

East Physical Education

UNIT: Softball

Stage 1 Desired Results

<p>ESTABLISHED GOALS</p> <p>Standard 1: Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.</p> <p>Standard 2: Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.</p> <p>Standard 3: Students will understand and be able to manage their personal and community resources.</p>	Transfer	
	<i>Students will be able to independently choose to engage in Softball in order to achieve and maintain a healthy lifestyle.</i>	
	Meaning	
	<p>UNDERSTANDINGS <i>Students will understand that... Answer your essential Questions</i></p> <ul style="list-style-type: none"> • Proper form for individual skills is essential for mastery of the skill. • Different components of softball positively impact your overall health in different ways. • Teamwork skills and strategy are essential in a team sport. • Recourses in the Community. 	<p>ESSENTIAL QUESTIONS</p> <ul style="list-style-type: none"> • Where can you find softball in your community? • How does working as a team instead of an individual enhance your performance? Both socially and physically. • How can I move effectively and efficiently in order to improve my skill levels?
	Acquisition	
<p><i>Students will know...</i></p> <ul style="list-style-type: none"> • Softball specific skills: <ul style="list-style-type: none"> ○ Throwing, catching, base running, batting, positons • Strategy: <ul style="list-style-type: none"> ○ Base running, hitting, field positioning, rules/Scoring of a game 	<p><i>Students will be skilled at...</i></p> <ul style="list-style-type: none"> • Procedures for participating in skill drills/game play • Individual sport specific skills • Positive participants/team leaders • Scoring the game 	
Stage 2 - Evidence		
Evaluative Criteria	Assessment Evidence	

Participation/Sportsmanship	<p>PERFORMANCE TASK(S):</p> <ul style="list-style-type: none"> • 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	<p>OTHER EVIDENCE:</p> <ul style="list-style-type: none"> • 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
<ul style="list-style-type: none"> • History of Softball • Resources, leagues, parks in the community. • Review etiquette and personal and social responsibilities. • Safety and procedures • Fundamentals of throwing and catching • Throwing and catching progressions. • Exit tickets 	<ul style="list-style-type: none"> • Review throwing and catching cues • Throwing and catching with a partner • Fundamentals of fielding ground balls • Grounders with a partner • Fundamentals of fielding fly balls • Fly balls with a partner • Exit tickets 	<ul style="list-style-type: none"> • Partner catch • Partner fly and ground balls • Fundamentals of hitting • Soft toss with groups of 5 • Review rules of the game • Modified game (monster ball) • Exit Ticket 	<ul style="list-style-type: none"> • Partner catch • Review rules and responsibilities • Game play
DAY 5	DAY 6	DAY 7	DAY 8

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