

# Unit II: Team Sports

Content Area: **Physical Education and Health**

Course(s):

Time Period:

Length: **45 Days**

Status: **Published**

## Unit Summary

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The purpose of this unit is for students to utilize safe, efficient and effective movement to develop and maintain a healthy, active lifestyle. Students will learn how to master movements that transfer to real world athletic performance and/or everyday tasks. All students will utilize safe, efficient and effective movement to develop and maintain a healthy, active lifestyle. Individuals who learn to move safely, effectively and efficiently and feel comfortable and confident in the performance of motor skills are more likely to participate in health-enhancing forms of physical activity throughout life.

## Standards

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|----------------------|---|
| HE.9-12.2.2.12.PF.1  | Compare the short- and long-term benefits of physical activity and the impact on wellness associated with physical, mental, emotional fitness through one's lifetime.   |
| HE.9-12.2.2.12.PF.2  | Respect and appreciate all levels of ability and encourage with care during all physical activities.  |
| HE.9-12.2.2.12.MSC.1 | Explain and demonstrate ways to apply movement skills from one game, sport, aerobics, or recreational activity to another including striking skills (e.g., tennis, badminton, ping pong, racquetball, pickle ball). |
| HE.9-12.2.2.12.MSC.2 | Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.  |
| HE.9-12.2.2.12.MSC.4 | Analyze etiquette, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance, participation, and behavior.                    |
| HE.9-12.2.2.12.MSC.5 | Develop rule changes to existing games, sports, and activities that enhance participation, safety, and enjoyment.   |

## Learning Objectives

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- Describe the role, responsibilities, and preparation of players
- Explain the rules/regulations of various team sports including but not limited to volleyball, speedball, flag football, basketball, and hockey.
- Identify proper and improper play of other participants
- Perform proper and legal techniques of basic skills for various team sports
- Recognize strategies to improve their performance

## Essential Skills

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- Implementing effective offensive, defensive and cooperative strategies is necessary for all players to be successful in game situations.
- In order for all participants and spectators to experience the maximum benefit from games and sports, everyone must demonstrate knowledge and commitment to sportsmanship, rules and safety guidelines.
- Knowing and understanding concepts of movement will improve performance in a specific skill and provide the foundation for transfer of skills in a variety of sports and activities.
- Performing movement skills in a technically correct manner improves overall performance and increases the likelihood of participation in lifelong physical activity.
- Sport psychology techniques prepare athletes to compete at the optimum level.

## **Enduring Understanding**

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- How can I become more mentally prepared for competition and sports performance?
- How does effective and appropriate movement affect wellness?
- To what extent does strategy influence performance in competitive games and activities?
- Why do I have to show good sportsmanship and follow the rules when others do not?
- Why do I have to understand concepts of movement when I can already perform the movement?
- Why is it important to study physical education?
- Why is it important to study so many subjects in school?

## **State Mandated Topics Addressed in this Unit**

| <b>State Mandated Topics Addressed in this Unit</b> |     |
|---|-----|
| N/A   | N/A |

## **Instructional Tasks/Activities**

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- Artists demonstration of game rules
- Basketball
- Bowling
- Guided practice
- Hockey
- Kickball
- Pickleball
- Pillow Polo
- Speedball
- Striker
- Volleyball
- Walking for time

## **Assessment Procedure**

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Student progress will be measured by formative and summative assessments. Students will be assessed based on teacher observation, student participation, skill checks, preparedness, sportsmanship (professionalism) and cooperation.

- Drill and practice of various basketball skills. Including shooting, passing, dribbling, rebounding, defense, and footwork.
- Drill and practice of various flag football skills. Including flag-pulling, throwing, catching, handoffs, snapping, defense, routes and positions.
- Drill and practice of various hockey skills. Including dribbling, passing, trapping, and shooting.
- Drill and practice of various speedball skills. Including the chest pass, catching, dribbling and shooting.
- Drill and practice of various volleyball skills. Including blocking, serving, passing, digging, spiking and setting.
- Student participation in a variety of team sports with varying rules and regulations.
- Teacher demonstration and explanation.
- Whole class and small group discussions

## **Accommodations & Modifications & Differentiation**

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Accommodations and Modifications should be used to meet individual needs. Their IEP and 504 plans should be used in addition to the following suggestions.

## **Gifted and Talented**

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- Compare & Contrast
- Peer Practice
- Think, Pair, Share
- Tutorial Groups

## **Instruction/Materials**

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- alter format of materials (type/highlight, etc.)
- color code materials
- eliminate answers
- extended time
- extended time
- large print
- modified quiz

- modified test
- Modify Assignments as Needed
- Modify/Repeat/Model directions
- necessary assignments only
- Other (specify in plans)
- other- named in lesson
- provide assistance and cues for transitions
- provide daily assignment list
- read class materials orally
- reduce work load
- shorten assignments
- study guide/outline
- utilize multi-sensory modes to reinforce instruction

## **Environment**

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- alter physical room environment
- individualized instruction/small group
- Modify court/field dimensions
- Modify equipment used for sport
- modify student schedule (Describe)
- other- please specify in plans
- provide desktop list/formula

## **Honors Modifications**

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## **Resources**

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- Resource 1
- Resource 2
- Resource 3
- Resource 4
- Resource 5