

# Pillow Polo/Hockey I (6)

Content Area: **Physical Education**  
Course(s): **Physical Education**  
Time Period: **3rd Marking Period**  
Length: **3 Weeks**  
Status: **Published**

## **Pillow Polo/Hockey I Overview**

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Pillow Polo/Hockey I is a great activity to build a student's cardiorespiratory endurance, muscular strength and flexibility as well as their ability to cooperate with teammates to achieve a common goal. In this unit, students will learn the rules and essential movement skills in order to successfully participate in a game of Pillow Polo/Hockey.

## **Transfer**

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

- participate successfully in a game of Floor Hockey and enjoy the physical, social and mental benefits of the game to improve their overall health

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For more information, read the following article by Grant Wiggins.

[http://www.authenticeducation.org/ae\\_bigideas/article.lasso?artid=60](http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60)

## **Meaning**

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## **Understandings**

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Students will understand...

- how to strike a ball with a pillow polo stick
- the rules of pillow polo
- how pillow polo enhances their personal fitness level.
- how to cooperate with teammates to achieve a common goal.

## **Essential Questions**

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Students will keep considering...

- how concepts of force and motion affect the skill performance in a game situations.
- why practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.
- there is a strong cultural, ethnic, and historical background associated with competitive sports.
- to what extent hockey improves skill-related fitness versus health-related fitness.

## **Application of Knowledge and Skill**

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

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Students will know...

- the proper mechanics of striking a ball with a pillow polo stick .
- the rules for a game of pillow polo.
- sportsmanship rules while playing a competitive game.
- the health related fitness components related to playing a game of pillow polo.

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

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Students will be skilled at...

- striking a ball with the pillow polo stick
- working with teammates to achieve a common goal
- identifying and following the rules of pillow polo

## **Academic Vocabulary**

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### **Learning Goal 1**

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Students will strike a ball with a pillow polo stick using the correct form.

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HPE.2.5.6.A.1	Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.6.A.2	Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.
HPE.2.5.6.A.4	Use self-evaluation and external feedback to detect and correct errors in one's movement performance.

### **Target 1**

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key points

- hand position
- stick position
- follow through

### **Learning Goal 2**

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Students will explain the rules of pillow polo.

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HPE.2.5.6.C.2 Apply rules and procedures for specific games, sports, and other competitive activities and describe how they enhance participation and safety.

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### **Learning Goal 3**

Students will explain how pillow polo enhances their cardiorespiratory endurance.

- Students will explain how pillow polo enhances their cardiorespiratory endurance.

HPE.2.6.6.A.1 Analyze the social, emotional, and health benefits of selected physical experiences.

HPE.2.6.6.A.2 Determine to what extent various activities improve skill-related fitness versus health-related fitness.

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### **Learning Goal 4**

Students will demonstrate proper sportsmanship and cooperation during games.

- Students will demonstrate proper sportsmanship and cooperation during games.

HPE.2.5.6.C.1 Compare the roles and responsibilities of players and observers and recommend strategies to enhance sportsmanship-like behavior.

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### **Summative Assessment**

Students will be evaluated on their performance of the necessary skills.

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

WORK.5-8.9.1.8.1 Collaboration and teamwork enable individuals or groups to achieve common goals with greater efficiency.

WORK.5-8.9.1.8.A.1 Develop strategies to reinforce positive attitudes and productive behaviors that impact critical thinking and problem-solving skills.

WORK.5-8.9.1.8.C.1 Determine an individual's responsibility for personal actions and contributions to group activities.

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

teacher will monitor students skills durign a game of pillow polo and provide feedback to the students.

## **Differentiation/Enrichment**

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

## **Unit Resources**

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pillow polo sticks

pillow polo balls

hockey nets