



PE/Health Virtual Learning

7th & 8th/PE Pivot & Jab Step

April 8th, 2020



8th/PE

Lesson: [April 8th]

Objective/Learning Target:

Executes at least 2 of the following to create open space during modified game play: pivots, fakes, jab steps, screens.

NASPE Standard (S1.M6.8)

Lesson Objective/Essential Question

EQ: How can you get open or create space between you and your opponents during competitive games or sports?

Objective: The objective for this lesson is for you to learn how to successfully perform the following moves used to create space in games and sports; a pivot and a jab step.

Warm-Up Activity

- Find an open space where it is safe to jog around (Backyard, frontyard, etc.)
- Interval jogging (Try to find a pace that works for you, so you can jog the entire duration of each interval)
 - Jog for 30 seconds
 - Walk for 30 seconds
 - Jog for 45 seconds
 - Walk for 30 seconds
 - Jog for 1 minute
 - Walk for 1 minute

Practice- Pivot

- a pivot is the central point, pin, or shaft on which a mechanism turns or oscillates.
- a pivot is performed by keeping one foot stationary, while moving your other foot to turn your body to face different directions
- Watch this video demonstrating a pivot-

[Pivot](#)

- Practice pivoting on your left foot
- Practice pivoting on your right foot

Practice- Jab Step

-A jab step is performed when the non-pivot leg performs a jabbing forward or side motion.

-Watch this video demonstrating a jab step-

[Jab Step](#)

-Practice jab stepping with your left foot (Your right foot will be your stationary pivot foot)

-Practice jab stepping with your right foot (Your left foot will be your stationary pivot foot)

Practice- Combine the Pivot and Jab Step

- Use your left foot as your pivot (stationary) foot. Pivot different directions on your left foot and then jab with your right foot.
- Use your right foot as your pivot (stationary) foot. Pivot different directions on your right foot and then jab with your left foot.
- Now get creative! Combine these two moves how you think they would be the most effective. Pretend you are in a game and you are trying to create space and separation from your opponent using these two moves.
- What combination and order did you utilize?

Self-Reflection

- Were you able to perform the pivot and jab step correctly?
- Which one was the easiest? Which was the most difficult?

- **Critical Thinking:**
 - Name at least 3 sports/games where the pivot and jab step would be effective?
 - How would these moves be effective in helping create space or separation from an opponent in a sport/game?

Additional Resources/Ideas

[Unstoppable Pivot](#)

[How to Pivot](#)

[Perfect Jab Step](#)

[Jab and Attack Drill](#)