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| <b>Subject Area:</b> Wellness                                                                                                                            | Course: Grade 4 PE                   |                                     |
| <b>Unit 3 Title:</b> Throwing and Catching                                                                                                               | <b>Start:</b> October<br><b>Date</b> | <b>End:</b> December<br><b>Date</b> |
| <b>Unit Summary:</b> Combines traveling, throwing overhand and underhand, and catching, with reasonable accuracy in dynamic, small sided practice tasks. |                                      |                                     |

| Stage 1: Desired Results                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |  |
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| <p align="center"><b>Massachusetts Learning Standards</b></p> <p><b>Motor Skill Development</b><br/>           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<br/>           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</p> <p><b>Personal and Social Competency</b><br/>           CH.PH.02.7 Demonstrate responsible personal and social conduct used in physical activity settings</p> <p><b>Feelings and Emotions</b><br/>           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<br/>           CH.SEH.05.02 Apply methods to accommodate a variety of feelings in a constructive manner in order to promote well being</p> |  |
| Transfer (Authentic, relevant application of learning to new situations)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |  |
| <p><b>Students will be able to independently use their learning to...</b><br/>           Throw and catch in a variety of non-dynamic (closed skills) and dynamic environments (open skills) such as,</p> <ul style="list-style-type: none"> <li>• Self-Toss</li> <li>• Partner Toss</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |  |

- Secret Spots
- Launching Rockets
- Zone catching
- Hoop Guard
- Tower Topple
- Alien Invasion
- Steal the pin
- 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/defending, offense/attacking, pathway -open, straight, curved, zip zag, open space, lead pass

#### 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

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|  | <ul style="list-style-type: none"><li>• Catching with reasonable accuracy in dynamic, small-sided practice tasks</li></ul> |
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