

Weeks

Massachusetts Performance Standards

The students will:

- 2.17** – Demonstrate developmentally appropriate competence (basic skills, strategies, and rules) in many and proficiency in a few movement forms and motor skills (team sports, aquatics, individual/dual sports, outdoor pursuits, self-defense, dance, and gymnastic).
- 2.18** – Demonstrates activities for warming up and cooling down before and after aerobic exercise.
- 2.20** – Demonstrate exercises in strength training, cardiovascular activities, and flexibility training
- 2.25** – Understand how activity participation patterns are likely to change throughout life and identify strategies to deal with those changes, including a plan for life-long wellness.
- 2.26** – Apply safe practices, rules, procedures, and sportsmanship etiquette in physical activity settings, including how to anticipate potentially dangerous consequences and outcomes of participation in physical activity
- 2.27** – Define functions of leadership in team sports (increasing motivation, efficiency, and satisfaction).

UNIT

Ultimate Frisbee

Objectives (Students will...)

For students to successfully participate in ultimate frisbee, upon learning the skills, rules, and strategies of the game.

- Demonstrates basic skills of ultimate frisbee in a game.
- Demonstrates an understanding of ultimate frisbee strategies and teamwork.
- Demonstrates an increase level of fitness and coordination.
- Demonstrate understanding of rules, regulations, and history of ultimate frisbee.

Essential Question

What physical, social, and emotional benefits will you get from playing ultimate frisbee?

Mission and Expectations

Health & Wellness

- Understands the fundamental wellness and fitness concepts and the skills which foster healthy habits and behaviors
- Make healthy –enhancing decisions by assessing risks and considering potential consequences.

Autonomous Learning Skills

- Takes responsibility for his/her learning
- Is a lifelong learner
- Can set priorities and identify

Personal and Social Responsibility

- Takes responsibility for his/her learning
- Respects himself/herself and others

Teacher Resources

1. Physical Education Activity Packets: “Frisbee”
2. Quality Lesson Plans for Secondary Physical Education - Textbook

Media and Technology Resources

Evaluation/Activities

Lecture/Demonstration: Each concept/topic will be introduced by the teacher using any resources that are available.

Class work: To be done on each topic/concept as needed for understanding.

Homework: To be given daily on each introduced topic as determined by the teacher.

Review: All weekly concepts will be reviewed and connections to concepts should be made by the students.

Quiz: Formal assessments will be given as warranted by the curriculum.

Lesson Completion Date:

Technology Used/ Date Used:

Completed By:

Comments:

