

# Unit 2b-Noodles/Bowling

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 a target? What are different examples?

What are the three steps to rolling an object?

## Big Ideas

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The ability to move and perform at different levels and different types and amounts of physical activity enhance personal health.

## CSDT 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

## CSDT Technology Integration

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8.1.2.A.4 Demonstrate developmentally appropriate navigation skills in virtual environments (i.e. games, museums).

Activity:

Wii Brunswick Bowling, after the skills of bowling is taught, student will be broken up into groups at various bowling/rolling stations.

One of the stations will be a SmartTV with an interactive bowling game where students can play a game of bowling.

## **Enduring Understandings**

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### 2.2 Physical Wellness

#### Physical Fitness

2.2.2.PF.1: Explain the benefits of regular physical activity and what it means to be physically fit in relation to personal health. (e.g., healthy heart, strong bones, increased energy, strong muscles).

2.2.2.PF.2: Explore how to move different body parts in a controlled manner.