

Cooperative Games/Team Games - Unit 1

Content Area: **Comprehensive Health and Physical Education**
Course(s): **Physical Education 6**
Time Period: **September**
Length:
Status: **Published**

Unit Overview

Essential Questions

How does participating in a cooperative games unit provide opportunities for positive social and group interaction through physical activity?

How can I move effectively and efficiently?

What can I do to be physically active and why is this important?

How do I interact with others during physical activity?

How will physical activity help me now and in the future?

Skills

Demonstrate competency in the following cooperative skills:

- o Communication
- o Sportsmanship
- o Respect
- o Strategizing

Demonstrate competency in the following gross motor skills:

- o Running
- o Jumping
- o Throwing
- o Catching
- o Kicking

Assessments

Teacher Observation

Lessons/Learning Scenarios

Demonstrate an understanding of cooperative concepts to successfully participate in a cooperative group activity

Content

Understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.

Knowledge of rules, safety practices and procedures as they apply to an increasing range of movement

Standards

HE.5-6.	Performing movement skills effectively is often based on an individual's ability to analyze one's own performance as well as receive constructive feedback from others.
HE.5-6.2.5.6.A.1	Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HE.5-6.2.5.6.A.2	Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.
HE.5-6.2.5.6.B.1	Demonstrate the use of offensive, defensive, and cooperative strategies in individual, dual, and team activities.
HE.5-6.2.5.6.B.2	Compare and contrast strategies used to impact individual and team effectiveness and make modifications for improvement.
HE.5-6.2.5.6.C.1	Compare the roles and responsibilities of players and observers and recommend strategies to enhance sportsmanship-like behavior.
HE.5-6.2.5.6.C.2	Apply rules and procedures for specific games, sports, and other competitive activities and describe how they enhance participation and safety.
HE.5-6.2.6.A.2	Determine to what extent various activities improve skill-related fitness versus health-related fitness.

Resources
