

Teaching Unit: **Basketball**

Essential Understandings

Basic ball handling skills, passing skills, shooting skills are necessary for playing basketball.

Sub Topic: **Core unit**

Knowledge and Skills

Hand position:

Students will know...

that the finger pads are used to dribble a basketball.
that the finger are firm and slightly rounded acting as a spring board.
that the wrist stays firm and not bent when dribbling.
that the ball should be dribbled at low and medium levels.
that the ball becomes an extension of the body.
that what you do for one, you must do for the other.

Students will do...

dribbling from one knee practicing with the right hand then the left.
dribbling from one knee using individual fingers with both the right and left hand.
dribbling while standing in their self space at low and medium levels using both right and left hands.
dribbling in general space using both right and left hands.
different dribbling skills listed in the activities column through progression.

Students will know...

how to do a jump shot and free throw.
how to use there legs and arms together when performing a jump shot or free throw.
how to position their hands on the ball when performing a jump shot or free throw.
how to perform right and left handed lay ups by using the final four stages, rock, step, and drive with a follow through.

Students will do....

-jump shots/free throws without shooting at a basket but toward a partner who will catch the ball after it bounces.
-jump shots/free throws at a basket while standing as close as needed without compromising technique. The basket may be lowered as needed.
-lay ups concentrating on the final four phases of the shot, rock, step, drive, and follow through.
-lay ups on using one dribble approach.
-lay ups using more than one dribble on approach.

Students will know....

how to perform a chest pass to a partner.

how to perform a bounce pass to a partner.
how to perform both the chest pass and bounce pass while on the move.

Teaching Unit: *Dance/Movement*

Essential Understandings

Basic rhythm and steps and social skills are necessary to have success with learning dance. (Square Dance, Line Dance)

No matter the amount of stress in your environment, always strive to obtain the best for yourself. (Tae Bo)

Show respect for all students regardless of personal differences or fitness levels so cultural and physical barriers break down. (Tae Bo)

It is necessary to participate in physical activity to maintain a healthy life style. (Tae Bo)

Working out properly guarantees that maximum potential and benefits are met. (Tae Bo)

Teaching Unit: *Chasing/Dodging/Fleeing*

Essential Understandings

Teamwork promotes cooperation and positive interaction among individuals. (Flag Tag)

Skill development enhances motivation, self-esteem, and physical growth. (Flag Tag)

Rules of conduct and game rules are necessary for fair play in life. (Flag Tag)

Respect should be given to all students regardless of personal differences or skill levels. (Flag Tag)

Sub Topic: *Mini-unit*

Knowledge and Skills

Students will practice calls until they all get them so we can put all the calls into a dance. (Square Dance)

Students will watch a video clip from YouTube showing how to Line Dance to a certain song that I chose.

Students will follow along with me after they have had time to watch the video presentation of Line Dancing.

Students will learn up to three or four line dances during this unit.

Students will know that dance has added health benefits calling upon muscular strength, muscle endurance, flexibility, cardiovascular, and coordination.

Sub Topic: *Mini-unit*

Knowledge and Skills

Students will learn different strategies to keep from getting caught as well as different strategies to use to catch someone while running about.

Students will know that by running fast, changing speeds, dodging right or left or even backwards is important when playing this game.

Students will know that teamwork is essential to being successful when playing this game.

Teaching Unit: **Soccer**

Essential Understandings

Basic ball handling skills are necessary for playing the game of soccer.

Sub Topic: **Core unit**

Knowledge and Skills

Students will know....

the difference between an Instep Drive and an Inside Foot pass.

how to perform an instep drive and inside foot pass.

to receive a ball using the inside foot trap.

to receive a ball using the bottom and outside foot trap.

Students will do....

drills with a partner practicing both the instep drive and inside foot pass.

drills with a partner practicing the and inside foot receive, outside foot receive, and the bottom of the foot trap.

Students will know....

how to complete a throw in successfully to a partner.

how to receive a throw in using different parts of the body.

Students will do....

drills with a partner practicing both the throw in and body traps/receives.

Students will know....

the rules of the game such as offside, trips, push, hand ball, and unsporting acts.

the positions played in soccer such as striker, wing, halfback, fullback, sweeper, stopper, and goalie.

what is meant by a team using a 4-4-2, 3-4-3 type of team setup.

Teaching Unit: ***Volleyball***

Essential Understandings

Certain skills that are taught are necessary for success at playing the game of volleyball.

Sub Topic: ***Core unit***

Knowledge and Skills

To reintroduce skill acquisition for the bump, set and serve.

To learn the overhead serve, floor positions, team offensive and defensive strategies, and proper spike technique.

Students will know....

how to serve a volleyball underhand, and overhead.

set a volleyball overhead.

to bump a volleyball.

why a bump is used instead of the set when receiving a serve.

how to spike.

how to dig.

the rules to volleyball.

the position on the floor when playing as well as the rotation.

volleyball terminology such as side out, rotate, etc.

Students will do....

high repetition activities for the above skills, some with a partner(s) or simple by themselves in general space all leading up to team play.

Teaching Unit: ***Racket Sports***

Essential Understandings

Basic racket skills, agility, teamwork, and court awareness are necessary for the playing the game of badminton.

Basic understanding of ping pong along with good eye hand coordination are necessary for playing ping pong.

Basic knowledge of holding a racket and striking a ball plus court awareness and agility are necessary in playing pickleball.

Teamwork promotes cooperation and a positive interaction among individuals.
(Pickle Ball / Ping Pong)

Skill development enhances motivation, self-esteem, and physical growth.
(Pickle Ball / Ping Pong)

Rules of conduct and game rules are necessary for fair play in life. (Pickle Ball / Ping Pong)

Respect should be given to all students regardless of personal differences or skill levels. (Pickle Ball / Ping Pong)

Sub Topic: ***Core unit***

Knowledge and Skills

Students will know....

how to hold the various rackets for ping pong, pickleball, and badminton.

the difference between a backhand and forehand shot.

how to serve a ping pong ball, pickleball, and shuttlecock (birdie).

the rules to these three games.

the court dimension to these three games.

racket sports are life long leisure activities that have health benefits.

to play games with partners as doubles partners participating in round robin tournaments.

Students will do....

drills that enable them to rally multiple times over a net to a partner.

practice serves trying to get the birdie into the proper service area.

round robins playing with a partner during class.

Teaching Unit: ***Striking w/Long Handled Instrument***

Essential Understandings

Having the basic understanding with stick and ball control are necessary to be able to have success playing floor hockey.

Basic ball handling skills, agility, court awareness and teamwork are necessary for playing field hockey.

Teamwork promotes cooperation and a positive interaction among individuals. (Pillo Polo)

Skill development enhances motivation, self-esteem, and physical growth. (Pillo Polo)

Rules of conduct and game rules are necessary for fair play in life. (Pillo Polo)

Respect should be given to all students regardless of personal differences or skill levels. (Pillo Polo)

Basic understanding of certain grips, club choice and how to swing a club are necessary when playing golf. (Golf)

Teamwork promotes cooperation and positive interaction among individuals. (Cricket)

Skill development enhances motivation, self-esteem, and physical growth. (Cricket)

Rules of conduct and game rules are necessary for fair play in life. (Cricket)

Respect should be given to all students regardless of personal differences or skill levels. (Cricket)

Respect should be given to all students regardless of personal differences or skill levels. (Cricket)

Sub Topic: ***Core unit***

Knowledge and Skills

During this unit, students will learn skill acquisition for the games listed below.

- *Parts of the stick
- *Positions- Offense/defense
- *Goalie techniques
- *Basic understanding of a wrist shot.
- *Forehand/Backhand shot

Students will work with team mates to try to keep the opponents score low.

Students will learn the rules and apply them to the game as needed.

Floor hockey
Field hockey
Golf
Pillo Polo

Teaching Unit: **Track & Field**

Essential Understandings

Skill development enhances motivation, self-esteem, and physical growth

Respect should be given to all students regardless of personal differences or skill levels.

Sub Topic: **Mini-unit**

Knowledge and Skills

Students will be introduced to the following track events:

Shot put	Discus	Hurdles	High jump
Sprinting	Distance		

Students will have the opportunity to practice all the above track activities which will allow them to have the basic understanding of some of the events involved in track and field.

Students will know....

the basic's to the following track events.

Shot put	Discus	Hurdles	High jump	Sprinting
Distance				

Students will have the opportunity to practice all the above track activities which will allow them to have the basic understanding of some of the events involved in track and field.

the health benefits to being involved in track and field.

certain concepts such as speed, endurance, force, effort, time, duration, output, aerobic, anaerobic, flexibility, and strength are important to track and field.

the importance of safety when it comes to ALL of these activities as they all have an element of danger involved.

Students will do....

each station of skills each class to learn the basis understanding of each.

running and stretching exercises before performing the skills.

Teaching Unit: ***Throwing & Catching***

Essential Understandings

Teamwork promotes cooperation and a positive interaction among individuals. (Ultimate Frisbee)

Basic knowledge of throwing and catching a frisbee and having good speed, agility along with good eye hand coordination are necessary at having success playing this game.

Rules of conduct and game rules are necessary for fair play in life. (Ultimate Frisbee)

Respect should be given to all students regardless of personal differences or skill levels. (Ultimate Frisbee)

Basic skills such as throwing, catching and striking are necessary for playing softball or baseball. (Softball)

Teamwork promotes cooperation and a positive interaction among individuals. (Tiger Ball)

Skill development enhances motivation, self-esteem, and physical growth. (Tiger Ball)

Rules of conduct and game rules are necessary for fair play in life. (Tiger Ball)

Respect should be given to all students regardless of personal differences or skill levels. (Tiger Ball)

Having the basic skills of throwing and catching along with good eye hand coordination are necessary in playing this game. (Tiger Ball)

Sub Topic: ***Core unit***

Knowledge and Skills

Students will know how to throw in opposition using many implements by practicing with a partner leading up to team play.

Softballs
Frisbees
Shot put
Discus
Football
Dodge ball

Teaching Unit: *Fitness Gram*

Essential Understandings

No matter the amount of stress in your environment, always strive to obtain the best for yourself.

Show respect for all students regardless of personal differences or fitness levels so cultural and physical barriers break down.

It is necessary to participate in physical activity to maintain a healthy lifestyle.

Working out properly guarantees that maximum potential and benefits are met.

Sub Topic: *Core unit*

Knowledge and Skills

Students will learn about their own physical fitness.

By using Fitness Gram as their national guideline, each student will know his or her physical conditional on a national level.

Students will know how to test over the following activities testing muscle endurance, muscular strength, and flexibility.

- SIT UPS
 - PUSH UPS
 - ENDURANCE
 - FLEXIBILITY
-

Teaching Unit: *Archery*

Essential Understandings

Skill development enhances motivation, self-esteem, and physical growth.

Rules of conduct and game rules are necessary for safe and fair play in life.

Respect should be given to all students regardless of personal differences or skill levels.

Sub Topic: *Mini Unit*

Knowledge and Skills

Students will know....

that safety is the up most important rule when it comes to archery.

that the gym is now an archery range and not a gym.

all the parts to a bow and arrow.

how to knock an arrow.

how to draw the arrow back.

the anchor point.

how to aim.

release the arrow.

how to pull the arrows out of the target.

all the terms to shooting a bow.

the point value of the colors on the target faces.

Students will do....

all the above to have enough knowledge to shoot safely and to have relative success.

this activity for two weeks and also get to shoot at least three to five times per class.
