

Ultimate II (7)

Content Area: **Physical Education**
Course(s): **Physical Education**
Time Period: **2nd Marking Period**
Length: **3 Weeks**
Status: **Published**

Ultimate II Overview

Ultimate II 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

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

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

http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60

Meaning

Understandings

Students will understand...

- how to throw and catch using the correct form in a game setting.

- peer evaluate their classmates on skill performance.
- move to open space during the game situations.
- how to cooperate with teammates to achieve a common goal.

Essential Questions

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 improves skill-related fitness versus health-related fitness.

Application of Knowledge and Skill

Students will know...

Students will know...

- the proper mechanics of the throwing form.
- the proper mechanics of the catching form.
- how to evaluate peers on their performance
- how to move to open space
- sportsmanship rules while playing a competitive game.

Students will be skilled at...

Students will be skilled at...

- throwing and catching (Frisbee, football, handball)
- working with teammates to achieve a common goal
- moving to open space

Academic Vocabulary

Target 2

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

Follow through to your target

Learning Goal 3

Students will move to open space during the game

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.

Target 1

Students will identify ultimate ball Field Dimensions and assess team spacing.

Learning Goal 4

Students will demonstrate proper sportsmanship and cooperation during games.

HPE.2.5.8.C.1

Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.

Summative Assessment

throwing mechanics checklist

21st Century Life and Careers

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

Teacher will monitor the students throwing and catching skills during a game of ultimate as well as sportsmanship and provide feedback to the students.

Differentiation/Enrichment

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

Unit Resources

Frisbees

footballs

handballs

cones

pinnies