

East Physical Education

UNIT: Pickleball

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	
	<i>Students will be able to independently choose to engage in Pickle ball in order to achieve and maintain a healthy lifestyle.</i>	
	Meaning	
	UNDERSTANDINGS <i>Students will understand that...</i> <ul style="list-style-type: none"> Communicating with partner in a doubles match can positively affect team's performance. Playing pickleball regularly can improve all aspects physical fitness. 	ESSENTIAL QUESTIONS <ul style="list-style-type: none"> How can communication impact the team's performance in a doubles match? How can movements in pickleball affect my overall health?
	Acquisition	
	<i>Students will know...</i> <ul style="list-style-type: none"> Effective strategies used during pickleball games. Rules and scoring of a game and be able to officiate a game. How to effectively communicate with partner during a doubles match. Which type of shot to use during different situations of a game. 	<i>Students will be skilled at...</i> <ul style="list-style-type: none"> Pickleball shots: <ul style="list-style-type: none"> Serve, underhand hit (lob shot), smash, drop shot. Sport specific movements and drills. Executing a back hand and forehand shot.

Stage 2 – Evidence

Evaluative Criteria	Assessment Evidence
Participation/Sportsmanship	PERFORMANCE TASK(S): <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	OTHER EVIDENCE: <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
<p>Intro to</p> <ul style="list-style-type: none">What do students know about PickleballHistory of Pickleball <p>Review etiquette and personal and social responsibilities.</p> <p>Health/skill Related Fitness Components</p> <p>Discuss/handouts community resources for..... Area Gyms, YMCA, rec centers, neighborhood possibilities)</p> <ul style="list-style-type: none">Discuss rules of the gameHow to score a gameHow to hold the paddleSafety precautions for game <p>Teacher model how to execute a serve.</p> <p>Students work with partner on serving.</p>	<p>Review:</p> <ul style="list-style-type: none">RulesStrategiesScoringServing <p>Model how to perform:</p> <ul style="list-style-type: none">Lob shot (underhand)SmashDrop shotForehand/backhand <p>Work with partner on each shot.</p> <ul style="list-style-type: none">Teacher gives feedback to students to improve technique. <p>Students volley in groups of 4:</p> <ul style="list-style-type: none">Keep track on how many shots you hit in a row.	<p>Review:</p> <ul style="list-style-type: none">RulesStrategiesScoringServeLobSmashDrop shotForehand/backhand <p>Warm up drill:</p> <ul style="list-style-type: none">Volley with a partner, work on all shots during volley. <p>Singles Tournament:</p> <ul style="list-style-type: none">Go over gameplay, scoring and parameters of tournament.Competitive and noncompetitive tournament bracket (student choice)	<p>Review all shots and rules/strategies</p> <p>Warm-up drills</p> <p>Doubles tournament.</p>

