

# Unit 17: Pickleball

<b>Unit #:</b>	APSDO-00026660	<b>Duration:</b>	5.0 Lesson(s)	<b>Date(s)</b>	
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**Team:**  
 Donald Bartomioli (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)**  
 5, 6, 7, 8

**Subject(s)**  
 Wellness

## Unit Focus

In this unit, students will experience pickleball through a deliberate focus on serving and striking. 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><b>Connecticut Goals and Standards</b>  <i>Physical Education: 8</i></p> <ul style="list-style-type: none"> <li>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></li> <li>Apply, evaluate and analyze critical elements of physical activity concepts to increasingly complex game forms <i>H.11.3</i></li> <li>Demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills <i>H.9.2</i></li> <li>Demonstrate understanding of how rules, and safety practices and</li> </ul>	<p><b>T1</b> (T1) Develop skills, knowledge and concepts needed to make appropriate decisions to create a healthy and balanced lifestyle.</p> <p><b>T2</b> (T4) Identify a goal, determine an appropriate plan, evaluate its effectiveness and make appropriate adjustments.</p>	
	Meaning	
	Understanding(s)	Essential Question(s)
	<p><b>U1</b> (U100) Keeping your body centered keeps you grounded.</p> <p><b>U2</b> (U101) Knowing where your body is located in space keeps you moving where you want to go.</p> <p><b>U3</b> (U104) Changing directions and speed requires understanding of balance and how it relates to movement.</p>	<p><b>Q1</b> (Q100) How can I keep my body centered?</p> <p><b>Q2</b> (Q102) How do I move from one point to another?</p> <p><b>Q3</b> (Q104) How do I stay in control when I stop, start and change direction?</p> <p><b>Q4</b> (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"> <li>Develop and demonstrate initiative in implementing strategies for including all persons, despite individual differences, in physical activity settings <i>H.13.3</i></li> </ul>	<p><b>U4</b> (U107) Knowing the techniques (body position, correct movements) makes it more likely to hit the ball/object effectively.</p> <p><b>U5</b> (U109) Keeping the ball in the air requires rhythm and force that can be developed over time.</p>	<p><b>Q5</b> (Q109) How do I keep the ball alive?</p>
<b>Acquisition of Knowledge and Skill</b>		
<b>Knowledge</b>	<b>Skill(s)</b>	
	<p><b>S1</b></p> <p>Gr 5-8: Strike with a mature overhand pattern in a dynamic environment/modified game setting</p> <p><b>S2</b></p> <p>Gr 5-8: Demonstrate the mature form of forehand and backhand strokes with a short handed implement</p> <p><b>S3</b></p> <p>Gr 5-8: Transfer weight with correct timing using low to high striking pattern with the short handed implement</p> <p><b>S4</b></p> <p>Gr 5-8: Forehand and backhand volley with control form</p> <p><b>S5</b></p> <p>Gr 5-8: Demonstrate ability to understand rules and scoring in pickleball</p>	