

Healthy Living 6



Individual Sports

Healthy Living 6 Curriculum Scoring Guide

Power Objectives

P.O. #2: Demonstrate critical elements of specialized manipulative skills in a variety of settings.

P.O. #3: Apply tactical concepts and performance principles in game like settings.

P.O. #4: Demonstrate knowledge of critical elements and biochemical principles for specialized skills.

P.O. #7: Develop and apply rules, safe practices and procedures and communicate effectively to resolve conflicts in physical activity settings.

P.O. #8: Makes a connection between participation in physical activity and the positive impact on one's physical, emotional and intellectual health.

Academic Vocabulary

- ☐ transfer
- ☐ rotation
- ☐ ready position
- ☐ variable
- ☐ base
- ☐ center of mass

- ☐ biomechanics
- ☐ tactics
- ☐ visualize
- ☐ locomotor
- ☐ striking
- ☐ flight

- ☐ angle
- ☐ interception
- ☐ reception
- ☐ pass
- ☐ blitz
- ☐ block
- ☐ change of direction

Enduring Understandings

Students understand that...

- Developmental games teach students to achieve success, interact with teammates and handle adversity.
- The knowledge of the games and skills that are learned will have direct transfer to other popular recreational and lifelong physical activities.

Essential Questions

- How can developmental games help to build positive social and emotional behavior?
- How can I incorporate the skills that are learned into lifetime sports and recreation?