

Unit 08: Paddle Tennis

Unit #:	APSDO-00026658	Duration:	4.0 Lesson(s)	Date(s)	
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Team:
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Grade(s)
K, 1, 2, 3, 4

Subject(s)
Wellness

Unit Focus

In this unit, students will explore paddle tennis through a deliberate focus on appropriate use of space and striking skills. Students will demonstrate improved performance through 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"> Participate in a variety of individual, dual and team tasks, activities, creative movement, dance, play, games and sports <i>M.9.5</i> <p><i>Physical Education: 12</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 enable skilled performances <i>H.10.1</i> 	<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>	
	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 (U102) Traveling from one point to another requires execution of a repeated technique.</p> <p>U3 (U107) Knowing the techniques (body position, correct movements) makes it more</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 (Q107) How do I hit the ball/object to get it where I want it to go?</p>

	likely to hit the ball/object effectively.	
	Acquisition of Knowledge and Skill	
	Knowledge	Skill(s)
		<p>S1 K-4: Differentiate between movement in personal space and general space safely during activity</p> <p>S2 K-1: Demonstrate striking a ball or lightweight object sending it upward</p> <p>S3 Gr 2-3: Demonstrate striking a ball or lightweight object sending it upward using consecutive hits</p> <p>S4 Gr 4: Demonstrate striking a ball or lightweight object sending it upward/forward over a low net or to a wall</p>