

Middle School Physical Education Striking Theme Grades 6 – 8

Skill Theme: Sixth Grade Striking

SHAPE Maryland Standards

Standard 1: Demonstrates competency in a variety of motor skills and movement patterns.

S1.G6.6a *Dribbling/ Ball Control:* Dribbles with dominant hand using a change of speed and direction in a variety of practice tasks.

S1.G6.6b *Dribbling/ Ball Control:* Foot-dribbles or dribbles with an implement with control, changing speed and direction in a variety of practice tasks.

S1.G6.7 *Shooting on a Goal:* Shoots on goal with power in a dynamic environment as appropriate to the activity.

S1.G6.9 *Serving:* Performs an underhand serve with control for net and wall games.

S1.G6.10 *Striking:* Strikes with a mature overhand pattern in a non-dynamic environment for net or wall games.

S1.G6.11 *Forehand & Backhand:* Demonstrates the mature form of the forehand and backhand strokes with a short-handled implement in net games.

S1.G6.12 *Weight Transfer:* Transfers weight with correct timing for a striking pattern.

S1.G6.13 *Volley:* Forehand volleys with a mature pattern and control using a short-handled implement.

S1.G6.14 *Two-handed volley:* Two-hand volleys with control in a variety of practice tasks.

S1.G6.16 *Striking with Long-Handled Implement:* Strikes a pitched ball with an implement with force in a variety of practice tasks.

Standard 2: Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

S2.G6.6 *Creating Space-Through Variation:* Creates open space in net or wall games with a short-handled implement by varying force and direction.

S2.G6.8 *Shot Selection:* Selects appropriate shot based on location of the object in relation to the target.

S2.G6.9 *Offensive Strategies:* Identifies open spaces and attempts to strike object into that space.

Standard 4: Exhibits responsible personal and social behavior that respects self and others.

S4.G6.2 *Accepting Feedback:* Demonstrates self-responsibility by implementing specific corrective feedback to improve performance.

HCPS Sixth Grade Striking Outcomes

- #18 - Demonstrates mature striking skills within modified striking games (Psychomotor)
- #19* - Strikes an object using an implement or body part (fundamental skill) (Psychomotor)
- #20 - Evaluates striking skills using a rubric assessment (Cognitive)

*Indicates required outcome for every other day students

Middle School Physical Education Striking Theme Grades 6 – 8

Skill Theme: Seventh Grade Striking

SHAPE Maryland Standards

Standard 1: Demonstrate competency in a variety of motor skills and movement patterns.

S1.G7.6a *Dribbling/ball control:* Dribbles with dominant and non-dominant hands using a change of speed and direction in a variety of practice tasks.

S1.G7.6b *Dribbling/ball control:* Foot-dribbles or dribbles with an implement combined with passing in a variety of practice tasks.

S1.G7.7 *Shooting on goal:* Shoots on goal with power and accuracy in small-sided game play.

S1.G7.9 *Serving:* Consistently executes an underhand serve with a mature pattern to a predetermined target for net and wall games.

S1.G7.10 *Striking:* Strikes with a mature overhand pattern in a dynamic environment for net or wall games.

S1.G7.11 *Forehand & backhand:* Demonstrates the mature form of forehand and backhand strokes with a long-handled implement in net games.

S1.G7.12 *Weight transfer:* Transfers weight with correct timing using low-to-high striking pattern with a short-handled implement on the forehand side.

S1.G7.13 *Volley:* Forehand and backhand volleys with a mature pattern and control using a short-handled implement.

S1.G7.14 *Two-hand volley:* Two-hand volleys with control in a dynamic environment.

S1.G7.16 *Striking with Long-Handled Implement:* Strikes a pitched ball with an implement to open space in a variety of practice tasks.

Standard 2: Apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.

S2.G7.6 *Creating space through variation:* Creates open space in net or wall games with a long-handled implement by varying force and direction and by moving opponent from side to side.

S2.G7.7 *Using tactics & shots:* Selects offensive shot based on opponent's location.

S2.G7.8 *Shot selection:* Varies the speed and/or trajectory of the shot based on location of the object in relation to the target.

S2.G7.9 *Offensive strategies:* Uses a variety of shots to hit to open space.

Standard 4: Exhibit responsible personal and social behavior that respects self and others.

S4.G7.2 *Accepting feedback:* Provides corrective feedback to a peer, using teacher generated guidelines, that incorporates appropriate tone and other communication skills.

HCPS Seventh Grade Striking Outcomes

- #17 - Demonstrates offensive/defensive striking strategies in modified games (Psychomotor)
- #18*- Demonstrates striking of a moving object with accuracy using a body part during practice (Psychomotor)
- #19*- Demonstrates striking of a moving object with accuracy using an implement during practice (Psychomotor)
- #20 - Analyzes striking skill development through feedback (Cognitive)

Middle School Physical Education Striking Theme Grades 6 – 8

Skill Theme: Eighth Grade Striking

SHAPE Maryland Standards

Standard 1: Demonstrates competency in a variety of motor skills and movement patterns.

- S1.G8.6a *Dribbling/ball control:* Dribbles with dominant and nondominant hands using a change of speed and direction in small-sided game play.
- S1.G8.6b *Dribbling/ball control:* Foot-dribbles or dribbles with an implement with control, changing speed and direction during small-sided game play.
- S1.G8.7 *Shooting on goal:* Shoots on goal with a long-handled implement for power and accuracy in modified invasion games.
- S1.G8.9 *Serving:* Consistently executes an underhand serve for distance and accuracy for net and wall games.
- S1.G8.10 *Striking:* Strikes with a mature overhand pattern in a modified game for net or wall games.
- S1.G8.12 *Weight transfer:* Transfers weight with correct timing using low-to-high striking pattern with a long-handled implement on the forehand and backhand sides.
- S1.G8.13 *Volley:* Forehand and backhand volleys with a mature form and control using a short-handled implement during modified game play.
- S1.G8.14 *Two-hand volley:* Two-hand volleys with control in a small-sided game.
- S1.G8.15 *Target games/propel an object:* Consistently propels an object with accuracy and control for target games.
- S1.G8.16 *Striking with long-handled implement:* Strikes a pitched ball with an implement for power to open space in a variety of small-sided games.

Standard 2: Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

- S2.G8.6 *Creating space – through variation:* Creates open space in net or wall games with either a long-handled or a short-handled implement by varying force or direction, or by moving opponent from side to side, and/or forward and backwards.
- S2.G8.7 *Using tactics & shots:* Varies placement, force, and timing of return to prevent anticipation by opponent.
- S2.G8.8 *Shot selection:* Varies the speed, force, and trajectory of the shot based on location of the object in relation to the target.
- S2.G8.10 *Offensive strategies:* Identifies sacrifice situations and attempts to advance a teammate.

HCPS Eighth Grade Striking Outcomes

- #15* - Displays striking of a moving object using a body part based on self-evaluation during play (Psychomotor)
- #16* - Displays striking of a moving object using an implement based on self-evaluations during play (Psychomotor)

*Indicates required outcome for every other day students