

Unit 13: Pillow Polo

Unit #:	APSDO-00026635	Duration:	5.0 Lesson(s)	Date(s)	
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Team:
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Grade(s)
 5, 6, 7, 8

Subject(s)
 Wellness

Unit Focus

In this unit, students will continue to experience pillow polo through a deliberate focus on handling, passing, and shooting the pillow polo ball. Students will demonstrate improved performance by participating in small team objectives and skill developing activities.

Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
<p>Connecticut Goals and Standards <i>Physical Education: 8</i></p> <ul style="list-style-type: none"> Apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same <i>H.13.1</i> Demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills <i>H.9.2</i> Demonstrate leadership and cooperation in order to accomplish the goals of different physical activities <i>H.13.2</i> Demonstrate understanding of how rules, and safety practices and 	<p>T1 (T1) Develop skills, knowledge and concepts needed to make appropriate decisions to create a healthy and balanced lifestyle.</p> <p>T2 (T2) Communicate effectively based on purpose, task and audience using appropriate vocabulary and body language.</p> <p>T3 (T4) Identify a goal, determine an appropriate plan, evaluate its effectiveness and make appropriate adjustments.</p>	
	Meaning	
	Understanding(s)	Essential Question(s)
	<p>U1 (U101) Knowing where your body is located in space keeps you moving where you want to go.</p> <p>U2 (U107) Knowing the techniques (body position, correct movements) makes it more likely to hit the ball/object effectively.</p>	<p>Q1 (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>Q2 (Q107) How do I hit the ball/object to get it where I want it to go?</p>

<p>procedures need to be adjusted for different movement situations <i>H.10.3</i></p> <ul style="list-style-type: none"> Develop and demonstrate initiative in implementing strategies for including all persons, despite individual differences, in physical activity settings <i>H.13.3</i> 	Acquisition of Knowledge and Skill	
	Knowledge	Skill(s)
		<p>S1</p> <p>Gr 5-8: Display fundamental skill of pillow polo; handling the ball, passing and receiving the ball, stopping and shooting the ball, and goal tending skills</p> <p>S2</p> <p>Gr 5-8: Understand and demonstrate offensive and defensive team strategies</p> <p>S3</p> <p>Gr 5-8: Demonstrate and perform safe play during activity</p> <p>S4</p> <p>Gr 5-8: Demonstrate line changes during safe and modified game play</p> <p>S5</p> <p>Gr 5-8: Shoot on goal with power and accuracy</p> <p>S6</p> <p>Gr 5-8: Execute a leading pass to a moving receiver</p> <p>S7</p> <p>Gr 5-8: Execute a leading pass to a moving receiver from a pass</p> <p>S8</p> <p>Gr 5-8: Dribble with a long handled implement with control, changing speed and</p>

		direction with a variety of drills and modified games
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