

Unit 2: Net Games
Physical Education
8 Class Meetings

Revised March 2026

Essential Questions

- How can understanding skill concepts improve my performance?
- How does playing with a partner prepare you for success when working with others in future work settings?

Enduring Understandings with Unit Goals

EU 1: Performing movement skills in a technically correct manner improves overall performance and increases the likelihood of participation in lifelong physical activity.

- Demonstrate mature form of forehand and backhand.
- Demonstrate a mature form for accuracy and precision.
- Demonstrate a variety of shots (slap, drop, slam, high arc, etc.) into open space.

EU 2: Implementing strategies and tactics such as space, speed, force, and accuracy plays sports play more effective and more interesting.

- Execute offensive and defensive tactics to ensure team and self-success.
- Construct plays with teammate to benefit the team.

Physical Education Standards

Standard 1: Demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: Applies knowledge of concepts principles, strategies and tactics related to movement and performance.

Standard 3: Demonstrates the knowledge and skills to achieve and maintain a health enhancing level of physical activity and fitness.

Standard 4: Exhibits responsible personal and social behavior that respects self and others.

Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

ISAAC Vision of the Graduate Competencies

Competency 1: Write effectively for a variety of purposes.

Competency 2: Speak to diverse audiences in an accountable manner.

Competency 3: Develop the behaviors needed to interact and contribute with others on a team.

Competency 4: Analyze and solve problems independently and collaboratively.

Competency 5: Be responsible, creative, and empathetic members of the community.

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Unit Content Overview

1. Movement Skills Activities

- Volleyball
- Badminton
- Pickleball
- Key Terms & Vocabulary: Bump, Set, Volley, Spike, Underhand Serve, Overhand Serve Forehand, Backhand, Forehand, Fault, Accuracy, Precision, Force, Slap shot, Trajectory, Open Space, Rally, Volley

Daily Learning Objectives with *Do Now Activities*

Students will be able to...

- Demonstrate the complete process of a proficient backhand and forehand hit.
- Demonstrate and execute a variety of shots and underhand serve using proper technique to create opportunities for success.
- Analyze other partners form through peer teaching model to provide feedback.
- Demonstrate the skills of passing with arms (bump), hands (set), and under/overhand serving using correct technique. **
- Demonstrate skill execution, communication and teamwork, understanding rules, scoring, and sport etiquette through modified game play. *

EL Instructional Strategies/Differentiated Instruction

- Whole group instruction
- Checking for Understanding
- Demonstrations
- Handouts
- Video
- Peer Teaching
- Whiteboard with objectives, key terms/vocabulary
- Think-pair-share and small-group discussions.

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- Word walls with visuals
- Small group instruction

Assessments

FORMATIVE ASSESSMENTS:

- Skill Pre-Assessment
- Do Now
- Student discussions and responses
- Exit Slips
- Accountable Talk Discussion

SUMMATIVE ASSESSMENTS:

EU 1: Skill Cue Quiz Checklist & Rubric with teacher notes.

Unit Task: Modified game play

Unit Task

Unit Task Name: Modified game play

Description: Students will participate in Modified Game Play demonstrating skill execution with proper form and accuracy. (E1) During game play, students will utilize and demonstrate game strategy and decision making, communication and teamwork, scoring, refereeing of the rules, and proper sport etiquette. (E2)

Evaluation: Summative Assessment and skill-based rubric

Unit Resources

- SHAPE America-National Standards
- Connecticut State Physical Education Standards
- Video/Online Materials
- PE Central