

Unit 6: Manipulating a long-handed implement

Content Area: **Unified Arts**
Course(s): **Physical Education 4**
Time Period: **November**
Length: **7 Classes**
Status: **Published**

Unit Summary

Manipulating a long-handed implement is a lifelong skill used across many activities. It is important for students to use the basic skills of hockey sticks, pillow polo sticks, racquets, and baseball bats in a like setting in case they would like to play in a recreational league or with friends. The games will help the students with spatial awareness, movement as a team, offensive strategies, and defensive strategies.

Standards

HE.3-5.2.2.5.PF.3	Participate in moderate to vigorous age-appropriate physical fitness activities and build the skills that address each component of health-related fitness (e.g., endurance, strength, speed, agility, flexibility, balance).
HE.3-5.2.2.5.MSC.1	Demonstrate body management skills and control when moving in relation to others, objects, and boundaries in personal and general space (e.g., coordination, balance, flexibility, agility).
HE.3-5.2.2.5.MSC.2	Demonstrate and perform movement skills with developmentally appropriate control in isolated settings (e.g., skill practice) and applied settings (e.g., games, sports, dance, recreational activities).
HE.3-5.2.2.5.MSC.4	Develop the necessary body control to improve stability and balance during movement and physical activity.
HE.3-5.2.2.5.MSC.5	Correct movement skills and analyze concepts in response to external feedback and self-evaluation with understanding and demonstrating how the change improves performance.
HE.3-5.2.2.5.MSC.6	Execute appropriate behaviors and etiquette while participating as a player and viewing as an observer during physical activity, games, and other events, contributes to a safe environment.
HE.3-5.2.2.5.MSC.7	Apply specific rules, strategies, and procedures for specific physical activity, games, and sports in a safe active environment. Competent and confident age appropriate performances of gross, fine motor and manipulative skills, with execution of movement skills and concepts individually and in groups enhance (intensifies) physical activities, free movement, games, aerobics, dance, sports, and recreational activities.

Student Learning Objectives

Students will perform proper passing techniques in an isolated and game setting.

Students will perform proper stick control techniques in an isolated and game setting.

Students will perform proper shooting techniques in an isolated and game setting.

Students will demonstrate defensive/offensive strategies with a team in a game setting.

Essential Questions

How does following the rules improve the game?

Why are team sports important?

Enduring Understandings

The students will understand that floor hockey is a game that requires proper technical skills, movement, defensive/offensive strategies, and teamwork in order to play effectively.

Application

Students will be able to independently use their learning to advance to game settings.

Skills

Students will be skilled at:

- using proper form when passing.
- demonstrating stick control proper form.
- using proper form when shooting.
- using offensive strategies.
- using defensive strategies.
- teamwork.
- communication.