

Fun Friday

Content Area: **Physical Education and Health**
Course(s):
Time Period:
Length: **45 Days**
Status: **Published**

Unit Summary

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

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

- Describe the role, responsibilities, and preparation of players
- Explain the rules/regulations of the game of the day
- 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

- 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?

Enduring Understanding

- 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.

State Mandated Topics Addressed in this Unit

<u>State Mandated Topics Addressed in this Unit</u>	
N/A	N/A

Instructional Tasks/Activities

- Artists demonstration of game rules
- Battleship
- Bombardment
- Chartertech Kickball
- Container Ball
- Do nows and/or exit slips
- Guided practice
- Hockey
- Outside Activity choices including walking, basketball, football, volleyball, four square.
- Speedball
- Star Wars

Assessment Procedure

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.

- Artist Participation
- Artist Preparation
- Sportsmanship
- Teacher demonstration and explanation.

Accommodations & Modifications & Differentiation

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

- Allow artists to choose activity
- Modify rules of game to challenge various artists

Instruction/Materials

- Modify equipment
- Post rules for activity
- Use different equipment for different skill levels

Environment

- alter physical boundary
- provide a safe space for artists to compete
- provide alternate place to perform activity

Honors Modifications

Resources

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