

Pickleball TGM with SEL

Grade— Secondary / PETE 2003 TAPERD SEL Presentation

Number of Students— 20-40

Skill Theme/Unit/Activity—Pickleball/SEL

Major Focus—Major focus is SEL Core Competency Relationship Skills -Communication via Pickleball Skill development Offensive tactic (drop shot).

State Standard(s)— (state standards applicable)

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

SEL Core Competency: Relationship Skills – The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively and seek and offer help when needed.

Related Skill: Communication

Objective(s): (What do you want the learner to have learned by the end of this lesson? Use complete sentences)

Psychomotor Objective—TLW be able to execute the skill cues of the drop shot and utilize the shot to score when in modified game play at least 75% of the time when the opportunity is presented.

Cognitive Objective—TLW be able to identify the three characteristics of effective communication and self-management by the end of the class.

Affective Objective—TLW be able to demonstrate at least 2 characteristics of communication and of self-management during peer discussions throughout the lessons.

Materials/Equipment:

- Jump Ropes
- Cones
- Paddles
- Pickleballs

(For Exit Tickets)

- Pencils
- Index cards

Lesson Phase	Time (mins)	Activity/Task	Student Organization/ Teacher Management	Formative Assessment
<u>Instant Activity (Warm Up) & Set Induction</u>	6	Partner Game Line Order Activity	Enter gym, set up court, begin 5 min warm up	Complete all tasks of warm up on time
<u>Transition</u>	1	Okay everybody... When I say go...Find your elbow partner and Stand in front of them.... GO...3...2...1...	Complete jobs of set up	Teacher observation of effective and safe court set up

		<p>Now...When I say go...Taller partners, I want you to go get (1) jump rope and (2) cones. Shorter partners, please grab (2) paddles and (1) Pickleball.</p> <p>Once you retrieve your equipment, go to an open space in the gym and set up your pickleball court just like the example.</p> <p>3...2...1...GO!</p> <p>10...9...8...7...6...</p> <p>Freeze.... please put equipment on the floor.</p>		
<u>Introduction to Lesson & Game 1</u>	5	<p>This activity will be singles play. We are working on winning the point by using the dropshot. While staying in your court, your objective will be to serve the ball to your partner, partners will return serve (remember the two-bounce rule). After the two bounces, the partner that didn't serve will approach and attempt to execute a drop shot. Rotate serve after each attempt.</p> <p>Drop shot helps you control the net.</p> <p>Early apex so it lands in the NVZ (Non volley zone)</p> <p>During this activity, communicate with your partner to offer suggestions and encouragement.</p> <p>Ready...GO...</p>	Meet in the middle of upper court to discuss first game; equipment left in play space	<p>Cues:</p> <ol style="list-style-type: none"> 1.Body position (low to the ground through contact) 2.Paddle face open (hitting the ball up almost like a serve) 3.Arch before crossing the net 4. Follow through
<u>Transition</u>	1	<p>FREEZE...Equipment on the floor. Partners, when I say go... I want you to get together and spend about 15 seconds discussing the question (Question 1) GO...</p>	Meet with partner at play space	Observe student conversations
<u>Questions; Tactical Awareness</u>	5	<p>1. WHAT MAKES A GOOD COMMUNICATOR? After 15 Seconds Okay, let's get a group to share what you came up with...Great...</p> <p>Communication involves asking questions and Listening with purpose. You are really trying to understand what the other person is telling you.</p> <p>When I say go, you are going to get back together with your partner and spend about 15 seconds discussing the question</p> <p>2. What are the various ways you can communicate in Sport? After 15 seconds... Okay, let's get a different group to share what you came up with...Great... You can communicate verbally or non-verbally. Verbal could be in the form of feedback or just an encouraging comment such as great try, nice shot, or don't sweat it. Non-verbal could be a high-five, fist-bump,</p>	Meet with each partner in timely manner create one or more answers per question	Looking for quality conversation with each interaction.

		<p>pointing in a specific direction, or thumbs-up.</p> <p>Okay, last question. When I say go, you are going to get back together with your partner and spend about 15 seconds discussing the question</p> <p>3. How do you self-manage during gameplay? After 15 seconds...</p> <p>Okay, let's get a different group to share what you came up with...Great...</p> <p>Self-talk, visualization, take a breath, ask for help.</p> <p>Transition to Skill practice.</p>		
<p><u>Practice; Skill & Tactical Practice w/ extensions & Refinements</u></p>	5	<p>This skill practice will be broken down with an initial task and two progression activities (Toss, Forehand Hit, Serve).</p> <p>TOSS: When I say go, Partners will return to their designated pickleball court. Partner 1 will put their paddle down. From mid-court, Partner 1 will soft toss the pickleball over the net to partner 2. After one bounce, Partner 2 will attempt to perform a drop shot to the NVZ of partner 1. Repeat this 10 times then switch.</p> <p>FREEZE.... Equipment down...Let's make this task a little more complex.</p> <p>FOREHAND HIT: When I say go, Partners will return to their designated pickleball court. Partner 1 will bounce pickleball and hit the ball to their partner using a forehand stroke. After one bounce, Partner 2 will attempt to perform a drop shot to the NVZ of partner 1. Repeat this 10 times then switch.</p> <p>FREEZE.... Equipment down...Okay, last progression.</p> <p>SERVE: When I say go, Partners will return to their pickleball court. Partner 1 will go to the court service line and perform a serve to their partner. After two bounces, Partner 2 will attempt to perform a drop shot to the NVZ of partner 1. Repeat this 5 times then switch.</p>	<p>Meet at court; playing on half courts; not interfering in games near them</p>	<p>Travel to each group and observe/offer feedback on communication and skills.</p>
<p><u>Transition</u></p>	1	<p>FREEZE...Equipment down...Now that we have had some time to communicate and practice, let's move into our final game play.</p>	<p>Equipment down in play space, set up final game</p>	
<p><u>Game 2</u></p>	5	<p>We will be playing singles. Points will be earned two ways: (1) on an unreturned (inbounds) serve or (2) a dropshot. Only the serving team can score. Service will rotate to the opposite team after each serve regardless of points scored or not. We will play for 5 minutes...</p>		

		Ready.... play....		
<u>Transition</u>	1	FREEZE... When I say go, grab the equipment that you grabbed in the beginning of class and put it away. Once you have done that, Form a circle in the middle of the gym. GO!!!		
<u>Closure</u> (review questions-at least 3)	5	<p>How did you effectively communicate with your partner/classmates today?</p> <p>How can you become a better communicator?</p> <p>What types of communication did you use today?</p> <p>How do you self-manage during gameplay?</p> <p>EXIT TICKET: (will need to provide index cards with pencils)</p> <p>How will I use good communication skills outside of the gym today? Be Specific.</p>	Meet in the middle following equipment clean up	Exit tickets will be passed out after closure questions.
<u>Total Time</u> (mins)	35			