

PE II- Ultimate Frisbee Unit Plan

Timeframe

September 30th through October 8th

Rationale

Ultimate Frisbee is an invasion game that provides students with an opportunity to learn and demonstrate manipulative skills during play. This is an activity that allows students to demonstrate both offensive and defensive skills in game situations.

Content

This unit will consist of the following:

1. Skill development related to
 - a. Backhand Throws
 - b. Forehand Throws
 - c. Catching the frisbee
2. Playing the game

Standards and Benchmarks

Ohio Physical Education Assessments

- Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
 - o Benchmark B: Demonstrate specialized manipulative skills in a variety of settings.

Assessments

1. Students will be assessed on Standard 1B through observation. Multiple assessments will be done throughout the semester and the Ohio Physical Education Assessments rubric will be used in these assessments.

Goals

1. I can demonstrate specialized manipulative skills in a variety of settings. (Standard 1B)