

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

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| 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. |

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| 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
