

MSAD #54 Curriculum

Content Area: Physical Education
Unit: Ultimate Frisbee

Grade: 9-Diploma
MLR Span: 9-Diploma

MLR Content Standard:

G. Movement/Motor Skills and Knowledge: Students demonstrate the *fundamental and specialized movement skills* and apply *principles of movement* for improved performance.

I. Personal and Social Skills and Knowledge: Students demonstrate and explain responsible personal behavior and responsible social behavior in physical activity settings.

Performance Indicator:

G1. Stability and Force

G2. Movement Skills

G4. Skill Improvement

I1. Cooperative Skills

I2. Responsible Behavior

I3. Safety Rules and Rules of Play

Performance Descriptor(s)	MSAD #54 Objectives	Instructional Resources/ Activities/Assessments
<p>G1. Stability and Force:</p> <p>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.</p> <p>a. Demonstrate how spin and rebound affect the motion of an object.</p> <p>b. Use the <i>principle of opposition</i>, point of contact, and point of release to change the path of an object during a game/physical activity.</p> <p>G2. Movement Skills</p> <p>Students demonstrate a variety of <i>specialized movement skills</i> specific to a game/physical activity while participating in a game/physical activity.</p> <p>G4. Skill Improvement</p> <p>Students design appropriate practice sessions, utilizing <i>fundamental movement skills</i> to improve performance.</p> <p>II. Cooperative Skills</p> <p>Students demonstrate collaborative skills while participating in physical activities.</p> <p>a. Accept constructive feedback.</p> <p>b. Give constructive feedback.</p>	<p>Students will:</p> <ol style="list-style-type: none"> 1. Develop throwing and catching skills for the game of ultimate Frisbee. 2. Learn how to guard, pivot and intercept in the game of ultimate frisbee. 3. Learn the rules and play a game of ultimate frisbee. 	<p>Lesson 1. Throwing and Catching</p> <p>Activities: Work on throwing skills: backhand, forehand, thumb, wrist flick, hammer, sidearm with partner activities.</p> <p>Work on catching skills: one-handed, two-handed and freestyle.</p> <p>Assessment: Formative</p> <p>Lesson 2. Guarding, Pivoting and Intercepting.</p> <p>Activities: Modified game play practicing concepts of guarding, pivoting and intercepting.</p> <p>Assessment: Formative</p> <p>Lesson 3. Regulation Game</p> <p>Activities: Offensive throwers, offensive receivers, defensive players.</p> <p>Assessment: Formative</p> <p>Final Assessment: Unit Test over skills concepts and game play.</p> <p>Lesson 4.</p> <p>Disc Golf</p> <p>Activities: Modified game of disc golf applying the rules and strategies for the game.</p> <p>Assessment: Informal assessment of game play with a partner.</p>

- 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.