

Unit 8- Frisbee throwing/hitting target

Content Area: **Comprehensive Health and Physical Education**
Course(s): **Physical Education K, Physical Education 1, Physical Education 2**
Time Period: **Undefined**
Length: **2-4 weeks 40 minute classes**
Status: **Published**

Unit Overview

Essential Questions

What are the essential skills and concepts necessary to successfully participate in small group games?

What are the skills need for frolf (Frisbee golf)?

Content

Tossing a Frisbee/bean bag

Modified for younger levels.

Aim for score

Distance throws

Skills

1. Explain when to be competitive and when to use cooperative strategies in games, sports, etc.
2. Explain and demonstrate the differences between offense and defense.
3. Explain how one's attitude can affect physical performance.
4. Explain mental strategies to use before, during, and after participation in activities.

Assessments

Skill Assessment

Teacher Observation

Lessons/Learning Scenarios

Skills / drills

Partner play

Distance throws to target

Modified play

Standards

HE.K-2.	Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.
HE.K-2.	Teamwork consists of effective communication and other interactions between team members.
HE.K-2.2.5.2.A.1	Explain and perform movement skills with developmentally appropriate control in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HE.K-2.2.5.2.A.4	Correct movement errors in response to feedback.
HE.K-2.2.5.2.B.1	Differentiate when to use competitive and cooperative strategies in games, sports, and other movement activities.
HE.K-2.2.5.2.B.2	Explain the difference between offense and defense.

Resources
