

# FRANKLIN-SIMPSON HIGH SCHOOL

**Course Name:** Physical Education

**Unit Name:** Ultimate Frisbee or Team Handball

**Objectives:**

<u>Academic Expectations</u>	<u>Program of Studies</u>	<u>Core Content for Assessment</u>
<p>2.31: Students will understand that movement concepts, principles, strategies and tactics apply to the learning and performance of physical activities.</p> <p>2.34: Students perform physical movement skills effectively in a variety of settings.</p> <p>2.35: Students demonstrate knowledge and skills that promote physical activity and involvement in physical</p>	<p>PL-H-PS-U-1: Students will understand that movement concepts, principles, strategies and tactics apply to the learning and performance of physical activities.</p> <p>PL-H-PS-U-2: Students will understand that motor skills and movement patterns allow individuals to perform a variety of physical activities and to achieve a degree of success that make the activities enjoyable.</p> <p>PL-H-PS-U-3: Students will understand that basic and advance skills and tactics need to be refined, combined and varied in the development of specialized skills.</p> <p>PL-H-PS-S-6: Students will recognize physical activity as an opportunity for positive social and</p>	<p>PL-HS-2.1.1: Students will analyze the principles for motor skills (e.g., accuracy, technique, physics, and mechanics) and make applications for improving these skills (locomotor, nonlocomotor, and transitional).</p> <p>PL-HS-2.1.2: Students will infer how an analysis of specialized movement patterns (e.g., swinging golf clubs, shooting basketballs) and sequence evaluation (e.g., positioning, performing, following through) can be used to make recommendations for the improvement of skills used in individual, dual, and team sports (e.g., golf, racket sports, softball, volleyball, basketball).</p>

activity throughout lives.	<p>group interaction.</p> <p>PL-H-PS-S-7: Students will evaluate how an analysis of specialized movement patterns (e.g., golf club swing, shooting a basketball) and sequence evaluation (e.g., positioning, performing, follow through) can be used to detect and correct errors in performances.</p>	
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**Purpose of the Unit:** To teach the rules, skills, tactics, strategies and teamwork that corresponds with Ultimate Frisbee or Team Handball.

**Prerequisites:** ) The students are somewhat familiar with Invasion games; therefore, I will start off basic and progress depending on student learning. I will introduce how to play the game – explaining basic rules, work on maintaining possession of the Frisbee/defending space, and then will move into game-play

**Daily Lesson Guide**

Day	Lesson Content and Objectives	Focus Questions	Critical Thinking (High Yield / Literacy /LTF/etc.)	Engagement	Assessment and/or Accommodations
1	<ul style="list-style-type: none"> <li>Maintaining possession of the Frisbee – Passing/receiving</li> </ul>	<ul style="list-style-type: none"> <li>Why is it important to be able to throw a Frisbee in Ultimate</li> </ul>	Pre-Test, tactics, strategies	All students will be participating in practice and game play.	Pre-Test Assessment  <i>(Written)</i>

	<p>(Backhand/Pan cake).</p> <ul style="list-style-type: none"> <li>5v5 possession game in 30 by 20 yards/meters.</li> </ul>	<p>Frisbee?</p> <ul style="list-style-type: none"> <li>Why is it important to be able to maintain possession of the Frisbee in Ultimate Frisbee?</li> </ul>			
<b>2</b>	<ul style="list-style-type: none"> <li>Maintaining possession of the Frisbee – Passing/receiving (Forehand/"C" Catch).</li> </ul> <p>5v5 possession game in 30 by 20 yards/meters</p>	<ul style="list-style-type: none"> <li>How do these skills help you to engage in recreational activities?</li> <li>Why is it important to be able to maintain possession of the Frisbee in Ultimate Frisbee?</li> </ul>	<p>Oral questioning, tactics, strategies</p>	<p>All students will be participating in practice and game play.</p>	<p>Oral Questioning</p>
<b>3</b>	<ul style="list-style-type: none"> <li>Maintaining possession of the Frisbee – Passing/receiving (On the Move).</li> </ul>	<p>Why else should you know why defending space is important?</p>	<p>Invasion Game: Peer Assessment Rubric Criteria</p> <p><i>(Skill Execution)</i></p> <p>Tactics &amp; strategies</p>	<p>All students will be participating in practice and game play.</p>	<p>Invasion Game: Peer Assessment Rubric Criteria</p> <p><i>(Skill Execution)</i></p>

	<ul style="list-style-type: none"> <li>• 5v5 possession game in 30 by 20 yards/meters.</li> </ul>				
4	<ul style="list-style-type: none"> <li>• Maintaining possession of the Frisbee – Supporting the Frisbee possessor.</li> </ul> <p>4v4 (min) or 6v6 (max) in 30 by 20 yards/meters, full or narrow end-zone.</p>	<ul style="list-style-type: none"> <li>• How do these skills help you to engage in recreational activities?</li> <li>• Why is it important to be able to maintain possession of the Frisbee in Ultimate Frisbee?</li> </ul>	Tactics & strategies	All students will be participating in practice and game play.	Invasion Game Scenario  <i>(Written)</i>
5	<ul style="list-style-type: none"> <li>• Defending space – Guarding/pressuring the Frisbee possessor.</li> <li>• 5v5 in 30 by 20</li> </ul>	<ul style="list-style-type: none"> <li>• Why is it important to exhibit personal and social behavior?</li> <li>• How does</li> </ul>	Tactics & strategies	All students will be participating in practice and game play.	Game Performance Assessment Instrument for Invasion Games  <i>(Skill Execution)</i>

	yards/meters.	teamwork relate to other activities in life?			
6	<ul style="list-style-type: none"> <li>Maintaining possession of the Frisbee – Long passing.</li> <li>5v5 in throw and control game in 30 by 20 yards/meters.</li> </ul>	<ul style="list-style-type: none"> <li>Why is it important to exhibit personal and social behavior?</li> <li>How does teamwork relate to other activities in life?</li> </ul>	Tactics & strategies	All students will be participating in practice and game play.	Affective Domain Assessment  <i>(Acceptable/Unacceptable Behaviors)</i>
7	<ul style="list-style-type: none"> <li>Tournament Play – Round Robin.</li> <li>5v5 in 40 by 30 yards with end-zone.</li> </ul>	<p>Why is it important to be able to throw a Frisbee in Ultimate Frisbee?</p> <ul style="list-style-type: none"> <li>Why is it important to be able to maintain possession of the Frisbee in Ultimate Frisbee?</li> <li>Why else should you</li> </ul>	Tactics & strategies	All students will be participating in practice and game play.	Game Performance Assessment Instrument for Invasion Games

		know why defending space is important?			
8	<ul style="list-style-type: none"> <li>• Tournament Play – Winner versus Winner.</li> <li>• 5v5 in 40 by 30 yards with end-zone.</li> </ul>	<p>Why is it important to be able to throw a Frisbee in Ultimate Frisbee?</p> <ul style="list-style-type: none"> <li>• Why is it important to be able to maintain possession of the Frisbee in Ultimate Frisbee?</li> <li>• Why else should you know why defending space is important?</li> </ul>	Tactics & strategies	All students will be participating in practice and game play.	Game Performance Assessment Instrument for Invasion Games
9	<ul style="list-style-type: none"> <li>• Tournament Play – Winner versus Winner.</li> <li>• 5v5 in 40 by 30 yards with end-zone.</li> <li>•</li> </ul>	<p>Why is it important to be able to throw a Frisbee in Ultimate Frisbee?</p> <ul style="list-style-type: none"> <li>• Why is it important to be able to maintain possession</li> </ul>	Post-test, Tactics & strategies	All students will be participating in practice and game play.	Post-Test Assessment <i>(Written)</i>

		<p>of the Frisbee in Ultimate Frisbee?</p> <ul style="list-style-type: none"> <li>• Why else should you know why defending space is important?</li> </ul>			
10	<ul style="list-style-type: none"> <li>• Tournament Play – Winner versus Winner.</li> <li>• 5v5 in 40 by 30 yards with end-zone.</li> </ul>	<p>Why is it important to be able to throw a Frisbee in Ultimate Frisbee?</p> <ul style="list-style-type: none"> <li>• Why is it important to be able to maintain possession of the Frisbee in Ultimate Frisbee?</li> <li>• Why else should you know why defending space is important?</li> </ul>	Tactics & strategies	All students will be participating in practice and game play.	<p>Game Performance Assessment Instrument for Invasion Games</p> <p><i>(Summative)</i></p>