

FRANKLIN-SIMPSON HIGH SCHOOL

Course Name: Physical Education

Unit Name: Wiffleball/Softball

Objectives:

<u>Academic Expectations</u>	<u>Program of Studies</u>	<u>Core Content for Assessment</u>
<p>2.31: Students will understand that movement concepts, principles, strategies and tactics apply to the learning and performance of physical activities.</p> <p>2.34: Students perform physical movement skills effectively in a variety of settings.</p> <p>2.35: Students demonstrate knowledge and skills that promote physical activity and involvement in physical activity throughout lives.</p>	<p>PL-H-PS-U-1: Students will understand that movement concepts, principles, strategies and tactics apply to the learning and performance of physical activities.</p> <p>PL-H-PS-U-2: Students will understand that motor skills and movement patterns allow individuals to perform a variety of physical activities and to achieve a degree of success that make the activities enjoyable.</p> <p>PL-H-PS-U-3: Students will understand that basic and advance skills and tactics need to be refined, combined and varied</p>	<p>PL-HS-2.1.1: Students will analyze the principles for motor skills (e.g., accuracy, technique, physics, and mechanics) and make applications for improving these skills (locomotor, nonlocomotor, and transitional).</p> <p>PL-HS-2.1.2: Students will infer how an analysis of specialized movement patterns (e.g., swinging golf clubs, shooting basketballs) and sequence evaluation (e.g., positioning, performing, following through) can be used to make recommendations for the improvement of skills used in individual, dual, and team sports (e.g., golf, racket sports, softball, volleyball, basketball).</p>

	<p>in the development of specialized skills.</p> <p>PL-H-PS-S-6: Students will recognize physical activity as an opportunity for positive social and group interaction.</p> <p>PL-H-PS-S-7: Students will evaluate how an analysis of specialized movement patterns (e.g., golf club swing, shooting a basketball) and sequence evaluation (e.g., positioning, performing, follow through) can be used to detect and correct errors in performances.</p>	
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Purpose of the Unit:

To teach the students the rules, tactics, scoring, strategies and teamwork that corresponds with volleyball

Prerequisites:

These students are familiar with Striking games; however, students will practice defending area and will work on throwing and catching. Students will focus on groundballs, fly balls, and throwing to the chest. Towards the end, the students will be engaged in a modified game of wiffleball/softball.

Daily Lesson Guide

Day	Lesson Content and Objectives	Focus Questions	Critical Thinking (High Yield / Literacy /LTF/etc.)	Engagement	Assessment and/or Accommodations
1	<ul style="list-style-type: none"> -Throwing towards chest -Groundballs -Fly balls - Modified Wiffleball Game 	<ul style="list-style-type: none"> -What are major skills is important in the game wiffleball – baseball/softball? -Why do you have to be able to field groundballs and catch fly balls? 	Tactics and strategies Pre-Test <i>written</i>	All students will be actively participating in practice and game play.	Pre-Tests <i>written</i>
2	<ul style="list-style-type: none"> -Hitting off tees -Modified Wiffleball 	<ul style="list-style-type: none"> . Hitting is very important – why? -Was it easier to hit an outside pitch, an inside pitch, or one right down the middle? 	Written Assessment, Tactics and strategies	All students will be actively participating in practice and game play.	Game Performance Assessment Instrument Invasion Games <i>(written)</i>
3	<ul style="list-style-type: none"> -Hitting off soft toss -Bunting -Modified Wiffleball Game 	<ul style="list-style-type: none"> -Was it easier to hit an outside pitch, an inside pitch, high pitch, low pitch, or one right down the middle? -Why would bunting be 	Tactics and strategies	All students will be actively participating in practice and game play.	Invasion Games Verbal Assessment

		important?			
4	<ul style="list-style-type: none"> - Stations with a partner - Pitching machine -soft toss -tees - Modified Wiffleball Game. 	<ul style="list-style-type: none"> -Hitting is very important – Why? - Why should you have good form? 	Tactics and strategies	All students will be actively participating in practice and game play.	Invasion Games Verbal Assessment
5	<ul style="list-style-type: none"> - Stations with a partner - Pitching machine -soft toss -tees - Modified Wiffleball Game. 	. Was it harder to hit off of the pitching machine at a faster speed?	Tactics and strategies	All students will be actively participating in practice and game play.	Invasion Games Verbal Assessment
6	<ul style="list-style-type: none"> -Fielding Groundballs -Head/Chest Game -Catching Fly balls -Throwing for Accuracy -Soft Toss -hitting off Tees 	<ul style="list-style-type: none"> -Did you think the relay that we went over towards the end was more successful? -Why do you have to be able to field groundballs and catch fly balls? 	written assessment to evaluate themselves Tactics and strategies	All students will be actively participating in practice and game play.	written assessment to evaluate themselves
7	Modified Wiffleball	How was game play? Was it fun? Do you think you have improved any since Day 1?	Tactics and strategies	All students will be actively participating in practice and game play.	Teacher observation of game play

8	Modified Wiffleball	How was game play? Was it fun? Do you think you have improved any since Day 1?	Tactics and strategies	All students will be actively participating in practice and game play.	Teacher observation of game play
9	Modified Wiffleball	How was game play? Was it fun? Do you think you have improved any since Day 1?	Tactics and strategies Post-Test <i>written</i>	All students will be actively participating in practice and game play.	Post-Test <i>written</i>
10	Modified Wiffleball	How was game play? Was it fun? Do you think you have improved any since Day 1? What are major skills is important in the game wiffleball – baseball/softball?	Tactics and strategies	All students will be actively participating in practice and game play.	Game Performance Assessment <i>written</i>