

# PE Unit 05 - Floor Hockey II

Content Area: **Health & PE**  
Course(s): **Generic Course, PE 01, Driver's Ed, PE 2, Health 4, PE 4, PE 3**  
Time Period: **Generic Time Period**  
Length: **3 weeks**  
Status: **Published**

## Unit Introduction

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The main skills that will be covered in the floor hockey unit will be stick handling, passing and shooting. In addition, cognitive concepts that will be covered will include a brief history of the game, important terms to know, differences between floor hockey and regulation hockey. In addition, basic rules, penalties and safety standards will be covered. The floor hockey unit will also include games and tournament play as the levels progress. The students will be given opportunities to achieve these objectives by a brief lecture at the beginning of each class, having time in class to practice with partners, and game play.

## Standards

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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.2	Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
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

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- How can team and individual sports promote life long fitness?

- In what capacity can you continue and enjoy these activities outside of school?

How does effective and appropriate movement affect wellness?

Why do I have to understand concepts of movement when I can already perform the movement?

To what extent does strategy influence performance in competitive games and activities?

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

How can I become more mentally prepared for competition and sports performance?

What is the minimum amount of exercise I can do to stay physically fit?

How do I develop an appropriate personal fitness program and find the motivation to

commit to it?

## **Content / Skills**

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1. Rules

2. etiquette

3. Skills

4. Drills

5. Games

6. Tournament

