

# Ultimate I (6)

Content Area: **Physical Education**  
Course(s): **Physical Education**  
Time Period: **3rd Marking Period**  
Length: **3 Weeks**  
Status: **Published**

## Ultimate I Overview

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Ultimate I is a great activity to build a student's cardiorespiratory endurance, muscular strength and flexibility as well as their ability to cooperate with teammates to achieve a common goal. In this unit, students will learn the rules and essential movement skills in order to successfully participate in a game of Ultimate.

## Transfer

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Students will be able to independently use their learning to...

- participate successfully in a game of Ultimate and enjoy the physical, social and mental benefits of the game to improve their overall health

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For more information, read the following article by Grant Wiggins.

[http://www.authenticeducation.org/ae\\_bigideas/article.lasso?artid=60](http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60)

## Meaning

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## Understandings

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Students will understand...

- how to throw and catch using the correct form.

- the rules of Ultimate
- the origin and cultural background of Ultimate.
- how Ultimate enhances their personal fitness level.
- how to cooperate with teammates to achieve a common goal.

## **Essential Questions**

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Students will keep considering...

- how concepts of force and motion affect the skill performance in a game situations.
- why practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.
- there is a strong cultural, ethnic, and historical background associated with competitive sports.
- to what extent ultimate improve skill-related fitness versus health-related fitness.

## **Application of Knowledge and Skill**

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### **Students will know...**

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Students will know...

- the proper mechanics of the throwing form for ultimate.
- the proper mechanics of the catching form for a ultimate.
- the rules for a game of ultimate.
- sportsmanship rules while playing a competitive game.
- the health related fitness components related to playing a game of ultimate.

## **Students will be skilled at...**

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Students will be skilled at...

- throwing a ultimate ball (football, soccer ball)
- catching a ultimate ball (football, soccer ball)
- working with teammates to achieve a common goal
- identifying and following the rules of ultimate

## **Academic Vocabulary**

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## **Learning Goal 1**

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Students will throw a ultimate ball using the correct form.

- Students will throw a ultimate ball using the correct form.

HPE.2.5.6.A.1	Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.6.A.2	Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.
HPE.2.5.6.A.4	Use self-evaluation and external feedback to detect and correct errors in one's movement performance.

## **Target 1**

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Students will practice how to hold the ultimate ball properly when throwing or running

## **Target 2**

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Students will practice throwing the ultimate ball using the following form points:

Non throwing side aimed at target

Stepping with the opposite foot

Bring the throwing arm back away from the body

Rotate your hips

Throw over your shoulder

Follow through to your target

## **Learning Goal 2**

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Students will catch a ultimate ball using the correct form.

- Students will catch a ultimate ball using the correct form.

HPE.2.5.6.A.1	Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.6.A.2	Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.
HPE.2.5.6.A.4	Use self-evaluation and external feedback to detect and correct errors in one's movement performance.

## **Target 1**

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Students will practice catching a ultimate ball using the following form points:

Hands up palms away from face

Eyes on the ball

Watch the ball into your hands

Give with the ball

## **Target 2**

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Students will practice catching a ultimate ball, using the proper form, during game situations

## **Learning Goal 3**

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Students will explain the rules of ultimate.

- Students will explain the rules of ultimate.

HPE.2.5.6.C.2

Apply rules and procedures for specific games, sports, and other competitive activities and describe how they enhance participation and safety.

## **Target 1**

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Students will identify ultimate ball Field Dimensions and Out of Bounds rules.

## **Target 2**

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Defensive boundary

Goalie area/endzone

Amount of steps/passes required before shot on goal/endzone

Benefits of using the pass

Defensive teamwork

## **Target 3**

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## **Learning Goal 4**

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Students will identify the origin and cultural background of Ultimate.

- Students will identify the origin and cultural background of Ultimate.

HPE.2.5.6.C.3

Relate the origin and rules associated with certain games, sports, and dances to different cultures.

## Learning Goal 5

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Students will explain how ultimate enhances their cardiorespiratory endurance.

- Students will explain how ultimate enhances their cardiorespiratory endurance.

HPE.2.6.6.A.1 Analyze the social, emotional, and health benefits of selected physical experiences.

HPE.2.6.6.A.2 Determine to what extent various activities improve skill-related fitness versus health-related fitness.

## Learning Goal 6

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Students will demonstrate proper sportsmanship and cooperation during games.

- Students will demonstrate proper sportsmanship and cooperation during games.

HPE.2.5.6.C.1 Compare the roles and responsibilities of players and observers and recommend strategies to enhance sportsmanship-like behavior.

HPE.2.5.6.C.2 Apply rules and procedures for specific games, sports, and other competitive activities and describe how they enhance participation and safety.

## Summative Assessment

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## 21st Century Life and Careers

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WORK.5-8.9.1.8.1 The ability to recognize a problem and apply critical thinking and problem-solving skills to solve the problem is a lifelong skill that develops over time.

WORK.5-8.9.1.8.1 Collaboration and teamwork enable individuals or groups to achieve common goals with greater efficiency.

WORK.5-8.9.1.8.C.1 Determine an individual's responsibility for personal actions and contributions to group activities.

WORK.5-8.9.1.8.D.3 Use effective communication skills in face-to-face and online interactions with peers and adults from home and from diverse cultures.

WORK.5-8.9.1.8.F.1 Demonstrate how productivity and accountability contribute to realizing individual or group work goals within or outside the classroom.

## Formative Assessment and Performance Opportunities

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Teacher will monitor students throwing and catching form during a game of Ultimate and provide feedback to the students

### **Differentiation/Enrichment**

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Each student is provided an opportunity to be successful through the use of monitoring, equipment and repetition

### **Unit Resources**

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Foam Ball

Jerseys

Goalie Nets

Cones