

ULTIMATE Football Unit Plan

<p>Grade/subject: 6-8 Physical Education</p> <p>Topic & Unit: Ultimate Football Introduction</p> <p>Time (length of lesson): 1 Hour</p> <p>Resources/materials: Footballs/Frisbees, Pinnies, Pylons</p> <p>Rationale: To introduce students to the game of ultimate football, including strategy and skill work.</p>	
<p>GLOs/SLOs:</p> <ul style="list-style-type: none"> o Demonstrate proper form for throwing and catching a football o Demonstrate teamwork and problem solving (intro activity/game); strategize ball movement o Participate in healthy physical exercise with peer accountability 	
<p>Learning/Lesson Objective(s):</p> <p>For the students to become familiar with the game of Ultimate Football, and be capable of playing a game.</p>	
<p>Concept/ skill/ content: Passing, ball movement</p>	
<p>Time Allocation</p>	<p>Introduction/Anticipatory Set:</p> <ul style="list-style-type: none"> • Allow time for the class to grab a football and practice passing it in a group of 4-5. <ol style="list-style-type: none"> 1. Walk around and observe how the students are throwing the ball, giving pointers on how to throw properly: <ul style="list-style-type: none"> ▪ 2-3 fingers on the laces, cock arm behind ear, throw the ball, flick the wrist, and follow through to target. 2. Also observe catching the ball (especially for the younger grades, ensure that they are “cradling” the ball when attempting to catch it). • Begin with an introduction to the game: <ol style="list-style-type: none"> 1. Ultimate Football is a tackle-free, primarily passing game. 2. Mark off the end zones with pylons. 3. The object is to get to the end zone without dropping a pass or having a pass broken up by your opponent. 4. Ultimate football is strictly a passing game; there is no running in this game. With that said, here are the rules: <p>GAMEPLAY:</p> <ul style="list-style-type: none"> ▪ Break the class into two teams, students should stand in front of a partner with the opposite color jersey. This is now the person they will be guarding/throwing and catching against. They are not allowed to guard any other player on the field or court. • The game should start in the opposing team's end zone and the students will try to go the length of the field by throwing and catching the football. • Students are not to run when in possession of the ball. Once you catch the ball, the player should stop (you are allowed 1-2 steps to stop, but no more) and look for another teammate

	<p>to throw the football to.</p> <ul style="list-style-type: none"> Once they throw the ball, they may try to get open to receive a pass. <p>TURNOVERS:</p> <ul style="list-style-type: none"> If a ball is not caught, the ball is given to the other team at that spot and they are now trying to score. When the students are guarding their opponent, it is important that they stand two feet in front of them. There is not any physical contact in ultimate Frisbee, when defending a thrower; you are attempting to make your opponent make a poor throw. <p>SCORING</p> <ul style="list-style-type: none"> Once you make a pass into the end zone, drop the ball where you scored, it is now the other team’s ball and they try to score. <p>**This should be a fast-paced game with few breaks, as soon as you score, be ready on defense. **</p> <p>**Ask – what will be more effective? Long/slow passes or short/quick passes?? (short quick passes, and the occasional long pass)</p>
	<p>Procedures:</p> <ul style="list-style-type: none"> Play a 4 quarter (10 minute/each) game of Ultimate Football.
	<p>Assessment of student learning:</p> <ul style="list-style-type: none"> Participation marks for today’s lesson – make a note who isn’t participating.
	<p>Closure:</p> <ul style="list-style-type: none"> Have the students come in, tell them how well they did (or didn’t do) Leave time to get on dressed.
<p>Teacher Analysis of Lesson:</p> <ul style="list-style-type: none"> Also use this lesson in the format of Ulltimate Frisbee, same game but with a Frisbee. <ul style="list-style-type: none"> For all grades, teach them how to properly throw a Frisbee (emphasizing how to hold it, hold it on a flat plane, flick the wrist, and follow through.) 	



Study Guide – Rules and Cues for Ultimate Football

Ultimate football is a combination of American football and ultimate Frisbee. Ultimate football is a non-contact sport, which is ideal for anyone worried or susceptible to injury. Ultimate football discourages taunting and is a supportive activity for people of all ages. The sport teaches coordination, endurance and teamwork.

1. To start the game, teams will meet at the 50 yard line and the teams captain who wins rock, paper, scissors will have possession of the football first.
2. To score, one must catch football past the goal line. You cannot run it past the goal line.
3. A touchdown is worth 7 points
4. After a team score, the football is brought back to the 50 yard line and given to the team the opposite team.
5. A player must throw or toss the football up the field to try to score. If a player catches the football in the air they are allowed to keep possession. A player is allowed to take 3 steps with the football.
6. If the football touches the ground, the last player to touch or throw it gives possession of the football to opposite team where the ball is picked up
7. Defensive players must be at least two steps away from the offensive person who has the ball.
8. NO CONTACT!! Penalty, if contact is made.
9. Not allowed to take football out of player's hands.
10. Catch the pass and take only 3 steps or hold the football for 3 seconds. Once a player catches a pass, the offensive player tries to advance the football down the field and over the goal line. The player can only take 3 steps or hold the football for three seconds before they have to score or pass the ball to a teammate.
11. A player has 3 seconds to make a throw or a toss. The person that is guarding the player with the football must count out loud to three seconds (for example..one, one thousand; two, one thousand, and etc)

12. Play with equal people per side.

Running • There is no running with the ball. • Offensive team members are allowed only three steps when in possession of the ball. • There are no direct handoffs anywhere on the field; the offense must pass the ball. • There can be laterals or pitches in any direction.

Receiving • All players are eligible to receive passes at any time. Players must have at least one foot inbounds when making any catch. Any offensive player can receive the ball in the end zone. If the team throws an incomplete pass the ball is picked where the other team dropped it and the possession is given to the other team

Passing • All passes can be forward, lateral, or behind the passer. Shovel passes are allowed anywhere on the field. Interceptions change the possession of the ball at the point of interception. Play continues with no stoppage of play after an interception.

Throwing Cues:

- ✓ Grip football with fingers on laces
- ✓ Side faces target
- ✓ Hold ball by ear
- ✓ Step with non-throwing foot
- ✓ Rotate hips
- ✓ Snap wrist and follow through at target

Catching Cues:

- ✓ Hands out for target
- ✓ Fingers up and form a diamond (ball above waist)
- ✓ Fingers down (ball below waist)
- ✓ Catch football with soft hands
- ✓ Bring ball to body

Vocabulary Terms

Offense- the team that has the ball and is trying to score

Defense- the team trying to prevent the other team from scoring

Coordination- the ability to move different parts of your body together well or easily.

Teamwork-when a group of people **work** together, towards a common goal

Interception-A pass that's caught by a defensive player, ending the offense's possession of the ball.

Incomplete pass- A forward pass that falls to the ground because no receiver could catch it, or a pass that a receiver dropped or caught out of bounds.

Possession- (sport) the act of controlling the ball

Non-Contact (No Physical Contact)- Do not touch the other team with hands, body, or feet

Turnover: When, with either a fumble or an interception, one team loses possession of the football to the other.

Touchdown: A score, worth six points, that occurs when a player in possession of the ball crosses the plane of the opponent's goal line, when a player catches the ball while in the opponent's end zone, or when a defensive player recovers a loose ball in the opponent's end zone.