

This is a preview!

A photograph of a person's hands holding a yellow pickleball and a blue paddle on a tennis court. The person is wearing a gold chain bracelet. The background is a blurred tennis court with a green fence and trees. The text "Pickleball" is overlaid in white serif font, and "PE Unit" is overlaid in a large, grey, cursive font.

Pickleball

PE Unit

6th - 12th Grade

**I am a National Board Certified Teacher
with a Master of Education Degree and I have
experience teaching Elementary, Jr. High, and
High School P.E. and Health.**

Experience
is the best
teacher!



Here is an Overview of the Program:

What is Included in this Program:

1



Teacher Directions

2



**Skills, drills, instruction
cues, technique, rules**

3



Warm Ups/Stretching



1

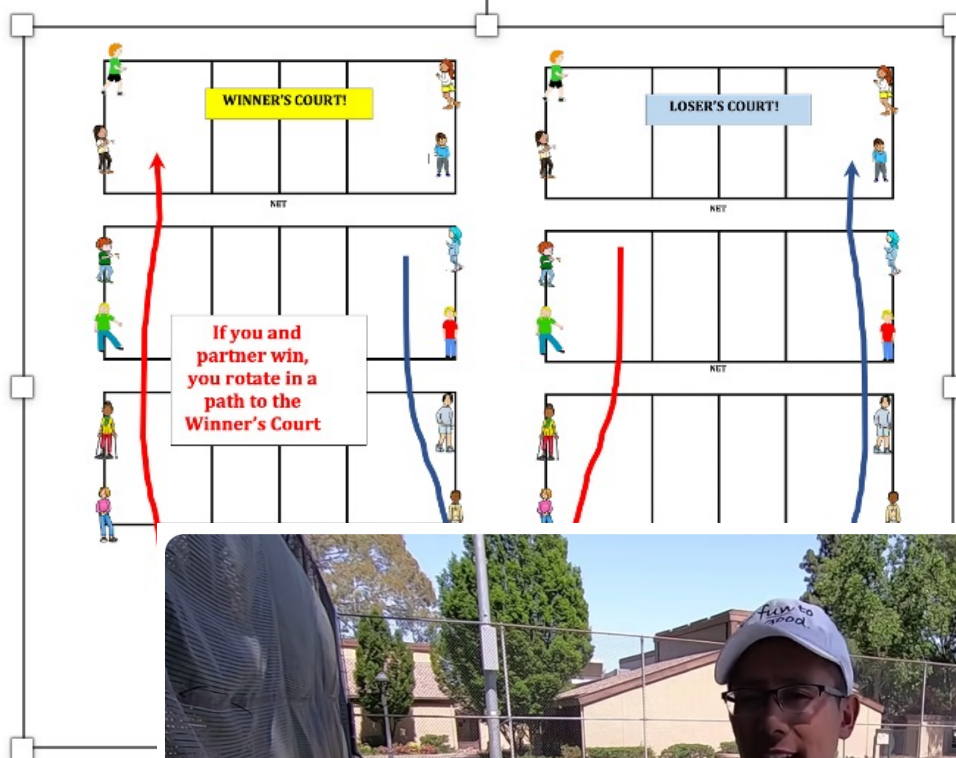
Lead Up Games and Videos Links:

2. Play "King's Court" games again today with correct scoring.

This is a great game because like players end up playing each other.

King's Court Rules:

- play for a time limit or final score, whatever comes first.
- when you blow the time whistle the team that wins, rotates towards the King's Court.
- other losing team rotates the other way.
- winners in Kings Court stay there, losers in the lowest court stay there.jhhghh8
- Here is an example for a gym with 6 courts:



2. DON'T attack the ball from below your knees



2

Skills, drills, instruction cues, technique, rules

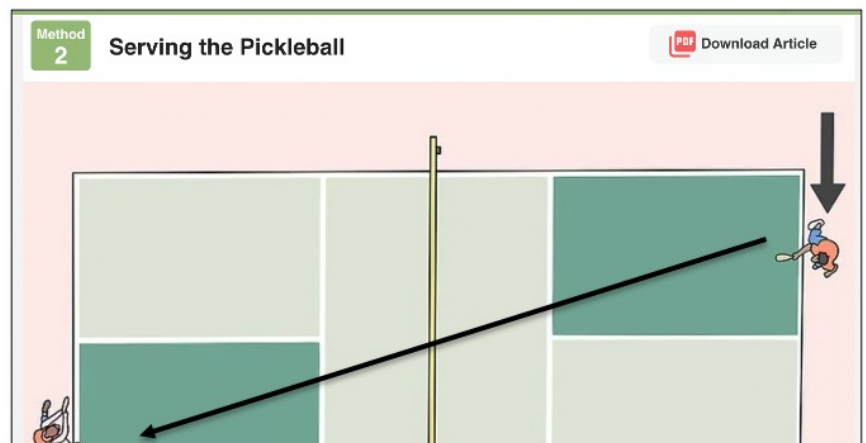
Day 1: Pickleball Skills and Drills

National Standards Met: Nat. P.E. Standard 1,2,4,5	Common Core Standards Met:	My State Standards Met:
 Equipment Needed:	 How Many:	 Directions:
Pickle ball Paddles	One for each student	
Pickleballs	One for each court	

1. Start today's lesson with a warm-up cardio activity and stretching, and finish the lesson with additional stretching. (See the top of this unit, or look in main folder #9 for other warm up ideas.)

2. Go over Rules:

-Serve behind baseline for serve. Server cannot step on the line or jump with both feet off the ground while serving. SHOW THE LINES (use the badminton doubles court lines) here is a link to some good visuals for pickleball rules if you can show it in your gym to help your students visualize the court1:
<https://www.wikihow.com/Play-Pickleball>



-Rally for serve (3 times or winner choose serve or receive)

-Serve cross-court, same as badminton: A team can only score a point when serving only one chance to get a good serve. The server always starts on the right side, serves underhand and contact below the waist with no bounce

-Serve diagonally, and it is the server's 1st serve only 1 serve



3

Warm Ups/Stretching

#1: Move It Warm Up:

1. Step to side, tap and back 8x
2. Opp hand pulls knee 4x
3. Other side opp. hand pull 4x
4. Grapevine right with a clap 5x
5. Break a stick on knees forward 4x
6. Grapevine left with a clap 5x
7. 4x step right jump up, step back
8. 4x step left jump up, step back
9. 4x side right leg lifts (arms out to side)
10. 4x side right leg lifts (arms out to side)
11. Repeat if you don't feel warm yet!



The Best Abdominal Exercises:

1. Sit Ups: knees bent, feet flat, arms crossed across chest, come up until elbows touch.
2. Crunchies: these are like 1/2 sit ups, come up until back is off floor, then down.
3. Rowing: start on back with legs straight, arms over your head. Arms come forward, bend, come up until chest is close to legs, then back down.
4. 6 Inch Leg Hold: lay on back or up on bent arms. Hold legs 6 inches above the floor. Increase time held.
5. Leg Lifts: start same as 6 inch leg hold. Bring legs up straight, then lower slowly. Repeat.

*Standing Wall Leg Lifts:

- to the front
- pulse knees
- pulses
- circles
- to the side
- knees bent
- pulses
- up-out-in-down
- to back

6. Stair Climb with Bicep Curl

Turn those stairs into a cardio machine—no magic wand necessary. Grab some dumbbells (or household objects!) and briskly walk up and down the stairway while simultaneously doing bicep curls to work the whole body.



7. Prone Walkout

Beginning on all fours with the core engaged, slowly

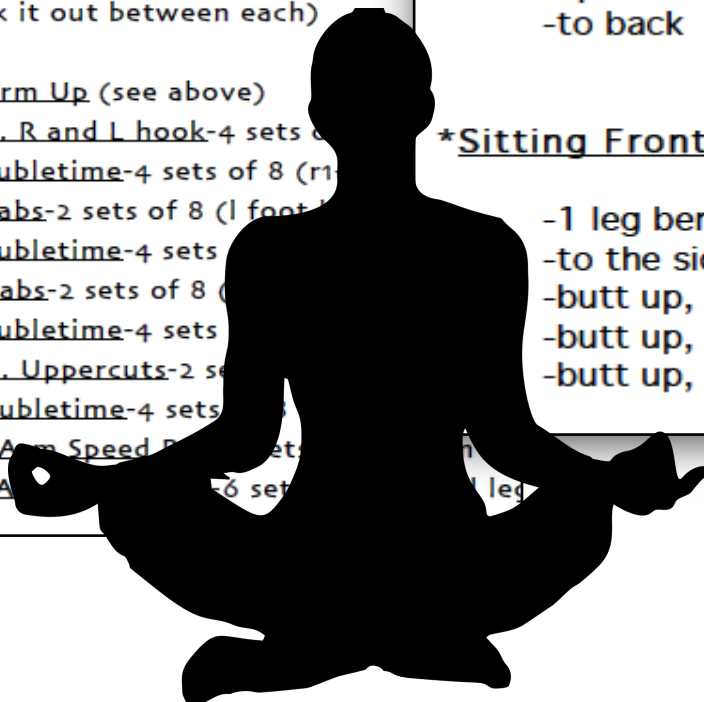
Basic Routine: (22)

(Walk it out between each)

1. Warm Up (see above)
2. Alt. R and L hook-4 sets
3. Doubletime-4 sets of 8 (right)
4. L Jabs-2 sets of 8 (left foot)
5. Doubletime-4 sets
6. R Jabs-2 sets of 8 (right foot)
7. Doubletime-4 sets
8. Alt. Uppercuts-2 sets
9. Doubletime-4 sets
10. L Arm Speed Push-2 sets
11. R Arm Speed Push-2 sets

*Sitting Front Leg Lifts: (sit on butt)

- 1 leg bent. leg straight
- to the side
- butt up, leg straight
- butt up, leg to side
- butt up, front to side



Program is standards-based:

Aligned to National, and State Standards!

Moving into the Future: National Standards for Physical Education, 2nd Edition

<http://www.aahperd.org/naspe/standards/nationalStandards/PEstandards.cfm>

Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Physical Literacy Unit Check List

How Did This Unit Do Meeting National P.E. Standards?		
National P.E. Standards:	Activities in this unit that meet these standards:	Check Here if Completed:
Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.		☐
Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.		☐

Standard 1: Students will demonstrate competency in a variety of motor skills and movement patterns.

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Topics:	Grade Level and Standards:	Add in Your State Standards Here:	How This Program Meets Standards:
1. Games and Sports	Year 1: Demonstrate competency in activity-specific movement skills in two or more games and sports (invasion, net/wall, field/striking, target). PE1.1.HS1 Refine activity-specific movement skills in two or more games and sports (invasion, net/wall, field/striking, target). PE1.1.HS2 Year 2: Refine activity-specific movement skills in two or more games and sports (invasion, net/wall, field/striking, target). PE1.1.HS2		-Met in several units; such as: soccer, football, basketball - Met in several units; such as: volleyball and floor hockey -Met in several units; such as: soccer, football, basketball
2. Individual-Performance Activities	Year 1: Demonstrate competency in activity-specific movement skills in two or more individual-performance activities. PE1.2.HS1 Year 2: Refine activity-specific movement skills in two or more PE1.2.HS2		-Met in several units; such as: tennis, badminton, pickleball -Met in several units; such as: tennis, badminton, pickleball

Play Score Sheet

Student Assessment Form:

Student Name: _____

Period: _____

Date: _____

Class: _____

Skill Assessing: _____

Comments/Observations:



Circle Score: Grade:

A	A-	B	C	D	F
10	9	8	7	6	5 or lower
Excellent	Very Good	Good	Adequate	Acceptable, but could improve	Needs Improvement



Thank you for previewing:

This Program's Creator is a
Qualified Teacher

◆ I am a National Board Certified Teacher
with a Masters of Education Degree and I
have experience teaching Elementary, Jr. High,
and High School P.E.; and High School Health.

Experience
is the best
teacher!



Works Cited:



About the Author:

- ◆ I am a certified K-12 Physical Education and Language Arts teacher and I also have my Health certification. Over my teaching career I've taught all grade levels and a variety of subjects, including: Junior High P.E.; 8th Grade Reading; Elementary P.E.; 9th Grade English; 9th Grade P.E.; High School Aerobics; and 9th Grade Health. I have my Master's of Education Degree in Instructional Technology and I received my National Board Certification in Health.
- ◆ My hobbies include my family, photography, birding, reading, gardening, sewing, hiking, camping, and travelling.

Standards:

<https://www.k12.wa.us/sites/default/files/public/healthfitness/standards/healtheducationk-12learningstandards.pdf>
<http://www.cdc.gov/healthyyouth/sher/standards/>
<http://www.corestandards.org>

Graphics:

<https://pixabay.com/>

<https://openclipart.org>

<http://www.clker.com>

Stay Safe Move More symbol:

<https://content.govdelivery.com/accounts/AKDHSS/bulletins/261df70>