

Physical Education
Unit 13: Pickleball

<p>Essential Understandings</p>	<ul style="list-style-type: none"> ▪ Pickleball requires the coordination and transfer of sport specific motor skills to develop team strategies.
<p>Essential Questions</p>	<ul style="list-style-type: none"> ▪ What is pickleball? ▪ How does one hit a forehand shot? ▪ How does one hit a backhand shot? ▪ How does one serve? ▪ How does one volley? ▪ What is a smash? ▪ What is a dink shot? ▪ What is the follow-through? ▪ What is the non-volley zone? ▪ How does one score? ▪ What are the boundaries?
<p>Essential Knowledge</p>	<ul style="list-style-type: none"> ▪ Game can be played either as singles or doubles. ▪ Basic Rules <ul style="list-style-type: none"> ○ <u>Serving</u> <ol style="list-style-type: none"> 1. The serve must be hit underhand and must be diagonal. 2. Always start a game by serving from the right hand court to the opponent's diagonal court. 3. Paddle must be below the waist when serving. 4. The ball must land in the service box. 5. The ball must bounce once before hit by an opponent. 6. One player serves an entire game. 7. A game is played to 11 points and a team must win by two points. 8. Points are only scored when serving. 9. Only one service attempt is allowed. ○ <u>Faults</u> <ol style="list-style-type: none"> 1. Hitting the ball out of bound. 2. Serving faults. 3. Allowing the ball to bounce more than once. 4. Hitting the ball on the fly in the non-volley zone. 5. Hitting the ball to the wrong service court. 6. Hitting the ceiling. ○ <u>General</u> <ol style="list-style-type: none"> 1. A ball that hits the net and falls over the net is good except for the serve. 2. A ball hitting the boundary line is good. 3. A shot disputed should be replayed. ▪ Game Etiquette <ul style="list-style-type: none"> ○ Call faults immediately. ○ Offer to replay a point if there is a dispute.

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	<ul style="list-style-type: none"> ○ Return ball to server after each point. ○ Play honestly. ▪ <u>Safety</u> <ul style="list-style-type: none"> ○ Maintain distance when swinging a paddle. ○ Do not try to jump over net.
<p>Vocabulary</p>	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ Forehand, backhand, serve, volley, smash, dink shot, non-volley zone, follow through
<p>Essential Skills</p>	<ul style="list-style-type: none"> ▪ Demonstrate proper technique for serve. ▪ Demonstrate proper technique for forehand and backhand shots. ▪ Demonstrate follow through for placement. ▪ Demonstrate proper technique for volley. ▪ Demonstrate a smash. ▪ Demonstrate a dink shot. ▪ Demonstrate understanding of use of non-volley zone in a game. ▪ Demonstrate proper scoring during a game. ▪ Demonstrate good sportsmanship and cooperation.
<p>Related Maine Learning Results</p>	<p><u>Health and Physical Education</u></p> <p>G. Movement/Motor Skills and Knowledge</p> <p>G1. Stability and Force</p> <p>Students change their motion and the motion of objects by applying the principles of stability and force during skill practice.</p> <ul style="list-style-type: none"> 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. d. Demonstrate lifts and actions that decrease risk for injury. <p>G2. Movement Skills</p> <p>Students demonstrate motor skills and manipulative skills during drills or modified games/physical activities.</p> <ul style="list-style-type: none"> a. Demonstrate correct technique for motor skills and manipulative skills during drills or modified games/physical activities. b. Combine manipulative skills with motor skills during drills or modified games/physical activities. <p>G4. Skill Improvement</p> <p>Students explain how specific, positive, and correct feedback affect skill improvement.</p> <p>I. Personal and Social Skills and Knowledge</p> <p>I1. Cooperative Skills</p> <p>Students demonstrate cooperative and inclusive skills while participating in physical activities.</p> <ul style="list-style-type: none"> a. Work together as a team.

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	<ul style="list-style-type: none"> b. Respond appropriately to peer pressure. c. Manage conflict. d. Engage peers respectfully in activities. <p>12. Responsible Behavior Students demonstrate responsible personal behaviors while participating in physical activities.</p> <p>13. Safety Rules and Rules of Play</p> <ul style="list-style-type: none"> a. Explain the purpose for modifying playing rules in specified situations. b. Explain the safety rules and possible risks associated with specific games/physical activities.
<p align="center">Sample Lessons And Activities</p>	<ul style="list-style-type: none"> ▪ Working individually, students will practice taps on paddle, bounce and tap on paddle, and rotate paddle each tap. ▪ Working with a partner, students will practice 1 bounce forehand returns, 1 bounce backhand returns, and serves. ▪ Working with a partner separated by a net, practice skills. ▪ Working with a partner, challenge another pair to a game. ▪ Change partners and challenge another new pair to a game. ▪ Set up a round robin tournament so all pairs play everyone in class.
<p align="center">Sample Classroom Assessment Methods</p>	<ul style="list-style-type: none"> ▪ Students demonstrate appropriate game skills during singles and doubles games. ▪ Students display understanding of scoring and rules during games played with classmates.
<p align="center">Sample Resources</p>	<ul style="list-style-type: none"> ▪ <u>Publications:</u> <ul style="list-style-type: none"> ○ <u>Complete PE Plans for Grades 7 – 12</u> – Isobel Kleinman ○ <u>Official Pickleball Rules & Equipment</u> - ▪ <u>Websites</u> <ul style="list-style-type: none"> ○ www.usapa.org

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