Unit 2c-Bowling

Content Area: **P.E. & Health**
Course(s): **Phys. Ed. 6**
Time Period: **Marking Period 2**
Length: **MP2**
Status: **Published**

Essential Questions

What are the rules, skills, and game strategies involved in Bowling?

Is bowling an individual, team sport, or a little of both?

Big Ideas

Effective execution of movements is determined by the level of related skills and provides the foundation for physical competency and literacy to participate with confidence in a broad range of physical activities (e.g., games, sports, aerobics, martial arts, recreational activities).

Feedback from others and self-assessment impacts performance of movement skills and concepts.

Individual and team goals are achieved when applying effective tactical strategies in games, sports, and other physical fitness activities.

A variety of effective fitness principles applied consistently over time, enhance personal fitness levels, performance, and health status (e.g., Frequency, Intensity, Time, Type (F.I.T.T).

Effective Fitness principles combined with mental and emotional endurance over time will enhance performance and wellness

Cross Curricular Integration

Integration Area: Math

6.EE.2 Write, read, and evaluate expressions in which letters stand for numbers.

2.5.6.C.2 Apply rules and procedures for specific games, sports, and other competitive activities and describe how they enhance participation and safety.

Activity: Before we are ready to start bowling games the students will be using a bowling score sheet in a small group to check for the understanding of how to apply mathematics (evaluating expressions) to keep score during the game of bowling.

CSDT Technology Connection

8.2.2.ITH.3: Identify how technology impacts or improves life.

CSDT Technology Integration

8.1.8.D.4 Assess the credibility and accuracy of digital content.

Activity: When we are ready to participate in games we will watch a short video explaining the different rules that pertain to safety in the game of bowling.

Enduring Understandings

Movement Skills and Concepts

2.2.8.MSC.1: Explain and demonstrate the transition of movement skills from isolated settings (e.g., skill practice) into applied settings (e.g., games, sports, dance, recreational activities).

2.2.8.MSC.2: Demonstrate control of motion in relationship between force, flow, time, and space in interactive dynamic environments.

2.2.8.MSC.4: Analyze, and correct movements and apply to refine movement skills.

2.2.8.MSC.5: Predict the impact of rules, etiquette, procedures, and sportsmanship on players' behavior in small groups and large teams during physical activities and games.

2.2.8.MSC.6: Demonstrate offensive, defensive, and cooperative strategies in a variety of games and settings.

2.2.8.MSC.7: Effectively manage emotions during physical activity (e.g., anger, frustration, excitement) in a safe manner to self and others.

Physical Fitness

2.2.8.PF.1: Summarize the short and long-term physical, social, mental, and emotional health benefits of

regular physical fitness activity.

Lifelong Fitness

2.2.8.LF.5: Engages in a variety of physical activities (e.g., aerobic-fitness, strengthen, endurance-fitness activities) using technology and cross-training, and lifetime activities.