



Subject Area: Wellness	Course: Grade 5 PE	
Unit 3 Title: Throwing and Catching	Start: October Date	End: December Date
Unit Summary: Combines traveling, throwing overhand and underhand, and catching, with reasonable accuracy in dynamic, small sided practice tasks.		

Stage 1: Desired Results	
Massachusetts Learning Standards Motor Skill Development CH.PH.02.1 Apply movement concepts including direction, balance, level (high, low), pathway (straight, curve, zigzag), range (expansive, narrow), and force absorption (rigid, with bent knees) to extend versatility and improve physical performance CH.PH.02.2 Use a variety of manipulative (throwing, catching, striking), locomotor (walking, running, skipping, hopping, galloping, sliding, jumping, leaping), and non-locomotor (twisting, balancing, extending) skills as individuals and in teams Personal and Social Competency CH.PH.02.7 Demonstrate responsible personal and social conduct used in physical activity settings Feelings and Emotions CH.SEH.05.01 Identify the various feelings that most people experience and describe the physical and emotional reactions of the body to intense positive and negative feelings CH.SEH.05.02 Apply methods to accommodate a variety of feelings in a constructive manner in order to promote well being	
Transfer (Authentic, relevant application of learning to new situations)	
Students will be able to independently use their learning to... Throw and catch in a variety dynamic environments (open skills) such as, • Triangle passing • Beanbag Frenzy • Boom City • Corner ball	

• Team handball • Prairie dog pick off • Pickle • hoop guard • Battleship	
Meaning	
Enduring Understandings Students will understand that... • Knowing and understanding concepts of movement will improve performance in a specific skill and provide the foundation for transfer of skills in a variety of sports and activities.	Essential Questions Students will consider... • How do the skills of throwing and catching enhance success in team sports? • Why do I have to understand concepts of movement when I can already perform the movement?
Acquisition	
Knowledge Students will know... Positions: • Defenders • Attackers • Throwers • Catchers • Gatherers Terms/Cues: • Overhand throw • Underhand throw • Catching • Defense • Offense • Pathway: ○ Open ○ Straight	Skills Students will be skilled at... • Throwing underhand and overhand using a mature pattern in non dynamic environments with different sizes and types of objects • Throwing underhand and overhand to a large target with accuracy • Throwing while move to a partner with accuracy • Throwing with reasonable accuracy in dynamic, small sided practice tasks • Catching with accuracy, both partners moving • Catching with reasonable accuracy in dynamic, small-sided practice tasks



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