

Sample Essential Questions for PE

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities

Basketball

Essential Questions:

- What is the correct way to dribble a basketball?
- How do you hold a basketball when trying to make a goal?

Plasma Scooters

Essential Questions:

- Why do you keep your feet on the scooter?
- What are the boundaries for the plasma scooter?

Jump Rope

Essential Questions:

- How do you hold the rope?
- How do you position yourself in relation to the other rope holder?

Baseball

Essential Questions:

- Which hand should you use to throw the ball?
- Which hand should you use to catch the ball?

Volleyball

Essential Questions:

- How do you hit the ball for a volley?
- Which technique should you use if the ball passes your shoulders?

Hockey

Essential Questions:

- How do you hold the stick?
- How do you keep your opponent from getting the puck?

Hula Hoop

Essential Questions:

- How do you hold the hoop to get started?
- What part of your body do you move to move the hoop?

Ping Pong

Essential Questions:

- How should you hold the paddle?
- How should you stand in relation to the table?

Golf (Putting)

Essential Questions:

- How should you hold the putter?
- Which part of the putter is used to hit the ball?

Gymnastics

Essential Questions:

- What are the ways for walking on the ladder?
- What part of your body hits the mat first when doing a somersault?

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Basketball

Essential Questions:

- How do you dribble a basketball around an obstacle?
- How do you position yourself in relation to the goal?

Plasma Scooters

Essential Questions:

- How do you make a plasma scooter move?
- How does a plasma scooter go in reverse?

Jump Rope

Essential Questions:

- How do you turn the rope?
- How can you cross your hands while jumping?

Baseball

Essential Questions:

- How do you throw the ball?
- Which foot should you step with when throwing the ball?

Volleyball

Essential Questions:

- How do you volley the ball over the net?
- When should you use two hands instead of one to hit the ball?

Hockey

Essential Questions:

- How do you move the puck with the stick?
- How do you pass the puck to another player?

Hula Hoop

Essential Questions:

- How far apart should your feet be?
- How should you hold your arms when hula hooping?

Ping Pong

Essential Questions:

- What is the middle white line for?
- How many times can the ball bounce before you hit it?

Golf (Putting)

Essential Questions:

- How hard should you hit the ball?
- What part of the putter should you grip?