**Paddle Skills Unit Organizer**

**Kindergarten Wilcox/Reeves**

**Previous Unit Next Unit Continuous Unit**

Volleying with body parts Scooter hockey Volleying mechanics

**Summary**

In this unit students will learn the parts of a paddle and basic terminology they will build on in future grades.

**The Big Idea**

Students will practice skills correctly and play a game of barnyard round-up.

**Colorado Physical Education State Standards  
Standard: 1. Movement Competence and Understanding in Physical Education**

1A. Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activity.

1B. Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performing physical activities.

**Standard: 2. Physical and Personal Wellness in Physical Education**

2A. Participate regularly in physical activity.

2B. Achieve and maintain a health-enhancing level of physical fitness.

**Standard: 3. Emotional and Social Wellness in Physical Education**

3B. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

**Integrated Units/Activities – Similar ideas**

**Forehand –** Tennis, Hockey

**Grip –** Tennis, badminton

**Parts of the paddle-** Tennis, Badminton

**Core Knowledge Language Arts - NA**

**Prior Knowledge**

Kindergarten –

K – This is their first experience with Paddle skills.

**What they will learn in future grades?**

1st- 2nd – Paddle skills: Students are spread out on poly spots. We cover: Shake hands grip (forehand), paddle face- open and closed, alternating open and closed paddle, overhead hit, dribbling with the paddle and a tennis ball, balancing a pickle ball or dodge ball with their favorite and non-favorite hand.

3rd – Paddle skills: Students are spread out on poly spots. We cover: Shake hands grip (forehand), paddle face- open and closed, alternating open and closed paddle, overhead hit, dribbling with the paddle and a tennis ball, balancing a pickle ball or dodge ball with their favorite and non-favorite hand, walking while balancing, dribbling and relay races with different objects.

5th – Tennis skills: Practice toss and overhand serve, forehand, backhand, rally with partner, play game against another team.

7th-8th – Students currently will not do any paddle/racket sports in 7th & 8th grade core classes due to the limited space. Core class focus is on the sports, skill cues, game rules and history of the activity. Students do have the option of taking an elective class in which they will play three or four paddle/racket sports including: ping-pong, badminton, paddleball, pickleball, and tennis. Electives class is smaller in numbers and the focus is on fitness and weights so the units we play paddle/racket sports are more for fun and competition. We review/learn game rules, basic stokes, practice for a short time and then play the game. In elective there is not any new skill development other than repetition and correction on skills that may be done incorrectly.

9th-12th – Students may take PE as an elective class in which they will also play ping pong, paddleball, badminton, pickle ball, and tennis. The main unit covered in high school elective is a two week tennis unit. The students learn the rules and practice the skills before playing games. The first half of the unit is played inside at Liberty on smaller indoor courts learning control with less reactive tennis balls and the second half is played outside at Edora Parks tennis courts.

**Core Knowledge Links – Connections to Core Knowledge in other classrooms**

In general, our Paddle skills unit follows the basic core knowledge principles. Students learn the basics which they will build upon year after year. We make sure to overlap/practice what was learned the year before and build upon their current skill set. Each year a little more time is spent on the sport and is taught more in depth. Paddle and racket sports are unique in that the skills used in each sport are very similar, yet all the games are played differently.

**Additional Resources**

G.A.S.P poster in gym & white board with tournament information on it.

**Standards for Achievement**

**Student’s will-**

\*Know how to hold their Paddle.

\*Know the skill cues for the forehand.

\* Know the skill cues for the dribbling.

\* Know the skill cues for the overhead hit.

\*Know and follow the rules for a game of barnyard round-up.

\*Display appropriate safety for themselves and their peers throughout the unit.

\*Display good sportsmanship and display integrity throughout the lesson.

**Types of Assessments**

\*A visual assessment will be used by the teacher to determine if students are ready to move from skills practice to game play.

\*Students will be quizzed orally regarding skill cues, rules and safety daily.

\*Students will display their knowledge of the grip, paddle parts, rules and skills in game play.