# Kickball (grade 5)

Content Area: **Physical Education**
Course(s): **PE 5**
Time Period: **4th Marking Period**
Length: **3Weeks**
Status: **Published**

## Kickball

Kickball 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 Kickball.

## Transfer

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

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

## Meaning

## Understandings

Students will understand...

- how to throw and catch using the correct form.

-how to kick using correct form.

- the rules of Kickball.

- the origin and cultural background of Kickball.

- how Kickball enhances their personal fitness level.

- how to cooperate with teammates to achieve a common goal.

## 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 Kickball improve skill-related fitness versus health-related fitness.

## Application of Knowledge and Skill

## Students will know...

Students will know...

- the proper mechanics of the throwing form for a kickball.

- the proper mechanics of the catching form for a kickball.

-the proper mechanics of kicking a kickball.

-the proper form for a batters stance and follow through.

- the rules for a game of baseball/wiffleball.

- sportsmanship rules while playing a competitive game.

- the health related fitness components related to playing a game of baseball/wiffleball.

## Students will be skilled at...

Students will be skilled at...

-kicking a kickball

- throwing a kickball

- catching a kickball

- working with teammates to achieve a common goal

- identifying and following the rules of kickball

## Academic Vocabulary

## Learning Goal 1

Students will throw a kickball using the correct form.

- Students will throw a kickball 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

Students will practice throwing the baseball using the following throwing mechanics:

Non throwing side aimed at target

Stepping with the opposite foot

Bring the throwing arm back away from the body

Rotate your hips

Throw over your shoulder

Follow through to your target

## Learning Goal 2

Students will catch a kickball using the correct form.

- Students will catch a kickball using the correct form.

| | |
|---|---|
| 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

Students will practice cathing a ball using the following form points:

Hands up glove away from face

Eyes of the ball

Watch the ball into your glove

Give with the ball

## Learning Goal 3

Students will explain the rules of kickball

- Students will explain the rules of kickball

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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. |

## Target 1

Students will identify the Field Dimensions / Foul territory of the Baseball Field the out of bounds rules.

## Target 2

Students will identify the following gameplay rules:

Base path

strikes/balls

stealing

force out vs. tag out

Batting order

## Learning Goal 4

Students will identify the origin and cultural background of kickball.

- Students will identify the origin and cultural background of kickball.
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| | |
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| HPE.2.5.6.C.3 | Relate the origin and rules associated with certain games, sports, and dances to different cultures. |

## Learning Goal 5

Students will explain how kickball enhances their health related fitness.

- Students will explain how kickball enhances their health related fitness.

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|---|---|
| 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. |

## Target 1

Cardiorespiratory endurance is the ability of the heart, lungs and blood vessels to deliver oxygen to working muscles and tissues, as well as the ability of those muscles and tissues to utilize that oxygen.

The more aerboic exercise you perform, the stronger your heart and lungs will become

## Learning Goal 6

Students will demonstrate proper sportsmanship and cooperation during games.

- Students will demonstrate proper sportsmanship and cooperation during games.

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

## Target 1

Follow the rules of the game

Do not use foul language or negative comments

No taunting

Provide positive feedback and encouragement to teammates and opponents

Get everyone involved

## Summative Assessment

Throwing Mechanics Checklist

## 21st Century Life and Careers

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| WORK.5-8.9.1.8.1 | The ability to recognize a problem and apply critical thinking and problem-solving skills to solve the problem is a lifelong skill that develops over time. |
| WORK.5-8.9.1.8.1 | Collaboration and teamwork enable individuals or groups to achieve common goals with greater efficiency. |
| WORK.5-8.9.1.8.2 | Leadership abilities develop over time through participation in groups and/or teams that are engaged in challenging or competitive activities. |
| 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 |

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| | activities. |
| WORK.5-8.9.1.8.C.2 | Demonstrate the use of compromise, consensus, and community building strategies for carrying out different tasks, assignments, and projects. |
| WORK.5-8.9.1.8.C.3 | Model leadership skills during classroom and extra-curricular activities. |
| 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. |
| WORK.5-8.9.1.8.F.1 | Demonstrate how productivity and accountability contribute to realizing individual or group work goals within or outside the classroom. |

## Formative Assessment and Performance Opportunities

Teacher will monitor students throwing and catching form during a game of kickball 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

kickball

Bases

Jerseys

Cones