Unit 2a-Basketball

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

Essential Question

What is agility?

What is a target? What are three examples?

Big Ideas

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.

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.2 Create a document using a word processing application.

Activity:

Students learn proper technique of tossing objects by watching the Prime Coaching and Catching Fundamentals video. After watching and teacher reinforcement, students work in pairs and practice tossing/catching various objects – balls, bean bags. Students will work in pairs and record partners progress.

(pre-test)

Enduring Understandings

2.2 Physical Wellness

Movement Skills & Concepts

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.4: Differentiate manipulative movements (e.g., throwing, catching, dribbling). Feedback impacts and improves the learning of movement skills and concepts.

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

Physical Fitness

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