

Time Frame: 1 quarter	Unit Title: Racket/Paddle Games	Course Name: Lifetime Fitness and Games
Stage 1: Desired Results		
Established Goal(s)	Transferable Skills	
<p>Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</p> <p>Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</p> <p>Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</p> <p>Standard 4: The physically literate individual exhibits responsible personal and social behavior that</p>	Students will be able to independently use their learning to...	
	Choose to engage in Racket/paddle games in order to achieve and maintain a healthy lifestyle.	
	Meaning	
	<p>Understandings Students will understand that...</p> <ul style="list-style-type: none"> ● Proper form for individual skills is essential for mastery of the skills ● Different components of Racket/paddle games positively impact overall health in different ways. ● Teamwork skills and strategies are essential to team and dual activities. 	<p>Essential Questions</p> <ul style="list-style-type: none"> ● How does the improvement of individual and dual activities improve the quality of life? ● Why is it important to participate regularly in meaningful physical activity? ● How do Knowledge, skills and etiquette of individual/dual activities improve personal and social quality of life? How does participation in individual/dual activities support and enhance physical fitness?
Acquisition		
<p>Students will know...</p> <ul style="list-style-type: none"> ● Racket/paddle vocabulary: rally scoring, strategy skill cues, rotations, sportsmanship, safety, clear, smash, drop, short serve, long serve, backhand, diagonal court, shuttlecock, racket and underhand. ● How to apply the skill cues, rules and strategies in a singles and doubles setting, ● How to use the individual skills of Racket/paddle, such as the clear, 	<p>Students will be able to...</p> <ul style="list-style-type: none"> ● Demonstrate various skill cues, rules and strategy in a modified setting. ● Play with self-control and fair play behavior such as recognizing and respecting peers, classroom and school rules. ● Demonstrate the application of skills and strategies in a game setting, ● Demonstrate Racket/paddle skills: serve, drop shot, and clearing shots. ● Prevent and resolve conflict (self officiate matches) without teacher intervention. 	

<p>respects self and others.</p> <p>Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</p>	<p>smash and drop shot as well as the serve.</p> <ul style="list-style-type: none"> ● that offensive and defensive strategies are part of individual and dual games. ● the rules and techniques of sports including but not limited to: Pickleball, Badminton, Table Tennis etc. 	<ul style="list-style-type: none"> ● Evaluating the opportunity for social interaction and social support in a self-selected physical activity. ● applying offensive and defensive strategies as they are related to game play. ● exhibiting moral and ethical conduct in specific competitive situations.
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