

PE RACKET & TEAM ACTIVITIES- Elective

Course Overview:

This course will offer different racket sports such as badminton, pickleball, ping pong and eclipse ball. Team activities offered such as football, basketball, ultimate frisbee, floor hockey, volleyball, team handball, wiffle ball to name a few.

Performance Indicators:

Movement/motor skills and knowledge

Standards 1.A, 1.B, 1.C,1.D

- A. Apply the following principles of stability and force to modify their performance in games/physical activities: how spin and rebound affect the motion of an object; how opposition, point of contact and point of release change the path of an object; how adjusting movements to accommodate external forces decrease the risk of injury
- B. Demonstrate a variety of specialized movement skills specific to game/physical activity while participating in that game/ physical activity.
- C. Explain the relationship of fitness skill components to specialized movement skills.
- D. Use appropriate practice sessions, utilizing fundamental movement skills to improve performance.

Personal and social skills and knowledge

Standards 3.A, 3.B, 3.C

- A. Demonstrate the following collaborative skills while participating in physical activities: giving and accepting constructive feedback; respectful inclusion of peers in activities.
- B. Demonstrate responsible and ethical personal behavior while participating in physical activities.
- C. Predict how etiquette/safety rules improve games/activities, contribute to productive participation, and how environmental modifications can impact safety.

Unit of Study	Essential Question(s)	Content/Skill/Concept	Instructional Strategies
Racket Sports	- What skill components are used in the present sport? - What strategies did you implement in your play? - Explain the basic rules of	- Strategies - Cooperation - Rules and Regulations	- Direct teaching - Teacher Feedback - Peer Feedback - Self Feedback

	this sport?		
Team Activities	• What skill components are used in the present activity? • What team strategies did you implement in your play? • Explain the basic rules of this activity?	• Team Strategies • Cooperation • Rules and Regulations	• Direct teaching • Teacher Feedback • Peer Feedback • Self Feedback