

# Unit 8 - Pickleball

Content Area: **Unified Arts**  
Course(s): **Physical Education 7**  
Time Period: **April**  
Length: **10 days**  
Status: **Published**

## Unit Summary

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## Standards

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HPE.2.5.8.A.2	Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.
HPE.2.5.8.A.CS1	Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort.
HPE.2.5.8.B.CS1	Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork.
HPE.2.5.8.C.CS1	Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction.
HPE.2.5.8.C.CS2	Movement activities provide a timeless opportunity to connect with people around the world.
CAEP.9.2.8.B.3	Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.
TECH.8.1.8.D.CS2	Demonstrate personal responsibility for lifelong learning.

## Student Learning Objectives

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- Students will learn to incorporate hand-eye coordination.
- Students will learn striking with a small-handled implement.

## Essential Questions

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- Why are independent activities good for my fitness and health?
- Why is hand-eye coordination important?
- How do these skills translate into my everyday life?

## Enduring Understandings

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- Students will understand that hand-eye coordination is essential to striking an object with a short handled implement in both team and individual activities.

## **Application**

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- Students will be able to independently use their learning...

## **Skills**

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Students will be skilled at:

- Forehanding.
- Backhanding.
- Serving.
- Dinking.
- Volleying.