Content Area: Physical Education
Grade: 7-8
Unit: Kickball/Whiffleball

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
I1 Cooperative Skills
I2 Responsible Behavior
I3 Safety Rules and Rules of Play
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| **G1. Students change their motion and the motion of objects by applying the principles of stability and force during skill practice.**  
  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.  
| Students will:  
  Describe and follow game and safety rules of play.  
  Cooperatively and respectfully participate in modified game with peers.  
| Activities will include:  
  Participate in a modified game (indoors and/or outdoors) of kickball or whiffleball.  
| Instructional Resources:  
| Online Resources |