

Physical Education
Unit 18: Wiffleball

Essential Understandings	- Wiffleball has benefits as a physical activity and a lifetime recreational activity. - There are benefits to physical activity, cooperation, and team work.
Essential Questions	- How does one throw a wiffleball? - How does one catch a wiffleball? - How does one score runs? - How many outs per inning? - How does one get an opponent out? - What are the boundaries (foul lines, home runs)?
Essential Knowledge	<u>Basic Rules:</u> - Divide class into 2 teams; batting team & fielding team. 3 outs per side. - Teacher pitches for both teams. - There are no balls by pitcher and no automatic walk if hit by pitch - Play ball off ceiling. - No bunting, stealing, or leading off base. - May tag up on caught fly ball. - Automatic home run if ball hits stage curtain, center-stage back-board, or above the numbers 1 – 7 on left side of dividing curtain - Outs include: ➤ Throwing bat. ➤ Ball caught on a fly. ➤ Ball caught off wall. ➤ Four foul balls equals on out. ➤ Runner being tagged out or by force when field player tags bag before runner reaches it.
Vocabulary	<u>Terms:</u> - Foul ball, force-out, strike, tag-up, bunt, steal, batting order
Essential Skills	Demonstrate proper throwing, batting, catching skills.
Related Maine Learning Results	<u>Health and Physical Education</u> G. Movement/Motor Skills and Knowledge G1. Stability and Force Students change their motion and the motion of objects by applying the principles of stability and force during skill practice.

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	a. Demonstrate the principle of opposition. b. Demonstrate how the point of contact changes the path of an object. c. Demonstrate how the point of release changes the path of an object. d. Demonstrate lifts and actions that decrease risk for injury. G2. Movement Skills Students demonstrate motor skills and manipulative skills during drills or modified games/physical activities. a. Demonstrate correct technique for motor skills and manipulative skills during drills or modified games/physical activities. b. Combine manipulative skills with motor skills during drills or modified games/physical activities. G4. Skill Improvement Students explain how specific, positive, and correct feedback affect skill improvement. I. Personal and Social Skills and Knowledge 11. Cooperative Skills Students demonstrate cooperative and inclusive skills while participating in physical activities. a. Work together as a team. b. Respond appropriately to peer pressure. c. Manage conflict. d. Engage peers respectfully in activities. 12. Responsible Behavior Students demonstrate responsible personal behaviors while participating in physical activities. 13. Safety Rules and Rules of Play a. Explain the purpose for modifying playing rules in specified situations. b. Explain the safety rules and possible risks associated
Sample Lessons And Activities	▪ Partners practice proper throwing and catching techniques. ▪ In small groups, play running bases game. ▪ Divide into 2 teams after reviewing rules and play a game.
Sample Classroom Assessment Methods	▪ Teacher observation of students playing game, following rules, being active both as batter and fielder, showing good sportsmanship, and team work.
Sample Resources	▪ <u>Publications:</u> ○ <u>PE Games & Activities Kit</u> – Ken Lumsden ○ <u>Student-Centered Physical Education</u> – Smith/Cestaro ○ <u>Complete Physical Education Plans For Grades 7-12</u> –

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	Kleinman ○ <u>Physical Education for Children</u> – Lee, Thomas, Thomas ▪ <u>Websites:</u> ○ www.pecentral.org
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