

Ultimate III

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

Ultimate III Overview

Ultimate III 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...

- safety issues associated with the activity.

- compare and contrast offensive and defensive strategies
- 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...

- safety issues associated with this activity
- offensive and defensive strategies
- proper sportsmanship in a competitive game.

Students will be skilled at...

Students will be skilled at...

- recognizing safety issues associated with this activity
- offensive and defensive strategies
- proper sportsmanship in a competitive game

Academic Vocabulary

Learning Goal 1

Students will identify safety issues associated with this activity.

HPE.2.5.8.C.2

Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities.

Learning Goal 2

Students will compare and contrast offensive and defensive strategies with teammates during the game.

HPE.2.5.6.B.3

Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.

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.

Learning Goal 3

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

