

# Unit Frisbee

Content Area: **Generic Content Area**  
Course(s): **Driver's Ed, PE 2, PE 4**  
Time Period: **Generic Time Period**  
Length: **3 Weeks**  
Status: **Published**

## Unit Introduction

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The Frisbee unit will begin with basic skills introduction and development. The basic skills include the backhand, forehand, and overhead throws, and catching. Students will then progress to lead up games such as "Frisbee Golf." Frisbee golf reinforces proper throwing technique as throwing accuracy correlates to success in this game. Students will finish the unit with "Ultimate Frisbee." Concepts that will be covered in regards to Ultimate Frisbee will include a brief history of the game, important terms to know, differences between PE Ultimate Frisbee and regulation Ultimate Frisbee. Students will be assessed throughout the unit with skills tests and written tests.

## Standards

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HPE.2.5.12.A.1	Explain and demonstrate ways to apply movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).
HPE.2.5.12.A.CS1	Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort.
HPE.2.5.12.B.1	Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.
HPE.2.5.12.B.CS1	Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork.
HPE.2.5.12.C.2	Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.
HPE.2.5.12.C.CS1	Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction.

## Essential Questions

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To what extent does strategy influence performance in competitive games and activities?

Why do I have to show good sportsmanship and follow the rules?

How do team-based activities benefit you individually?

How does Recreational Activities benefit the individual?

## **Content / Skills**

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Skill Introcuction

Skill Practice/Development

Frisbee Golf

Ultimate Frisbee