

**Physical Education
Unit 15: Pickleball**

<p align="center">Essential Understandings</p>	<ul style="list-style-type: none"> ▪ Students will learn the benefits of physical activity, cooperation, and team work.
<p align="center">Essential Questions</p>	<ul style="list-style-type: none"> ▪ How does one keep score? ▪ What are the differences between playing doubles vs. playing singles? ▪ How does one serve? ▪ What is a volley? ▪ What are the boundaries?
<p align="center">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. 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 eleven 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 bounds. 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 he 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. ○ Return ball to server after each point. ○ Play honestly. ▪ Safety <ul style="list-style-type: none"> ○ Maintain distance when swinging a paddle.

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	○ Do not try to jump over net.
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<p>Vocabulary</p>	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ service court, forehand, backhand, smash, follow through, non-volley zone, dink shot, volley
<p>Essential Skills</p>	<ul style="list-style-type: none"> ▪ Demonstrate proper technique in serving, volley, smashing ▪ Demonstrate knowledge of rules. ▪ Demonstrate good sportsmanship and ability to work with teammates.
<p>Related Maine Learning Results</p>	<p><u>Health and Physical Education</u> G. Movement/Motor Skills and Knowledge G1.Stability and Force 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. a. Demonstrate how spin and rebound affect the motion of an object. b. Use the principle of opposition, point of contact, and point of release to change the path of an object during a game/physical activity. c. Adjust movements to accommodate external forces that decrease risk for injury. G2.Movement Skills Students demonstrate a variety of specialized movement skills specific to a game/physical activity while participating in a game/physical activity. G3.Skill-Related Fitness Components Students explain the relationship of skill-related fitness components to specialized movement skills. I. Personal and Social Skills and Knowledge I1.Cooperative Skills Students demonstrate collaborative skills while participating in skill activities. a. Accept constructive feedback. b. Give constructive feedback c. Include peers respectfully in activities. I2.Responsible Behavior Students demonstrate responsible and ethical personal behavior while participating in physical activities. I3.Safety Rules and Rules of Play Students predict how etiquette/rules improve games/activities. a. Explain how etiquette/rules contribute to productive participation. b. Predict how modifications to the environment can impact safety during games/physical activities.</p>

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Sample Lessons And Activities	<ul style="list-style-type: none">▪ Group students into pairs and have them play against others. Pairs can rotate around after a time and students can have tournament play.
Sample Classroom Assessment Methods	<ul style="list-style-type: none">▪ Students will practice serving skills. Students will be assessed on use of appropriate techniques, effort, and not physical ability.
Sample Resources	<ul style="list-style-type: none">▪ <u>Publications:</u><ul style="list-style-type: none">○ <u>Quality Lesson Plans for Secondary Education – Zakrajsek, Cares and Pettigrew</u>

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