

MSAD #54 Curriculum

Content Area: Physical Education

Grade: 7-8

Unit: Badminton/Pickleball

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.
- H. Physical Fitness Activities and Knowledge: Students demonstrate and apply fitness concepts.
- I. Personal and Social Skills and Knowledge: Students demonstrate and explain responsible personal behavior and responsible social behavior in physical activity settings.

Performance Indicators:

- G1 Stability and Force
- H4 Physical Activity Benefits
- I1 Cooperative Skills
- I2 Responsible Behavior

Performance Descriptor(s)	MSAD #54 Objectives	Instructional Resources/ Activities/Assessments
<p>Students:</p> <p>G1 Students change their motion and the motion of objects by applying the principles of stability and force during skill practice.</p> <p>a. Demonstrate the principle of opposition.</p> <p>b. Demonstrate how the point of contact changes the path of an object.</p> <p>c. Demonstrate how the point of release changes the path of an object.</p> <p>H4 Students describe physiological responses and physical, mental/intellectual, emotional, and social benefits related to regular participation in physical activity.</p> <p>I1 Students demonstrate cooperative and inclusive skills while participating in physical activities.</p> <p>a. Work together as a team.</p> <p>b. Respond appropriately to peer pressure.</p> <p>d. Engage peers respectfully in activities.</p> <p>I2 Responsible Behavior</p> <p>Students demonstrate responsible personal behaviors while participating in physical activities.</p>	<p>Students will:</p> <p>Learn basic skills to play the game of Badminton and/or Pickleball.</p> <p>Learn rules of the game.</p> <p>Participate in a self-officiated game of Badminton or Pickleball.</p>	<p>Activities will include:</p> <p>Holding the racquet Types of Serves Placement of shots Doubles Play Tournament Play</p> <p>Assessment: Formative</p> <p>Instructional Resources:</p> <p>Zakrajsek, D.B., PhD. Carnes L.A. Med & Pettigrew Jr. F., PhD. (2003) Quality Lesson Plans for Secondary Physical Education. Champaign, IL: Human Kinetics.</p> <p>Landy, J.M. & Landy, M.J. (1993) Ready-to-Use P.E. Activities for Grades 7-9. New York: Parker Publishing Company</p> <p>Lumsden, K. (2001) P.E. Games & Activities Kit for Grades 6-12. New Jersey; Parker Publishing Company.</p> <p>Online Resources</p>

I3 Safety Rules and Rules of Play

Students describe game/physical activity rules and safety rules and their purposes.

b. Explain the safety rules and possible risks associated with specific games/physical activities.