

# Ultimate II (7)

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

## Ultimate II Overview

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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

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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 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**

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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 improves 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.
- 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...**

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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**

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## **Target 2**

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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

Follow through to your target

## **Learning Goal 3**

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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**

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

## **Learning Goal 4**

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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**

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throwing mechanics checklist

## **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 the students throwing and catching skills during a game of ultimate as well as sportsmanship 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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Frisbees

footballs

handballs

cones

pinnies