

MSAD #54 Curriculum

Content Area: Physical Education
Unit: Softball

Grade: 9-Diploma
MLR Span: 9-Diploma

MLR Content Standard:

G. Movement/Motor Skills and Knowledge: Students demonstrate the *fundamental and specialized movement skills* and apply *principles of movement* for improved performance.

I. Personal and Social Skills and Knowledge: Students demonstrate and explain responsible personal behavior and responsible social behavior in physical activity settings.

Performance Indicator:

G1. Stability and Force

G2. Movement Skills

I1. Cooperative Skills

I2. Responsible Behavior

Performance Descriptor(s)	MSAD #54 Objectives	Instructional Resources/ Activities/Assessments
<p>G1 Stability and Force</p> <p>Students change their motion and the motion of objects by applying the principles of stability and force to modify their performance in games/physical activities.</p> <p>a. Demonstrate how spin and rebound affect the motion of an object.</p> <p>b. Use the <i>principle of opposition</i>, point of contact, and point of release to change the path of an object during a game/physical activity.</p> <p>c. Adjust movements to accommodate external forces that decrease risk for injury.</p> <p>G2. Movement Skills</p> <p>Students demonstrate a variety of <i>specialized movement skills</i> specific to a game/physical activity while participating in a game/physical activity.</p> <p>I1 Cooperative Skills</p> <p>Students demonstrate collaborative skills while participating in physical activities.</p> <p>a. Accept constructive feedback.</p> <p>c. Include peers respectfully in activities.</p>	<p>Students will:</p> <p>Improve their throwing skills</p> <p>Improve their catching skills</p> <p>Learn what a batting order is and how to follow it.</p> <p>Improve their batting skill.</p> <p>Improve their understanding of fielding positions and basic coverages.</p> <p>Play by the rules.</p> <p>Exhibit good sporting behavior.</p>	<p>Lessons 1 - 4</p> <p>Game play focusing on continued development of skills and understanding of rules of the game.</p> <p>Activities: Participation in game play.</p> <p>Assessment: Informal Assessment.</p>

I2 Responsible Behavior

Students demonstrate responsible and ethical personal behavior while participating in physical activities.

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