

## Physical Education

### Unit 5: Disc Golf

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| <b>Essential Understandings</b> | <ul style="list-style-type: none"> <li>▪ Small group competition involves the coordination and transfer of sport specific motor skills and working together to follow directions.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Essential Questions</b>      | <ul style="list-style-type: none"> <li>▪ How is a disc (Frisbee) thrown?</li> <li>▪ How is the score kept?</li> <li>▪ How is the course followed?</li> <li>▪ How does the disc need to go through the elevated hoop?</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Essential Knowledge</b>      | <ul style="list-style-type: none"> <li>▪ <b><u>Basic Skill Drills:</u></b> <ul style="list-style-type: none"> <li>○ With a partner practice different throwing styles of disc.</li> <li>○ Line drills practice throwing and catching disc.</li> <li>○ 4's in a square, 2 discs, passing and catching for accuracy and speed.</li> </ul> </li> <li>▪ <b><u>Basic Rules:</u></b> <ul style="list-style-type: none"> <li>○ 3 – 4 players per group. Group members compete against each other.</li> <li>○ Each group is assigned a numbered hole to begin their round. They then follow course until back to own start hole.</li> <li>○ Start at hole marker (tee) with 1st throw towards elevated hoop of corresponding hole marker number. Everyone in group takes 1st throw. Players wait at tee until all 1st throws are completed.</li> <li>○ Players then walk to where their discs landed to take 2nd throw.</li> <li>○ Player farthest from “hoop” goes 1st on 2nd throw. Then continue with next farthest throwing, etc.</li> <li>○ Players continue until their disc flies through the elevated hoop, keeping track of the number of throws it takes to accomplish this.</li> <li>○ Lowest number of throws is the “winner” of that hole.</li> <li>○ Winner of previous hole goes first on the next hole.</li> <li>○ Groups wait to start next hole if another group is still playing at that hole.</li> </ul> </li> </ul> |
| <b>Vocabulary</b>               | <ul style="list-style-type: none"> <li>▪ <b><u>Terms:</u></b> <ul style="list-style-type: none"> <li>○ Disc, tee marker, backhand throw, forehand throw, overhead throw</li> </ul> </li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Essential Skills</b>         | <ul style="list-style-type: none"> <li>▪ Accurately throw disc (Frisbee)</li> <li>▪ Count cumulatively for scoring</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Related Maine Learning</b>   | <u>Health and Physical Education</u><br>G. Movement/Motor Skills and Knowledge                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |

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| <p><b>Results</b></p>                             | <p>G1. Stability and Force<br/>Students change their motion and the motion of objects by applying the principles of stability and force during skill practice.</p> <ul style="list-style-type: none"> <li>a. Demonstrate the principle of opposition.</li> <li>c. Demonstrate how the point of release changes the path of an object.</li> </ul> <p>G2. Movement and Skills<br/>Students demonstrate motor skills and manipulative skills during drills or modified games/physical activities.</p> <ul style="list-style-type: none"> <li>a. Demonstrate correct technique for motor skills and manipulative skills during drills or modified games/physical activities.</li> <li>b. Combine manipulative skills with motor skills during drills or modified games/physical activities.</li> </ul> <p>G4. Skill Improvement<br/>Students explain how specific, positive, and correct feedback affect skill improvement.</p> <p>I. Personal and Social Skills and Knowledge</p> <p>11. Cooperative Skills<br/>Students demonstrate cooperative and inclusive skills while participating in physical activities.</p> <ul style="list-style-type: none"> <li>b. Respond appropriately to peer pressure.</li> <li>c. Manage conflict.</li> <li>d. Engage peers respectfully in activities.</li> </ul> <p>12. Students demonstrate responsible personal behaviors while participating in physical activities.</p> <p>13. Safety Rules and Rules of Play<br/>Students describe game/physical activity rules and safety rules and their purpose.</p> <ul style="list-style-type: none"> <li>a. Explain the purpose for modifying playing rules in specified situations.</li> <li>b. Explain the safety rules and possible risks associated with specific games/physical activities.</li> </ul> |
| <p><b>Sample Lessons And Activities</b></p>       | <ul style="list-style-type: none"> <li>▪ Partner drills</li> <li>▪ Group drills to learn throwing/catching techniques.</li> <li>▪ Form groups of 3 – 4 students to move through practice round.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <p><b>Sample Classroom Assessment Methods</b></p> | <ul style="list-style-type: none"> <li>▪ Teacher observation of throwing/catching skills during skill drills.</li> <li>▪ Student assessment of each other in small groups to assist learning skills.</li> <li>▪ Students mentally keep track of game score and report it to teacher upon completion of 9 holes.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| <b>Sample<br/>Resources</b> | <ul style="list-style-type: none"><li>▪ <u>Publications:</u><ul style="list-style-type: none"><li>○ <u>PE Games and Activities Kit for Grades 6 – 12</u> – Lumsden</li><li>○ Disc Golf Equipment Rules Manual</li></ul></li><li>▪ <u>Websites:</u><ul style="list-style-type: none"><li>○ <a href="http://www.pecentral.com">www.pecentral.com</a></li></ul></li></ul> |
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