Unit 8: PT- Ultimate Frisbee

Content Area: **Physical Education and Health**
Course(s): **Physical Education 9, Physical Education 10, Physical Education 11, Physical Education 12**
Time Period: **April**
Length: **15 blocks**
Status: **Published**

Enduring Understandings

Individuals, who learn to practice safely, effectively and efficiently perform better during a game of Ultimate Frisbee.

Rules are established to keep all players on the field safe and healthy.

Ultimate Frisbee has evolved into one of the most competitive recreational games because players are looking for a way to make the game more interesting and keep themselves in great cardiovascular shape.

Essential Questions

How do I know if I am progressively getting physically fit?

How does physical fitness impact one's sense of wellbeing?

What personal behaviors allow one to maintain fitness for a lifetime?

How does one balance everyday life activities with fitness activities to maintain fitness for a lifetime?

How does following directions make one successful?

How does one get and stay fit?

What are the components of lifelong health?

Content

non-pivot foot, pulls, ultimate play, stall, end zone, throw-away, drop, block, interception

Skills

Big Idea: Cooperation, Work Ethic, Skills Development, Physical Fitness

Resources

Frisbee, cones, pinnies

Pearson, Introduction to the Navy Junior Reserve Officer Training Corps, Wellness, Fitness and First Aid, Unit 5 - Chapters 1-10, Google Slides, Google Classroom, Google Docs,https://www.njrotc.navy.mil/curriculum.html

Standards

0xHPE.2.5.12	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
0xHPE.2.5.12.A	Movement Skills and Concepts
0xHPE.2.5.12.A.1	Explain and demonstrate ways to apply movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).
0xHPE.2.5.12.B	Strategy
0xHPE.2.5.12.B.1	Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies