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## Unit Plan Development

### Bowling

#### I. Standards and Unit Objectives

A. Cognitive Standard- Standard 2: Students demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

1. The student will understand the skills needed to roll the ball down the lane by stating the steps to rolling the ball correctly 100% of the time.
2. The student will know the rules of bowling when asked to apply 100% of the time.
3. The student will understand the proper etiquette involved in bowling 100% of the time.
4. The student will be able to know the number of each pin when asked 100% of the time.

#### B. Affective Standards-

Standard 5: Students exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6: Students value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

1. The student will participate in bowling activity 100% of the time.

#### C. Psychomotor Standards-

Standard 1: Students demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 3: Students participate regularly in physical activity.

Standard 4: Students achieve and maintain a health-enhancing level of physical fitness.

1. The student will demonstrate the proper stance when approaching the foul line on the approach 4 out of 5 times.
2. The student will swing the ball straight back during the back swing 2 out of 5 times.
3. The student will follow through with their shooting elbow coming at least head high 3 out of 5 times.