

Baseball/Wiffleball II (7)

Content Area: **Physical Education**
Course(s): **Physical Education**
Time Period: **4th Marking Period**
Length: **5 Weeks**
Status: **Published**

Unit Overview

Baseball/Wiffleball 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 Baseball/Wiffleball.

Transfer

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

- participate successfully in a game of Baseball/Wiffleball and enjoy the physical, social and mental benefits of the game to improve their overall health.

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

http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60

Meaning

Understandings

Students will understand ...

- how to throw and catch a baseball using the correct form, in a game situation.
- how to properly hit a baseball.
- how to peer evaluate their classmates on skill performance.
- how to demonstrate proper sportsmanship and cooperation during games.

Essential Questions

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 football improve skill-related fitness versus health-related fitness.

Application of Knowledge and Skill

Students will know...

Students will know...

- proper mechanics of throwing and catching a baseball.
- proper mechanics to hit a baseball/ wiffleball
- proper sportmanship rules during games.

Students will be skilled at...

Students will be skilled at...

- throwing a baseball
- catching a baseball
- hitting a baseball
- working with teammates to achieve common goal

Academic Vocabulary

Learning Goal 1

Students will throw a baseball using proper mechanics in a game setting.

- Students will throw a baseball using proper mechanics in a game setting.

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.4

Detect, analyze, and correct errors and apply to refine movement skills.

Learning Goal 2

Students will be able to hit a baseball using proper mechanics in a game setting.

- Students will be able to hit a baseball using proper mechanics in a game setting.

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|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| HPE.2.5.8.A.1 | Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities). |
| 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.4 | Detect, analyze, and correct errors and apply to refine movement skills. |

Target 1

- basic hitting cues

1. stance
2. hand position
3. follow through

Learning Goal 3

Students will peer evaluate classmates on skill performance.

- Students will peer evaluate classmates on skill performance.

| | |
|---------------|---------------------------------------------------------------------------------------------------------|
| HPE.2.5.6.B.3 | Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement. |
| HPE.2.5.8.A.4 | Detect, analyze, and correct errors and apply to refine movement skills. |

Target 1

Proper throwing, catching and hitting mechanics.

Summative Assessment

Proper throwing mechanics checklist.

21st Century Life and Careers

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|--------------------|---------------------------------------------------------------------------------------------------------------------------------------|
| WORK.5-8.9.1.8.1 | Collaboration and teamwork enable individuals or groups to achieve common goals with greater efficiency. |
| WORK.5-8.9.1.8.1 | Effective communication skills convey intended meaning to others and assist in preventing misunderstandings. |
| WORK.5-8.9.1.8.D.3 | Use effective communication skills in face-to-face and online interactions with peers and adults from home and from diverse cultures. |

Formative Assessment and Performance Opportunities

Teacher will monitor students throwing, catching, and hitting during a game of baseball and provide feedback to the students.

Differentiation/Enrichment

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

Unit Resources

Baseballs

Wiffleball

Bats

Gloves

Bases

Jerseys

Cones

