

Physical Education Brunswick School Department
Grade 9
Ultimate Frisbee

Essential Understandings	<ul style="list-style-type: none"> ▪ Students will learn the benefits of physical activity, cooperation, and team work.
Essential Questions	<ul style="list-style-type: none"> ▪ How do you play offense? ▪ How do you play defense? ▪ How do you keep score?
Essential Knowledge	<ul style="list-style-type: none"> ▪ Basic Rules <ul style="list-style-type: none"> ○ Two teams ○ Throw-off occurs when starting a game and after each goal. Scored with both teams switching ends. ○ Team “A” throws to Team “B”. ○ “B” starts at the point the Frisbee is caught or lands. ○ If “B” catches the disc and drops it “A” takes it at that point. ○ If the disc goes out of bounds, “B” can choose to take it at that point or have “A” throw it again. ○ If the throw goes into the end zone, “B” takes it on the goal line. ▪ How to Play Offense <ul style="list-style-type: none"> ○ Must attempt to throw and catch the disc. If disc is not caught by the offense, the defense takes possession where it lands. ○ May toss the disc in any manner. ○ Disc may not be handed from one player to another. ○ Players may not take steps when in possession of the disc. ○ Player in possession of disc may use one pivot foot. ○ If disc is dropped, thrown out of bounds, or not caught the defensive team takes possession at that point. ○ The thrower may not push the defensive person out of the way. ○ The thrower may not catch the disc again after it has been released. ○ A point is scored if the disc is caught while both feet are in the end zone. ▪ How to Play Defense <ul style="list-style-type: none"> ○ Only one person may guard the player in possession of the disc. ○ The disc may not be forcefully taken or knocked away from the offense. ○ Play the disc, not the player with the disc. ○ If the defense deflects the disc to the ground, they still gain possession.

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Essential Knowledge	<ul style="list-style-type: none"> ▪ Etiquette <ul style="list-style-type: none"> ○ Team members are responsible for calling own plays and taking responsibility to follow game rules. ▪ Safety <ul style="list-style-type: none"> ○ Keep eyes on Frisbee to avoid being hit. ○ No body contact, pushing or shoving during play.
Vocabulary	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ throw-off, offense, defense, illegal defense
Essential Skills	<ul style="list-style-type: none"> ▪ Demonstrate proper throwing and receiving techniques. ▪ Demonstrate good sportsmanship and ability to work with a team.
Related Maine Learning Results	<p><u>Health and Physical Education</u></p> <p>G. Movement/Motor Skills and Knowledge</p> <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> <ul style="list-style-type: none"> a. Demonstrate how spin and rebound affect the motion of an object. c. Adjust movements to accommodate external forces that decrease risk for injury. <p>G2.Movement Skills</p> <p>Students demonstrate a variety of specialized movement skills specific to a game/physical activity while participating in a game/physical activity.</p> <p>G3.Skill-Related Fitness Components</p> <p>Students explain the relationship of skill-related fitness components to specialized movement skills.</p> <p>I. Personal and Social Skills and Knowledge</p> <p>I1.Cooperative Skills</p> <p>Students demonstrate collaborative skills while participating in skill activities.</p> <ul style="list-style-type: none"> a. Accept constructive feedback. c. Include peers respectfully in activities. <p>I2.Responsible Behavior</p> <p>Students demonstrate responsible and ethical personal behavior while participating in physical activities.</p> <p>I3.Safety Rules and Rules of Play</p> <p>Students predict how etiquette/rules improve games/activities.</p> <ul style="list-style-type: none"> a. Explain how etiquette/rules contribute to productive participation.

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Sample Lessons And Activities	<ul style="list-style-type: none">▪ Group students into teams and play ultimate Frisbee.
Sample Classroom Assessment Methods	<ul style="list-style-type: none">▪ Students will work in pairs to demonstrate proper throwing and receiving skills. Students will be assessed on proper technique not physical ability.
Sample Resources	<ul style="list-style-type: none">▪ <u>Publications:</u><ul style="list-style-type: none">○ <u>Quality Lesson Plans for Secondary Education</u> - Zakrajsek, Cares and Pettigrew