



Manhattan Center for Science and Math High School

Physical Education Department Curriculum

Wiffleball

<http://mcsportal.net>

Marking Period 3

Topic and Essential Question (6 Week Unit)

**Week 1-** What is the history of Wiffleball? How do we properly perform the wrist snap? How do we properly perform the leg drive? How do we properly perform the fastball pitch? How do we properly perform the screwball pitch? How do we properly perform the windmill action pitch?

**Week 2-** How do we properly catch the wiffleball above the waist? How do we properly catch a ground ball? How do we properly catch a fly ball? How do we properly run the bases?

**Week 3-** How do we properly execute the batting stance? How do we properly swing for a homerun? How do we properly swing for a ground ball? How do we properly bunt a Wiffleball? What activities can we perform to better enhance our homerun swings?

**Week 4-** What are the rules to the game of Wiffleball? How do we incorporate the skills learned for batting into the game? How do we incorporate the skills learned for pitching into the game? How do we incorporate the skills learned for a practice game? How do we incorporate all the skills learned in the different drills into a game?

**Week 5-** How do we incorporate upper body specific stretches for wiffleball? How do we incorporate lower body specific speed exercises for Wiffleball? What are different sports specific speed exercises that can help enhance speed for running the bases? How and when do we incorporate stealing bases in a wiffle game? What are double-plays and how can we incorporate them in a Wiffleball game?

**Week 6-** How do we incorporate all the skills learned in the unit into our gameplay tournaments?

Unit/Topics

Week 1- History of Wiffleball, Wrist Snap, Leg Drive, Fastball pitch, Screwball Pitch, Windmill action pitch

Week 2- Catching above the waist, Catching ground balls, Catching Fly balls, Running the bases

Week 3- Batting Stance, Swing for Homerun, Swing for ground ball, Swing for Bunt, Homerun Derby

Week 4- GAMEPLAY- Rules of the game, Batting, Pitching, Sample game, Complete game, modifications, scoring

Week 5- GAMEPLAY- Upper body specific exercises, Lower body specific exercises, Sport specific speed exercises, Stealing bases/Tagging up, Double Plays, Strategies, Fielding rules

Week 6 - GAMEPLAY- Tournaments- Playoff, Semi-Finals, Finals, Physical and written assessments

SWBAT/Objectives

**Student Learning Outcomes/ Student Objectives:**

Psychomotor Domain:

As a result of participating in the Wiffleball unit, students will be able to use the learned skills (Throwing, Catching, Batting, Pitching, Fielding, Base Running) to play a full game with their peers. Students will learn the correct way of performing each skills and how to combine all of the skills when playing with their teammates.

Cognitive Domain:

As a result of participating in the Wiffleball unit, students will understand the correct steps needed to execute each skills and when it is appropriate for the students to use the skills. Students will also understand the concepts of working with others, teamwork, and different techniques in order to successfully play the game of Wiffleball.

Affective:

As a result in participating in the Wiffleball unit, students will learn through class discussions, individual practices and peer demonstrations. Students will also be able to work well with others, and demonstrate respect, communication, team work, leadership and sportsmanship when playing the game and applying the skills learned to play the game.

Vocabulary/Key

At-bat, Bases Loaded, Batter's Box, Batting Order, Bunt, Double Play, Dugout, Fair, Fly Ball, Fly Out, Force Out, Foul, Foul Line, Foul

<b>Terms</b>	Out, Foul Tip, Ground Ball, Home Run, Infield, Inning, Line Drive, Out, Outfield, Run, Safe, Strike, Strike Out, Strike Zone, Tag Out, Tag Up, Triple Play, Walk
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<b>Assessments:</b>	Visual Assessment, Skill Rubrics, Physical Skill Assessment, Written Assessment
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<b>Common Core Standards:</b>	<p><b><u>NYC Content Standards/ Benchmarks:</u></b></p> <p><b>Personal Health &amp; Safety:</b> This unit incorporates the key ideas of motor performance. The students will learn several different skills which they will incorporate when playing the game of Wiffleball.</p> <p><b>A Safe and Healthy Environment:</b> This unit incorporates the key ideas regarding personal behaviors during physical activity. The students will follow the rules and instructions of the activities and drills. Students will learn the vocabulary and skills in order to understand the game. Students will adhere to the modifications set in place to safely participate in the games.</p> <p><b>Resource Management:</b> This unit will teach students the necessary skills to play the game of Wiffleball. The knowledge gained will encourage students to play the game on their own and outside of the classroom setting.</p>
<b>Differentiated Instruction:</b>	<ul style="list-style-type: none"><li>• Flexible grouping</li><li>• Cooperative Learning</li><li>• Visual Learning through peer demonstration</li><li>• Motivation through visual and interactive question</li></ul>
<b>ELLs:</b>	<ol style="list-style-type: none"><li>1. Grouping Students who are ELL with students who speak the same language</li><li>2. Visual demonstrations of the skills and drills</li></ol>
<b>SWDs:</b>	<ol style="list-style-type: none"><li>1. Review of the skills and concepts learned in the previous lesson</li><li>2. Grouping with students who are excelling at the skill to aid students who are having difficulties.</li></ol>
<b>High-Achievers:</b>	<ol style="list-style-type: none"><li>1. Have students who are high achievers in the skill/exercise work with those who are learning the skills.</li><li>2. Ask students to take on leadership roles when working in groups.</li></ol>

<b>Resources/Books</b>	<ul style="list-style-type: none"><li>• Rubrics</li><li>• Handouts</li><li>• Reading materials sent through Pupil Path</li></ul>
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Homework: Per Teacher