**East Physical Education**

UNIT: Pickleball

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| **Stage 1 Desired Results** |
| ESTABLISHED GOALSStandard 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?
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| ***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.
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| **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.
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| Written Assignments | OTHER EVIDENCE:* Written assignment on skills, rules, and impact on overall wellness
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| **Stage 3 – Learning Plan** |
| *Summary of Key Learning Events and Instruction*

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| ***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 ComponentsDiscuss/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/strategiesWarm-up drills Doubles tournament. |

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