

# 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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How do manipulative skills help your overall coordination?

How can good sportsmanship create a safe environment?

### **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.

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### **Target 1**

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

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	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.2.5.12	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
HPE.2.5.12.A	Movement Skills and Concepts
HPE.2.5.12.A.1	Explain and demonstrate ways to apply movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).
HPE.2.5.12.A.2	Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
HPE.2.5.12.A.CS1	Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort.

## 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.

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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-12.2.1.2	Identify potentially dangerous or threatening activities or situations.
HE.K-12.2.2.3	Demonstrate effective communication skills, decision-making skills, refusal skills, negotiation skills, and assertiveness in situations that influence health and safety.
HPE.2.5.12.A.1	Explain and demonstrate ways to apply movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).
HPE.2.5.12.A.2	Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
HPE.2.5.12.C.2	Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.
HPE.2.5.12.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.

## 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.

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## **Target 1**

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

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HE.K-12.2.2.3	Demonstrate effective communication skills, decision-making skills, refusal skills, negotiation skills, and assertiveness in situations that influence health and safety.
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.
HE.K-12.2.6.2	Choose and participate in personal fitness activities.
HPE.2.6.12	All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.
HPE.2.6.12.A	Fitness and Physical Activity
HPE.2.6.12.A.1	Compare the short- and long-term impact on wellness associated with physical inactivity.
HPE.2.6.12.A.CS1	Taking personal responsibility to develop and maintain physical activity levels provides opportunities for increased health, fitness, enjoyment, challenges, self-expression, and social interaction.

## **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

## **Formative Assessment and Performance Opportunities**

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Self/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