Ultimate Frisbee

Content Area: **Physical Education and Health**
Course(s): **Physical Education 9, Physical Education 10, Physical Education 11, Physical Education 12**
Time Period: **School Year**
Length: **8 blocks**
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

Vocabulary

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.

Standards

HPE.2.5.12	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
HPE.2.5.12.A	Movement Skills and Concepts
HPE.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).
HPE.2.5.12.B	Strategy
HPE.2.5.12.B.1	Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.