Unit 3c-Ultimate Frisbee

Content Area: **P.E. & Health**
Course(s): **Phys. Ed. 6**
Time Period: **Marking Period 3**
Length: **MP3**
Status: **Published**

Essential Questions

What are the rules, skills, and game strategies involved in Ultimate Frisbee?

Big Ideas

Effective execution of movements is determined by the level of related skills and provides the foundation for physical competency and literacy to participate with confidence in a broad range of physical activities (e.g., games, sports, aerobics, martial arts, recreational activities).

Feedback from others and self-assessment impacts performance of movement skills and concepts.

Individual and team goals are achieved when applying effective tactical strategies in games, sports, and other physical fitness activities.

A variety of effective fitness principles applied consistently over time, enhance personal fitness levels, performance, and health status (e.g., Frequency, Intensity, Time, Type (F.I.T.T).

Effective Fitness principles combined with mental and emotional endurance over time will enhance performance and wellness

CSDT Technology Connection

8.2.2.ITH.3: Identify how technology impacts or improves life.