***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* |
| ***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* | |
| *Written Assignments* | *OTHER EVIDENCE:*   * *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*** | | *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*** | |  |  |  |  | | | |