

# Unit: Manipulative Skills

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

## Unit Overview

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A manipulative skill is one in which a child handles an object with the hands, feet, or other body parts. Manipulative skills are basic to the development of sport skills; throwing, catching, bouncing, rolling, kicking, and striking (with and without an object).

## Transfer

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Students should understand how learning manipulative skills correlate with everyday life. Ask students why it is important to learn how to throw or catch, help explain to them the importance of these skills.

## Meaning

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## Understandings

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Students will know the mechanically efficient patterns of the manipulative skills.

## Essential Questions

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How do manipulative skills help your overall coordination?

How can good sportsmanship create a safe environment?

## **Application of Knowledge and Skill**

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### **Students will know...**

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Students will know the mechanically efficient patterns of each manipulative skill.

### **Students will be skilled at...**

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Demonstrating manipulative skills (kicking, throwing/catching, striking, bouncing) with increased mastery during skill practice, games, and other physical activities.

## **Academic Vocabulary**

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### **Learning Goal 1**

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Demonstrate competency in manipulative skills and movement patterns needed to perform a variety of physical activities.

### **Target 1**

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TLW: Demonstrate various movement and manipulative skills (kicking, throwing/catching, striking) with developmentally appropriate control during skill practice.

HE.K-12.2.5	All students will learn and apply movement concepts and skills that foster participation in physical activities throughout life.
HE.K-12.2.5.2	Perform, combine, and modify movement to participate in games, sports, and lifetime recreational pursuits.
HE.K-12.2.5.3	Choose and participate in physical activities for recreation.
HPE.2.5.8	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
HPE.2.5.8.A.4	Detect, analyze, and correct errors and apply to refine movement skills.
HPE.2.5.8.C	Sportsmanship, Rules, and Safety

## Target 2

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TLW: Explain and demonstrate how objects (ball, beanbags, hula- hoops) should be used in practice, games, and other physical activity in a safe manner.

HE.K-12.2.5.2	Perform, combine, and modify movement to participate in games, sports, and lifetime recreational pursuits.
HE.K-12.2.5.3	Choose and participate in physical activities for recreation.
HPE.2.5.8	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
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.C	Sportsmanship, Rules, and Safety
HPE.2.5.8.C.2	Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities.  Increasing mobility can promote access to various environments within the home, school and the community. Participation in recreational activities that involve movement skills can provide opportunities for students to identify activities that they enjoy and that promote good health.

## Learning Goal 2

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Participate regularly in physical activities involving equipment such as balls and beanbags for the purpose of improving skills and health.

## Target 1

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TLW: Participate in a variety of games that increase breathing and heart rate.

HE.K-12.2.5.2	Perform, combine, and modify movement to participate in games, sports, and lifetime recreational pursuits.
HE.K-12.2.5.3	Choose and participate in physical activities for recreation.
HPE.2.5.8	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
HPE.2.5.8.A	Movement Skills and Concepts
HPE.2.5.8.C	Sportsmanship, Rules, and Safety
HPE.2.6.8	All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.  Increasing mobility can promote access to various environments within the home, school and the community. Participation in recreational activities that involve movement skills can provide opportunities for students to identify activities that they enjoy and that promote good health.

## **Summative Assessment**

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Self assessment

Paper/Pencil assessment

## **21st Century Life and Careers**

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All students will demonstrate the creative, critical thinking, collaboration, and problem solving skills needed to function successfully as both global citizens and workers in diverse ethnic and organizational cultures

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.
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## **Formative Assessment and Performance Opportunities**

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Peer assessment

Teacher monitoring

## **Differentiation/Enrichment**

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Each student is provided an opportunity to be successful through the use of equipment and repetition.

## **Unit Resources**

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cones

hoops

polyspots

various size/weighted balls

various pieces of objects used to throw/catch, kick