**East Physical Education**

UNIT: Pickleball

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| **Stage 1 Desired Results** | | | |
| ESTABLISHED GOALS  Standard 1:  Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.  Standard 2:  Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.  Standard 3:  Students will understand and be able to manage their personal and community resources. | ***Transfer*** | | |
| *Students will be able to independently choose to engage in Pickle ball in order to achieve and maintain a healthy lifestyle.* | | |
| ***Meaning*** | | |
| UNDERSTANDINGS  *Students will understand that…*   * Communicating with partner in a doubles match can positively affect team’s performance. * Playing pickleball regularly can improve all aspects physical fitness. | | ESSENTIAL QUESTIONS   * How can communication impact the team’s performance in a doubles match? * How can movements in pickleball affect my overall health? |
| ***Acquisition*** | | |
| *Students will know…*   * Effective strategies used during pickleball games. * Rules and scoring of a game and be able to officiate a game. * How to effectively communicate with partner during a doubles match. * Which type of shot to use during different situations of a game. | | *Students will be skilled at…*   * Pickleball shots:   + Serve, underhand hit (lob shot), smash, drop shot. * Sport specific movements and drills. * Executing a back hand and forehand shot. |
| **Stage 2 – Evidence** | | | |
| **Evaluative Criteria** | | **Assessment Evidence** | |
| Participation/Sportsmanship | | PERFORMANCE TASK(S):   * Daily Grade based on Department established Rubric. * Daily Fitness component towards Fitnessgram improvement. * Improvement of Skill level through tasks, skills, and student led games. | |
| Written Assignments | | OTHER EVIDENCE:   * Written assignment on skills, rules, and impact on overall wellness | |
| **Stage 3 – Learning Plan** | | | |
| *Summary of Key Learning Events and Instruction*   |  |  |  |  | | --- | --- | --- | --- | | ***DAY 1*** | ***DAY 2*** | ***DAY 3*** | ***DAY 4*** | | Intro to   * *What do students know about Pickleball* * History of Pickleball   Review etiquette and personal and social responsibilities.  Health/skill Related Fitness Components  Discuss/handouts community resources for…... Area Gyms, YMCA, rec centers, neighborhood possibilities)   * Discuss rules of the game * How to score a game * How to hold the paddle * Safety precautions for game   Teacher model how to execute a serve.  Students work with partner on serving. | Review:   * Rules * Strategies * Scoring * Serving   Model how to perform:   * Lob shot (underhand) * Smash * Drop shot * Forehand/backhand   Work with partner on each shot.   * Teacher gives feedback to students to improve technique.   Students volley in groups of 4:   * Keep track on how many shots you hit in a row. | Review:   * Rules * Strategies * Scoring * Serve * Lob * Smash * Drop shot * Forehand/backhand   Warm up drill:   * Volley with a partner, work on all shots during volley.   Singles Tournament:   * Go over gameplay, scoring and parameters of tournament. * Competitive and noncompetitive tournament bracket (student choice) | Review all shots and rules/strategies  Warm-up drills  Doubles tournament. | | | | |