

Week 1

Massachusetts Performance Standards

The students will: 2.8-Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others.
2.9-Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, an accurate striking proficiency.

UNIT – SOFTBALL

1. Throwing
2. Catching

Objectives (Students will...)

1. Students will be able to throw the Softball, with proper mechanics, to a stationary target 9 out of 10 throws.
2. Students will be able to catch the Softball in 10 out of 10 attempts.

Essential Question

1. What are the proper physical mechanics for throwing a Softball?
2. What are the proper physical mechanics for catching a Softball?

Mission and Expectations

1. Critical thinking skills.
2. Problem solving skills.
3. Motor skills.

Teacher Resources

1. Softball: Steps to Success by Diane L. Potter and Gretchen A. Brockmeyer
2. Outdoor Field
3. Softballs
4. Fielding Gloves

Media and Technology Resources

1. None

Evaluation/Activities

Lecture/Demonstration: Throwing and catching the Softball.
Class work: Practice throwing and catching the Softball.
Homework: None
Review: None
Quiz: None

Lesson Completion Date 4-2-10

Technology Used/ Date Used: NA

Completed By: Belmonte PE Department

Comments:

Week 2

Performance Standards

The students will: The students will: 2.8-Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others.
2.9-Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, an accurate striking proficiency.

**Unit/Topic/Lesson
UNIT – SOFTBALL**

1. Hitting

Objectives

1. Students will be able to hit a pitched softball, with a bat, in 7 out of 10 attempts.

Essential Question

1. What are the proper mechanics for hitting a Softball?

Mission and Expectations

1. Critical thinking skills.
2. Problem solving skills.
3. Motor skills.

Teacher Resources

1. Softball: Steps to Success by Diane L. Potter and Gretchen A. Brockmeyer
2. Outdoor Field
3. Softballs
4. Bats

Media Resources

1. None

Evaluation/Activities

Class work: Practice hitting within game situations.

Homework: None

Review: All weekly concepts.

Quiz: None

Lesson Completion Date: 4-9-10

Technology Used/ Date Used: NA

Completed By: Belmonte PE Department

Comments:

Week 3

Performance Standards

The students will: 2.8-Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others.
2.9-Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, an accurate striking proficiency.

Unit/Topic/Lesson UNIT - SOFTBALL

1. Rules for the Game of Softball
2. Strategy for the game of Softball

Objectives

1. Students will demonstrate understanding of the rules of Softball when playing in a game.
2. Students will demonstrate understanding of strategy for Softball when playing in a game.

Essential Question

1. How do the rules of Softball help the flow of play in a game?
2. How does strategy help a team achieve the goal of winning a game of Softball?

Mission and Expectations

1. Critical thinking skills.
2. Problem solving skills
3. Motor skills.

Teacher Resources

1. Softball: Steps to Success by Diane L. Potter and Gretchen A. Brockmeyer
2. Outdoor Field
3. Softballs
4. Bats

Media Resources

1. None

Evaluation/Activities

Class work: To be done on each topic/concept as needed for understanding.
Homework: None
Review: All weekly concepts.
Quiz: None

Lesson Completion Date: 4-16-10

Technology Used/ Date Used: NA

Completed By: Belmonte PE Department

Comments:

Week 4

Performance Standards

The students will: 2.8-Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others.
2.9-Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, an accurate striking proficiency.

**Unit/Topic/Lesson
UNIT – SOFTBALL**

1. Games

Objectives

1. Students will apply skills learned from previous lessons to a competitive game situation.

Essential Question

1. Can students apply skills learned to a game situation?

Mission and Expectations

1. Critical thinking skills.
2. Problem solving skills.
3. Motor skills.

Teacher Resources

1. Softball: Steps to Success by Diane L. Potter and Gretchen A. Brockmeyer
- 2.

Media Resources

1. None

Evaluation/Activities

Class work: To be done on each topic/concept as needed for understanding.
Homework: None
Review: All weekly concepts.
Quiz: None

Lesson Completion Date: 4-30-10

Technology Used/ Date Used: NA

Completed By: Belmonte PE Department

Comments:

