Ultimate Frisbee

Content Area: **Health & Phys Ed**
Course(s): **Physical Education 9-12**
Time Period: **Semester 1 & 2**
Length: **3 weeks**
Status: **Published**

Standards

	Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity (e.g., games, sports, aerobics, fitness activities).
2.2.12.MSC.1	Explain and demonstrate ways to apply movement skills from one game, sport, aerobics, or recreational activity to another including striking skills (e.g., tennis, badminton, ping pong, racquetball, pickle ball).
2.2.12.MSC.2	Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
	The quality of feedback from others, self-assessment as well as effort and repetition influences movement skills, concepts, and performance.
2.2.12.MSC.3	Design, lead and critique rhythmic and physical activity that includes variations in time, space, force, flow, and relationships (e.g., creative, cultural, social, aerobics dance, fitness).
	Individual and team execution requires interaction, respect, effort, and positive attitude.
2.2.12.PF.1	Compare the short- and long-term benefits of physical activity and the impact on wellness associated with physical, mental, emotional fitness through one's lifetime.
2.2.12.PF.2	Respect and appreciate all levels of ability and encourage with care during all physical activities.
	Healthy habits and behaviors are created by personal learning experiences, knowledge, beliefs, and goals towards living and maintaining a healthy lifestyle of fitness, self-expression, social interaction, and enjoying movement in a safe and healthy environment (e.g., golf, tennis, badminton, martial arts, bowling, kayaking, ping-pong, cricket, hiking, biking, swimming).
2.2.12.LF.2	Develop a sense of openness and willingness when participating in physical fitness activity to share and learn experiences from your own and other cultures.
2.2.12.LF.3	Examine building to a level of fitness to successfully participate in a range of different physical activities during a lifetime.
2.2.12.LF.4	Exhibit responsible social behavior by including and cooperating with classmates of all skill levels, assisting when needed, and collaborating respectfully to solve problems in groups, teams, and in pairs during physical activity.
2.2.12.LF.5	Describe the social benefits gained from participating in physical activity (e.g., meeting someone, making friends, team work, building trust, experiencing something new).

Enduring Understandings

1. Physical and cognitive skills are necessary to successfully participate in a game of Ultimate Frisbee.
2. Physical movement in Ultimate Frisbee can be enjoyable and individually rewarding.
3. Teamwork is vital to success within a group.
4. The roles and responsibilities of each Ultimate Frisbee position is essential to successful strategy.
5. Ultimate Frisbee provides an opportunity for personal enjoyment, personal challenge, self-expression, stress outlet, and social interactions.

Essential Questions

1. What components of fitness does ultimate frisbee encompass?

2. How does engaging in this activity increase the fitness level of the individuals?

3. What are some teaching cues for passing, catching, and footwork skills in ultimate frisbee?

4. Why is ultimate frisbee good for communication and cooperation skills?

5. What are the different teamwork strategies to be successful in ultimate frisbee?

6. What skills are necessary to be successful in ultimate frisbee?

7. What is ultimate frisbee's impact around the world?

Knowledge and Skills

The performance expectations are:

-understand individual skills and strategies to be successful during drills and games.

-use a ultimate frisbee to throw and catch with, stationary and while on the move and during different situations.

-use defensive and offensive strategies for successful game play.

-exhibit responsible and respectful personal and social behavior in a physical education setting.

-gain knowledge in the history and cultural background of the sport.

-Demonstrate an understanding and respect for themselves, each other, the equipment, and the rules of the game

-Responsibly demonstrate personal and social behavior

-Demonstrate the ability to use effective interpersonal skills and use of motor skills.

Transfer Goals

1. Students will be able to work cooperatively with others during skills, games and tournament play.

2. Through “play” in ultimate frisbee, students will be physically active, engaging in all aspects of physical

fitness while understanding individual strategies and skills.

3. Students will learn how to communicate with students in class, and develop strategies to deal with conflicts

4. Students will be able to independently transition to lifelong fitness activities through the engagement of team sports.

5. Students will be able to independently incorporate teamwork, work ethic, accountability, and character education into everyday living to achieve common goals.

6. Students will be able to independently use their learning to encourage them to participate in a team sport outside of the P.E class.

Resources

Dynamic Physical Education for Secondary School Students (7th Edition)

Online Resources include:

PE Central is a web based physical education platform where educators collaborate and share lessons and ideas in order to unify and expand professional knowledge.

https://www.pecentral.org/

YouTube is a general resource in which educators have individual pages in addition to sport specific videos related to rules and skills associated with specific sports.

https://www.youtube.com/

Gym Class Ultimate Frisbee is a resource that breaks down each lesson along with the skills developed during the lesson, using videos as its main resource.

https://gymclassultimatefrisbee.com/

Assessments

https://docs.google.com/document/d/1z90hu2-lCXoUTewriJPJTl5846tUuXMFSuMHD8is0yI/edit

Modifications for Diverse Learners

https://docs.google.com/document/d/1cUIE1QRfV7jJNjgU2NdcW1x91UAyDENe/edit