of fitness does softball encompass?

2. How does engaging in this activity increase the fitness level of the individuals?

3. What are some teaching cues for passing, catching, and footwork skills in softball?

4. Why is softball good for communication and cooperation skills?

5. What are the different teamwork strategies to be successful in softball?

6. What skills are necessary to be successful in softball?

7. What is softball's impact around the world?

Knowledge and Skills

The performance expectations are:

-understand individual skills and strategies to be successful during drills and games.

-use a softball glove to throw and catch the ball, stationary and while on the move and during different situations.

-use a softball bat to hit the ball, while being pitched a live underhand softball pitch.

-use defensive and offensive strategies for successful game play.

-exhibit responsible and respectful personal and social behavior in a physical education setting.

-gain knowledge in the history and cultural background of the sport.

-Demonstrate an understanding and respect for themselves, each other, the equipment, and the rules of the game

-Responsibly demonstrate personal and social behavior

-Demonstrate the ability to use effective interpersonal skills and use of motor skills.

Transfer Goals

1. Students will be able to work cooperatively with others during skills, games and tournament play.

2. Through "play" in softball, students will be physically active, engaging in all aspects of physical fitness while understanding individual strategies and skills.

3. Students will learn how to communicate with students in class, and develop strategies to deal with conflicts

4. Students will be able to independently transition to lifelong fitness activities through the engagement of team sports.

5. Students will be able to independently incorporate teamwork, work ethic, accountability, and character education into everyday living to achieve common goals.

6. Students will be able to independently use their learning to encourage them to participate in a team sport outside of the P.E class.

Resources

- Open Phys. Ed. https://openphysed.org/912-highschool-mods
- PE Central https://openphysed.org/912-highschool-mods
- USA Softball https://www.mlb.com/usa-softball/fundamentals

Assessments

https://docs.google.com/document/d/1BOAeClx7LL5zRF2pRuT3834ZpzSQUwwv/edit

Modifications for Diverse Learners

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