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

What is a target? What are different examples?

What are the three steps to rolling an object?

Big Ideas

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

CSDT Technology Connection

• 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

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

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.