

Unit 13: Kickball

Unit #:	APSDO-00026661	Duration:	4.0 Lesson(s)	Date(s)	
----------------	----------------	------------------	---------------	----------------	--

Team:
Allison Zmuda (Author), Kathleen Fisher, James Pappa, Katie Schmutz, Timothy Feshler, Lisa Abate, Jeffrey Redman, Ann Perrault, Holly Rzonca, Cheryl Edwards, Donald Bartomioli, Molly DeSantis, Mellanee Harmon

Grade(s)
K, 1, 2, 3, 4

Subject(s)
Wellness

Unit Focus

In this unit, students will explore the game of kickball through a deliberate focus on kicking with dominant foot as well as catching with two hands. Students will demonstrate improved performance through eye/foot and eye/hand coordination activities in individual and group settings.

Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
<p>Connecticut Goals and Standards <i>Physical Education: 4</i></p> <ul style="list-style-type: none"> Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in increasingly more complex movement and game forms <i>M.10.1</i> Demonstrate knowledge of rules, safety practices and procedures as they apply to an increasing range of movement situations <i>M.10.3</i> Participate in a variety of individual, dual and team tasks, activities, creative movement, dance, play, games and 	<p>T1 (T2) Communicate effectively based on purpose, task and audience using appropriate vocabulary and body language.</p>	
	Meaning	
	Understanding(s)	Essential Question(s)
	<p>U1 (U100) Keeping your body centered keeps you grounded.</p> <p>U2 (U101) Knowing where your body is located in space keeps you moving where you want to go.</p> <p>U3 (U106) Effective execution of kicks is determined by the amount of power and technique necessary to get the ball to its destination.</p>	<p>Q1 (Q100) How can I keep my body centered?</p> <p>Q2 (Q101) How do I use my body to move around the ____ (field, gym, dance floor)? How do I stay aware of where everyone else is?</p> <p>Q3 (Q106) How do I kick the ball to get it where I want it to go?</p>

<p>sports <i>M.9.5</i></p> <ul style="list-style-type: none"> • Understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings <i>M.13.1</i> • Value the skill competence that results from practice <i>M.14.5</i> 	Acquisition of Knowledge and Skill	
	Knowledge	Skill(s)
		<p>S1</p> <p>Gr 3-4: Differentiate between movement in personal space and general space safely during activity</p> <p>S2</p> <p>Gr 3-4: Demonstrate kicking a moving ball with dominant foot from a stationary position</p> <p>S3</p> <p>Gr 3-4: Demonstrate kicking a moving ball with dominant foot for directionality</p> <p>S4</p> <p>Gr 3-4: Demonstrate appropriate receiving technique with 2 hands in front of body with eyes on object with body in balance</p>