

Unit 5- Basketball/eye-hand coordination/throwing-catching

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

Unit Overview

Essential Questions

What are the physical benefits and different skills that are incorporated with jumping rope?

What are the skills and concepts necessary to successfully participate in basketball activities?

Content

Turning short and long rope

Timing

Jumping efficiently

Different jumping patterns

Coordinating with other

Bouncing/tossing/catching

Moving through space incorporating skills

Dribble/passing

Catching/shooting

Skills

Demonstrate increased competency in jumping skills.

Demonstrate ability to jump for a sustained amount of time.

Demonstrate a variety of different jumping patterns

Appreciate the value of jumping rope as lifetime learners.

Move with ability to do multiple skills

Demonstrate competency in basketball skills.

Actively participate in a modified basketball activity/game.

Appreciate the value of basketball as lifetime learners.

Modify skills

Assessments

Skill Assessment

Teacher Observation

Lessons/Learning Scenarios

Skill and drill practices

Jumprope: Students will be able to jump in a self-turned rope a minimum of one time; Students will be able to do the following: jumping/hopping over, around, inside formed, shapes, letters, numbers

Jumping: Students will be able to do the standing long, jump,

Basketball: hand eye coordination with modified equipment; Lead up / modified games

Standards

HE.K-2.	Health-enhancing behaviors contribute to wellness.
HE.K-2.	Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.
HE.K-2.	Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.
HE.K-2.	Appropriate types and amounts of physical activity enhance personal health.
HE.K-2.	Teamwork consists of effective communication and other interactions between team members.
HE.K-2.2.1.2.A.1	Explain what being "well" means and identify self-care practices that support wellness.
HE.K-2.2.5.2.A.1	Explain and perform movement skills with developmentally appropriate control in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HE.K-2.2.5.2.A.2	Demonstrate changes in time, force, and flow while moving in personal and general space at different levels, directions, ranges, and pathways.
HE.K-2.2.5.2.A.4	Correct movement errors in response to feedback.
HE.K-2.2.5.2.B.1	Differentiate when to use competitive and cooperative strategies in games, sports, and other movement activities.
HE.K-2.2.5.2.B.4	Demonstrate strategies that enable team members to achieve goals.
HE.K-2.2.5.2.C.1	Explain what it means to demonstrate good sportsmanship.
HE.K-2.2.5.2.C.2	Demonstrate basic activity and safety rules and explain how they contribute to moving in a safe environment.
HE.K-2.2.6.2.A.1	Explain the role of regular physical activity in relation to personal health.
HE.K-2.2.6.2.A.2	Explain what it means to be physically fit and engage in moderate to vigorous age-appropriate activities that promote fitness.

Resources
