***East Physical Education***

*UNIT: Bowling*

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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 Bowling in order to achieve and maintain a healthy lifestyle.* |
| ***Meaning*** |
| *UNDERSTANDINGS* *Students will understand that… Answer your essential Questions** *responsible personal & social behavior in physical activity settings*
* *understanding & respect for differences among people in physical activity settings*
* *understand that physical activity provides the opportunity for enjoyment, challenge, self-expression, & social interaction*
 | *ESSENTIAL QUESTIONS* *What are some key concepts of Bowling?**How do Practice and procedures improve skills in sports?**How do you use balance in the game of Bowling?**How do You use power and coordination in bowling?* |
| ***Acquisition*** |
| *Students will know…* * *fundamental physical skills & progress to complex movement activities as physically able.*
 | *Students will be skilled at…* * *Bowling scoring*
* *Swing*
* *Stance*
* *Alignment*
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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 Bowling*
* *History of Bowling*

*Review etiquette and personal and social responsibilities.**Health/skill Related Fitness Components**Discuss/handouts community resources for Bowling. Area Gyms, YMCA, rec centers, neighborhood possibilities)* | *Review: History, etiquette and review community opportunities.**Teach: Ball selection &**Delivery. Four steps approach & practice no ball. Four step approach practice with ball**Game: Intro to singles play* | *Review: Ball selection &**Delivery. Four steps approach & practice no ball. Four step approach practice with ball**Teach: Spare and strike system and Scoring.**Game: Controlled Scrimmage or tournament* | *Review: Spare and strike system and Scoring.**Teach: Full Game Play.**Game: Round Robin Tournament* |
| ***DAY 5*** | ***DAY 6*** | ***DAY 7*** | ***DAY 8*** |
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