

# Racquet sports and Pickleball - Unit 6

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

## Unit Overview

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### Essential Questions

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- What different ways can the body move given a specific purpose?
- What can I do to be physically active and why is this important?
- What are the proper techniques used in the volley/serving/forehand/backhand.
- What are the different strategies used when playing singles/doubles
- What are the skills and concepts necessary to successfully participate in pickle ball?

### Content

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- Beginner skill 6th
- Intermediate skill progression 7th
- Advanced skill 8th
- Activities skill drills

### Skills

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- Know rules
- Review skills
- Demonstrate safety
- Play in game situations
- Serve to a target
- Practice volleying/serving

## Assessments

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Teacher observation on students participation

Skills test (serving & volleying)

Pickle ball volley/serve

## Lessons/Learning Scenarios

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Serving and volleying

Areas for positioning

Pickle ball game

Doubles challenge

## Standards

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HE.5-6.2.5.6 A.1	Demonstrate developmentally appropriate form when using movement skills in applied settings.
HE.5-6.2.5.6 A.2	Demonstrate the use of force and motion to impact the quality of physical movement.
HE.5-6.2.5.6 A.5	Use visual and verbal cues to improve performance during a physical activity.
HE.5-6.2.5.6 A.7	Apply a learned skill to another movement setting.
HE.5-6.2.5.6 B.2	Discuss how the principles of force and motion impact the quality of movement.
HE.5-6.2.5.6 B.3	Analyze how the use of energy and flow contributes to more effective, efficient, or creative movement.
HE.5-6.2.5.6 B.4	Describe how to refine and increase control when performing movement skills.
HE.5-6.2.5.6 B.5	Discuss how to modify movement in response to dynamic, interactive environments.
HE.5-6.2.5.6 B.7	Discuss how practice, regular participation, and appropriate feedback improve performance.
HE.5-6.2.5.6 C.1	Describe and demonstrate the use of offensive, defensive, and cooperative strategies.
HE.5-6.2.5.6 D.1	Compare the roles and responsibilities of participants and observers and recommend

strategies to improve behavior, participation, and enjoyment.

HE.5-6.2.5.6 D.2

Summarize general and specific activity rules, describe how they enhance participation and safety, and follow them during activities.

HE.5-6.2.5.6 D.3

Select, use, and care for equipment used during physical activity.

HE.5-6.2.5.6 E.1

Describe and demonstrate the use of mental preparation strategies prior to and during participation in physical activity.

HE.5-6.2.6.6 A.1

Describe the physical, social, and emotional benefits of regular physical activity.

## Resources

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