

Unit 06: Ultimate Frisbee

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| Unit #: | APSDO-00026639 | Duration: | 5.0 Lesson(s) | Date(s) | |
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Grade(s)
 5, 6, 7, 8

Subject(s)
 Wellness

Unit Focus

In this unit, students will learn the game of Ultimate Frisbee and continue to focus on passing and catching. Students will demonstrate improved performance by participating in small team objectives and skill developing activities.

Stage 1: Desired Results - Key Understandings

| Standard(s) | Transfer | |
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| <p>Connecticut Goals and Standards <i>Physical Education: 8</i></p> <ul style="list-style-type: none"> Apply characteristics of performance in a variety of activities for purposeful, recreational, skill and fitness outcomes <i>H.11.2</i> Apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same <i>H.13.1</i> Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performances <i>H.10.1</i> | <p>T1 (T1) Develop skills, knowledge and concepts needed to make appropriate decisions to create a healthy and balanced lifestyle.</p> <p>T2 (T2) Communicate effectively based on purpose, task and audience using appropriate vocabulary and body language.</p> <p>T3 (T4) Identify a goal, determine an appropriate plan, evaluate its effectiveness and make appropriate adjustments.</p> | |
| | Meaning | |
| | Understanding(s) | Essential Question(s) |
| | <p>U1 (U101) Knowing where your body is located in space keeps you moving where you want to go.</p> <p>U2 (U108) Demonstrating proper technique (body position, correct movements) creates a predictable outcome.</p> | <p>Q1 (Q101) How do I use my body to move around the ____ (field, gym, dance floor)? How do I stay aware of where everyone else is?</p> <p>Q2 (Q108) How do I get the ball/object where I want it to go? How do I get ready to catch</p> |

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| <ul style="list-style-type: none"> • Demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills <i>H.9.2</i> • Demonstrate initiative in using appropriate skills for resolving conflicts peacefully and encouraging others to do the same <i>H.13.4</i> • Demonstrate understanding of how rules, and safety practices and procedures need to be adjusted for different movement situations <i>H.10.3</i> • Develop and demonstrate initiative in implementing strategies for including all persons, despite individual differences, in physical activity settings <i>H.13.3</i> • Maintain and further develop the fundamental movement skills in open environments <i>H.9.1</i> • Use physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships <i>H.14.3</i> | | the ball? | |
| | Acquisition of Knowledge and Skill | | |
| | Knowledge | Skill(s) | |
| | | <p>S1</p> <p>Gr 5-8: Demonstrate ability to pass the Frisbee to an open space to connect with a moving teammate</p> <p>S2</p> <p>Gr 5-8: Demonstrate proper grip on the disk, proper release, throwing (forehand/backhand), and catching (low level/high level)</p> <p>S3</p> <p>Gr 5-8: Demonstrate ability to catch a pass while moving to open space</p> <p>S4</p> <p>Gr 5-8: Demonstrate offensive and defensive strategies by appropriate movement and positioning on the field or gym space</p> <p>S5</p> <p>Gr 5-8: Demonstrate zone defensive play</p> <p>S6</p> <p>Gr 5-8: Demonstrate understanding of rules and strategies of the game</p> | |