

Physical Education Brunswick School Department
Grade 9
Disc Golf

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 keep score? ▪ How do you throw the disc? ▪ How many holes on a golf course?
Essential Knowledge	<ul style="list-style-type: none"> ▪ <u>Basic Rules:</u> <ul style="list-style-type: none"> ○ 4 players in a group. Individual players compete against the 3 other players. ○ Must throw the disc (Frisbee) toward the target from the tee box. ○ The next throw is from where the disc landed. ○ The player farthest from the hole throws first. ○ The player finishes the “hole” when he/she hits the target. ○ Each player counts his/her throws. The lowest number of throws wins. ○ Any unplayable lie can be relocated with a one stroke penalty.
Vocabulary	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ par, bogey, birdie, eagle, hole in one, pin, putt
Essential Skills	<ul style="list-style-type: none"> ▪ Throw the disc (Frisbee).

Physical Education Brunswick School Department
Grade 9
Disc Golf

<p>Related Maine Learning Results</p>	<p><u>Health and Physical Education</u> G. Movement/Motor Skills and Knowledge G2.Movement Skills Students demonstrate a variety of specialized movement skills specific to a game/physical activity while participating in a game/physical activity. H. Physical Fitness Activities and Knowledge H3.Fitness Activity Students select and participate in physical activities that address their personal fitness plans and apply the five health-related fitness components. I. Personal and Social Skills and Knowledge I1.Cooperative Skills Students demonstrate collaborative skills while participating in skill activities. a. Accept constructive feedback. b. Give constructive feedback 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. b. Predict how modifications to the environment can impact safety during games/physical activities.</p>
<p>Sample Lessons And Activities</p>	<ul style="list-style-type: none"> ▪ Divide the class into small groups of 4 to practice throwing the disc. Teacher and more skilled Frisbee throwers will help those students having difficulty.
<p>Sample Classroom Assessment Methods</p>	<ul style="list-style-type: none"> ▪ Teacher observation of student's ability to throw the disc (Frisbee). ▪ Students will keep their score on the special score cards.
<p>Sample Resources</p>	<ul style="list-style-type: none"> ▪ <u>Publications:</u> <ul style="list-style-type: none"> ○ <u>Ready to Use Secondary PE Activities Program</u> - Ken Lumsen and Sally Jones