

**Physical Education  
Unit 2: Ultimate Frisbee**

<p align="center"><b>Essential Understandings</b></p>	<ul style="list-style-type: none"> <li>▪ Students will learn the benefits of physical activity, cooperation, and team work.</li> </ul>
<p align="center"><b>Essential Questions</b></p>	<ul style="list-style-type: none"> <li>▪ How do you play offense?</li> <li>▪ How do you play defense?</li> <li>▪ How do you keep score?</li> </ul>
<p align="center"><b>Essential Knowledge</b></p>	<ul style="list-style-type: none"> <li>▪ <b>Basic Rules</b> <ul style="list-style-type: none"> <li>○ Two teams</li> <li>○ Throw-off occurs when starting a game and after each goal. Scored with both teams switching ends.</li> <li>○ Team “A” throws to Team “B”.</li> <li>○ “B” starts at the point the Frisbee is caught or lands.</li> <li>○ If “B” catches the disc and drops it “A” takes it at that point.</li> <li>○ If the disc goes out of bounds, “B” can choose to take it at that point or have “A” throw it again.</li> <li>○ If the throw goes into the end zone, “B” takes it on the goal line.</li> </ul> </li> <li>▪ <b>How to Play Offense</b> <ul style="list-style-type: none"> <li>○ Must attempt to throw and catch the disc. If disc is not caught by the offense, the defense takes possession where it lands.</li> <li>○ May toss the disc in any manner.</li> <li>○ Disc may not be handed from one player to another.</li> <li>○ Players may not take steps when in possession of the disc.</li> <li>○ Player in possession of disc may use one pivot foot.</li> <li>○ If disc is dropped, thrown out of bounds, or not caught the defensive team takes possession at that point.</li> <li>○ The thrower may not push the defensive person out of the way.</li> <li>○ The thrower may not catch the disc again after it has been released.</li> <li>○ A point is scored if the disc is caught while both feet are in the end zone.</li> </ul> </li> <li>▪ <b>How to Play Defense</b> <ul style="list-style-type: none"> <li>○ Only one person may guard the player in possession of the disc.</li> <li>○ The disc may not be forcefully taken or knocked away from the offense.</li> <li>○ Play the disc, not the player with the disc.</li> <li>○ If the defense deflects the disc to the ground, they still gain possession.</li> </ul> </li> </ul>

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<p align="center"><b>Essential Knowledge</b></p>	<ul style="list-style-type: none"> <li>▪ <b>Etiquette</b> <ul style="list-style-type: none"> <li>○ Team members are responsible for calling own plays and taking responsibility to follow game rules.</li> </ul> </li> <li>▪ <b>Safety</b> <ul style="list-style-type: none"> <li>○ Keep eyes on Frisbee to avoid being hit.</li> <li>○ No body contact, pushing or shoving during play.</li> </ul> </li> </ul>
<p align="center"><b>Vocabulary</b></p>	<ul style="list-style-type: none"> <li>▪ <u>Terms:</u> <ul style="list-style-type: none"> <li>○ throw-off, offense, defense, illegal defense</li> </ul> </li> </ul>
<p align="center"><b>Essential Skills</b></p>	<ul style="list-style-type: none"> <li>▪ Demonstrate proper throwing and receiving techniques.</li> <li>▪ Demonstrate good sportsmanship and ability to work with a team.</li> </ul>
<p align="center"><b>Related Maine Learning Results</b></p>	<p><u>Health and Physical Education</u>  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.  I3.Safety Rules and Rules of Play  Students predict how etiquette/rules improve games/activities.  a. Explain how etiquette/rules contribute to productive participation.</p>

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<b>Sample Lessons And Activities</b>	<ul style="list-style-type: none"><li>▪ Group students into teams and play ultimate Frisbee.</li></ul>
<b>Sample Classroom Assessment Methods</b>	<ul style="list-style-type: none"><li>▪ Students will work in pairs to demonstrate proper throwing and receiving skills. Students will be assessed on proper technique not physical ability.</li></ul>
<b>Sample Resources</b>	<ul style="list-style-type: none"><li>▪ <u>Publications:</u><ul style="list-style-type: none"><li>○ <u>Quality Lesson Plans for Secondary Education</u> - Zakrajsek, Cares and Pettigrew</li></ul></li></ul>

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