

# Softball - Unit 9

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

## Unit Overview

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## Essential Questions

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What are the proper techniques used when hitting a softball?

What are the skills and concepts necessary to be successfully participate in a softball game?

## Content

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Skill progression

Activities skill drills

Beginner skill 6th

Intermediate skill progression 7th

Advanced skill 8th

## Skills

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Understand the rules

Review skills

Demonstrate safety

Throw to a base

Catch on the run

Hit

Play game situations

## Assessments

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Teacher observation on students participation

Skills test

Softball Game (throwing & catching)

Skill progression

## Lessons/Learning Scenarios

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Demonstrate an understanding of the rules necessary to participate in a softball game.

Demonstrate competency in softball skills.

Participate successfully in a variety of modified softball activities.

Catching/Throwing

Hitting/game skill through drills

## Standards

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HE.5-6.	Staying healthy is a lifelong process that includes all dimensions of wellness.
HE.5-6.	Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.
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.4	Use self-evaluation and external feedback to detect and correct errors in one's movement performance.
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.5-6.2.6.6.A.1	Analyze the social, emotional, and health benefits of selected physical experiences.
HE.5-6.2.6.6.A.2	Determine to what extent various activities improve skill-related fitness versus health-related fitness.
HE.5-6.2.6.6.A.3	Develop and implement a fitness plan based on the assessment of one's personal fitness level, and monitor health/fitness indicators before, during, and after the program.
HE.5-6.2.6.6.A.4	Predict how factors such as health status, interests, environmental conditions, and available time may impact personal fitness.

## Resources

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