# Ultimate Frisbee

Content Area: **Physical Education and Health**
Course(s): **Phys Ed 6, Phys Ed 7, Phys Ed 8**
Time Period: **June**
Length: **2 weeks**
Status: **Published**

## Transfer

Big Idea:  Cooperation, Work  Ethic, Skill Development and Physical Fitness

## 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 improve my performance in order to compete at a higher level?

How does following the rules help you perform better?

How has Ultimate Frisbee become such a competitive game?

## Content

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

## Learning Objectives

Demonstrate the proper technique for throwing a Frisbee while stationary and while on the move.

Compare and Contrast the various types of grips used to throw and catch a  Frisbee

Identify and demonstrate the various offensive and defensive strategies used in playing Ultimate Frisbee.

Identify and demonstrate the basic rules of Ultimate Frisbee.

## Resources

Frisbees

Cones

Nets

Scrimmage Vests (Pinnies)

## Standards

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| HPE.2.5.6.B.3 | Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement. |
| HPE.2.5.8.A.1 | Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities). |
| HPE.2.5.8.A.2 | Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance. |
| HPE.2.5.8.A.3 | Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance). |
| HPE.2.5.8.A.4 | Detect, analyze, and correct errors and apply to refine movement skills. |
| HPE.2.5.8.A.CS1 | Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort. |
| HPE.2.5.8.B.1 | Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings. |
| HPE.2.5.8.B.2 | Assess the effectiveness of specific mental strategies applied to improve performance. |

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| HPE.2.5.8.B.CS1 | Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork. |
| HPE.2.5.8.C.1 | Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities. |
| HPE.2.5.8.C.2 | Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities. |
| HPE.2.5.8.C.3 | Analyze the impact of different world cultures on present-day games, sports, and dance. |
| HPE.2.5.8.C.CS1 | Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction. |
| HPE.2.5.8.C.CS2 | Movement activities provide a timeless opportunity to connect with people around the world. |