

Frisbee Golf - Unit 8

Content Area: **Comprehensive Health and Physical Education**
Course(s): **Physical Education 6**
Time Period: **May**
Length:
Status: **Published**

Unit Overview

Essential Questions

What are the skills and concepts necessary to participate in frisbee golf activity/game?

How can you decide upon the strategy needed to score points?

Content

Competency in ultimate flying disc skills.

Basic rules necessary to participate in an ultimate flying disc activity/game.

Skills

Demonstrate competency in the following flying disc skills:

- o Throwing

- o Catching

- o Aim at a scoring area

Develop an understanding of:

- o Spacing/movement

- o Distance throws

- o Marking with count

- o Rules

Assessments

Skills assessment

Lessons/Learning Scenarios

Apply the understanding of physical activity concepts to increasingly complex movement and game forms.

Engage in a variety of appropriate physical activities during and outside of school that promote the development and improvement of physical fitness level

Standards

HE.5-6.	Staying healthy is a lifelong process that includes all dimensions of wellness.
HE.5-6.	Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.
HE.5-6.2.5.6.A.1	Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HE.5-6.2.5.6.A.4	Use self-evaluation and external feedback to detect and correct errors in one's movement performance.
HE.5-6.2.5.6.B.1	Demonstrate the use of offensive, defensive, and cooperative strategies in individual, dual, and team activities.

HE.5-6.2.5.6.B.2	Compare and contrast strategies used to impact individual and team effectiveness and make modifications for improvement.
HE.5-6.2.6.6.A.1	Analyze the social, emotional, and health benefits of selected physical experiences.
HE.5-6.2.6.6.A.2	Determine to what extent various activities improve skill-related fitness versus health-related fitness.
HE.5-6.2.6.6.A.3	Develop and implement a fitness plan based on the assessment of one's personal fitness level, and monitor health/fitness indicators before, during, and after the program.
HE.5-6.2.6.6.A.4	Predict how factors such as health status, interests, environmental conditions, and available time may impact personal fitness.

Resources
