

PE Unit 4 - Handball/Speedball

Content Area: **Health & PE**
Course(s): **Generic Course, Health 3**
Time Period: **Marking Period 3**
Length: **3 weeks**
Status: **Published**

Unit Introduction

Students will participate in either handball or speedball. Students will learn skills associated with each activity. This includes, but is not limited to, catching, throwing, kicking, trapping, and teamwork.

Standards

HPE.2.5.12.A.1	Explain and demonstrate ways to apply movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).
HPE.2.5.12.A.CS1	Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort.
HPE.2.5.12.B.1	Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.
HPE.2.5.12.B.CS1	Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork.
HPE.2.5.12.C.2	Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.
HPE.2.5.12.C.CS1	Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction.

Essential Questions

How do team-based activities benefit you individually?

How does working a group benefit the individual physically?

Why do I have to show good sportsmanship and follow the rules?

Content / Skills

Nets (soccer or pop up)

Soccer balls

Gator Balls