

# Unit 2a-Throwing and Catching

Content Area: **P.E. & Health**  
Course(s): **Phys. Ed. 1**  
Time Period: **Marking Period 2**  
Length: **MP2**  
Status: **Published**

## Essential Question

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What is tracking and why is it important when catching?

What are the steps to throwing overhand?

## Big Ideas

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The body moves with confidence in a variety of the age appropriate performances of gross, fine, locomotor, non-locomotor, and manipulative skills as it relates to movements, concepts, games, aerobics, dance, sports, and recreational activities.

Feedback impacts and improves the learning of movement skills and concepts.

## Technology Connection

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- 8.2.2.ITH.3: Identify how technology impacts or improves life.
- 8.2.2.ITH.4: Identify how various tools reduce work and improve daily tasks

## Enduring Understandings

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2.2 Physical Wellness

Motor Skills and Concepts

2.2.2.MSC.1: Perform a combination of sequences of locomotor movements and rhythmic activities (e.g., walking, balancing, hopping, skipping, running).

2.2.2.MSC.3: Demonstrate manipulative movements (e.g., throwing, catching, dribbling, running, kicking) while moving in personal and general space, time, directions, pathways and ranges.

2.2.2.MSC.5: Adjust and correct movements and skill in response to feedback.