Unit 3c-Ultimate Frisbee

Content Area: **P.E. & Health**
Course(s): **Phys. Ed. 5**
Time Period: **Marking Period 3**
Length: **MP3**
Status: **Published**

Essential Question

What is the difference between a flick and a regular disk toss?

Big Ideas

Competent and confident age appropriate performances of gross, fine motor and manipulative skills, with execution of movement skills and concepts individually and in groups enhance (intensifies) physical activities. free movement, games, aerobics, dance, sports, and recreational activities

Constructive feedback from others impacts improvement, effectiveness and participation in movement skills, concepts, sportsmanship, and safety.

The components of fitness contribute to enhanced personal health as well as motor skill performance (e.g., speed, agility, endurance, strength, balance).

Wellness is maintained, and gains occur over time (dimensions and components of health) when participating and setting goals in a variety of moderate to vigorous age appropriate physical activities.

CSDT Technology Connection

8.1.5.IC.1: Identify computing technologies that have impacted how individuals live and work and describe the factors that influenced the changes

Enduring Understandings

Motor Skill & Concepts

2.2.5.MSC.3: Demonstrate and perform movement skills with developmentally appropriate control in isolated settings (e.g., skill practice) and applied settings (e.g., games, sports, dance, recreational activities).

2.2.2.MSC.5: Adjust and correct movements and skill in response to feedback.

2.2.5.MSC.6: Execute appropriate behaviors and etiquette while participating as a player and viewing as an

observer during physical activity, games, and other events, contributes to a safe environment.

Physical Fitness

2.2.5.PF.1: Identify the physical, social, emotional, and intellectual benefits of regular physical activity that effect personal health.

2.2.5.PF.2: Accept and respect others of all skill levels and abilities during participation.

2.2.5.PF.3: Participate in moderate to vigorous age-appropriate physical fitness activities and build the skills that address each component of health-related fitness (e.g., endurance, strength, speed, agility, flexibility, balance).

Lifelong Fitness

2.2.5.LF.3: Proactively engage in movement and physical activity for enjoyment individually or with others.