# Physical Education
## Unit 2: Ultimate Frisbee

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<tr>
<th>Essential Understandings</th>
<th>▪ Students will learn the benefits of physical activity, cooperation, and team work.</th>
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| Essential Questions      | ▪ How do you play offense?  
                           ▪ How do you play defense?  
                           ▪ How do you keep score? |
| Essential Knowledge      | ▪ **Basic Rules**  
                           o Two teams  
                           o Throw-off occurs when starting a game and after each goal. Scored with both teams switching ends.  
                           o Team “A” throws to Team “B”.  
                           o “B” starts at the point the Frisbee is caught or lands.  
                           o If “B” catches the disc and drops it “A” takes it at that point.  
                           o If the disc goes out of bounds, “B” can choose to take it at that point or have “A” throw it again.  
                           o If the throw goes into the end zone, “B” takes it on the goal line.  
                           ▪ **How to Play Offense**  
                           o Must attempt to throw and catch the disc. If disc is not caught by the offense, the defense takes possession where it lands.  
                           o May toss the disc in any manner.  
                           o Disc may not be handed from one player to another.  
                           o Players may not take steps when in possession of the disc.  
                           o Player in possession of disc may use one pivot foot.  
                           o If disc is dropped, thrown out of bounds, or not caught the defensive team takes possession at that point.  
                           o The thrower may not push the defensive person out of the way.  
                           o The thrower may not catch the disc again after it has been released.  
                           o A point is scored if the disc is caught while both feet are in the end zone.  
                           ▪ **How to Play Defense**  
                           o Only one person may guard the player in possession of the disc.  
                           o The disc may not be forcefully taken or knocked away from the offense.  
                           o Play the disc, not the player with the disc.  
                           o If the defense deflects the disc to the ground, they still gain possession. |
### Essential Knowledge

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<th><strong>Etiquette</strong></th>
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<td>Team members are responsible for calling own plays and taking responsibility to follow game rules.</td>
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<th><strong>Safety</strong></th>
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<td>Keep eyes on Frisbee to avoid being hit.</td>
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<td>No body contact, pushing or shoving during play.</td>
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### Vocabulary

<table>
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<th><strong>Terms:</strong></th>
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<td>throw-off, offense, defense, illegal defense</td>
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### Essential Skills

- Demonstrate proper throwing and receiving techniques.
- Demonstrate good sportsmanship and ability to work with a team.

### Related Maine Learning Results

**Health and Physical Education**

G. Movement/Motor Skills and Knowledge

G1. Stability and Force

- Students change their motion and the motion of objects by applying the principles of stability and force to modify their performance in games/physical activities.
  a. Demonstrate how spin and rebound affect the motion of an object.
  c. Adjust movements to accommodate external forces that decrease risk for injury.

G2. Movement Skills

- Students demonstrate a variety of specialized movement skills specific to a game/physical activity while participating in a game/physical activity.

G3. Skill-Related Fitness Components

- Students explain the relationship of skill-related fitness components to specialized movement skills.

I. Personal and Social Skills and Knowledge

I1. Cooperative Skills

- Students demonstrate collaborative skills while participating in skill activities.
  a. Accept constructive feedback.
  c. Include peers respectfully in activities.

I2. Responsible Behavior

- Students demonstrate responsible and ethical personal behavior while participating in physical activities.


- Students predict how etiquette/rules improve games/activities.
  a. Explain how etiquette/rules contribute to productive participation.
### Sample Lessons And Activities

- Group students into teams and play ultimate Frisbee.

### Sample Classroom Assessment Methods

- Students will work in pairs to demonstrate proper throwing and receiving skills. Students will be assessed on proper technique not physical ability.

### Sample Resources

- **Publications:**
  - *Quality Lesson Plans for Secondary Education* - Zakrajsek, Cares and Pettigrew

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