

## Sample [Physical Education] Learning Plan

### Big Idea/ Topic

How can I accurately throw a frisbee disk at a target?  
How can I successfully catch a frisbee?

### Standard Alignment

**PE8.1 The physically educated student demonstrates competency in a variety of motor skills and movement patterns.**

a. Performs specialized manipulative skills in small-sided games.

**PE8.2: The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance.**

d. Critiques self or others in the performance of a specific motor skill and provides suggestions for improving the performance.

**PE8.5: The physically educated student recognizes the value of physical activity for health, enjoyment, self-expression, and/or social interaction.**

### Connection Standards

**ELAGSE8W4: Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience**

**ELAGSE8SL1: Engage effectively in a range of collaborative discussions.**

**HE8.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

b. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

### Instructional Design

**\*This lesson has a flexible timeline and will cross over several days.**

**This lesson is intended to reach students in a virtual setting, whether plugged or unplugged. See the bottom of the lesson for a list of unplugged supplies.**

**Part 1:** Students will begin with a cardio workout to warm up. You can lead your own workout or use one of the videos linked below.

- <https://www.youtube.com/watch?v=xj7TQ6xTjnU> – Fun HIIT Circuit No Equipment
- [https://www.youtube.com/watch?v=5\\_Xzz0xUsqA](https://www.youtube.com/watch?v=5_Xzz0xUsqA) – Teen Cardio Fitness Workout

**\*Unplugged variation** – Print out “Hall of Fame” sheet below.

**Part 2:** In a live or recorded session, have the students practice their passing skills. You can create your own presentation for students or use one of the videos below.

- <https://www.youtube.com/watch?v=lqUyW5aGC2U> – **Throwing a Forehand**
- <https://www.youtube.com/watch?v=INQexzgzvw4> – **Throw a Frisbee for Beginners**
- <https://www.youtube.com/watch?v=EPtM0NaTZ7I> – **Top Three Throwing Techniques**

**\*Unplugged Variation** - Print out throwing cues sheets below.

**Part 3:** In a live or recorded session, have the students practice their catching skills. You can create your own videos or presentations for students or use one of the videos below.

- <https://www.youtube.com/watch?v=Qxud0pL7xho> – **How to Catch a Frisbee**
- <https://www.youtube.com/watch?v=imBl1iTeCZc> – **Catch a Frisbee for Beginners**
- <https://www.youtube.com/watch?v=bB-zFGj3XGM> – **Catching in Ultimate Frisbee**

**\*Unplugged Variation** - Print out catching cues sheet below.

**Part 4:** Have students review the rules of ultimate frisbee. You can create your own presentation or review live with the students - or use the video below. Then, have students watch the ultimate frisbee highlights linked below and reflect on what they watched. In a class discussion or through writing, have students discuss the different throwing and catching skills they saw, rules they saw being followed, and anything else they found interesting.

- <https://www.youtube.com/watch?v=bB-zFGj3XGM> – **How to Play Ultimate Frisbee**
- <https://www.youtube.com/watch?v=oFsNrG3Wl3U> – **Ultimate Frisbee Highlights**

**\*Unplugged Variation** – Print out and review Ultimate 101 Rules sheet below. Have students reflect on what they think is the best throwing and catching skills that they have learned about through a discussion or writing.

#### **Part 5: Sample Assessments**

- Ultimate Frisbee Self Reflection – see below.
- Purposeful Practice Plan – see below.

#### **Unplugged Supplies:**

- “Hall of Fame” sheet print out – see below.
- Throwing cues sheets print out – see below.
- Ultimate 101 Rules sheet print out – see below.

### **Evidence of Student Success**

#### **Sample Assessments**

#### **Sample Assessments**

- Ultimate Frisbee Self Reflection – see below.
- Purposeful Practice Plan – see below.

## Student Learning Supports

### Ideas for Differentiation:

Our goal is for all students to be actively engaged. Below are changes to the lesson to help achieve that goal for students who need additional support. *Note: Be careful using these lessons for all students. If students can complete the activities on their own, it would be best to let them do this independently.*

- Allow students to use foam discs.
- Have students set targets to try to hit and vary the targets' size and distance.

### Opportunities for Extension:

- Students engage in an ultimate frisbee game with a small group.
- See multicultural integration below.
- Have students make their own videos with tips about how to throw and catch a frisbee.
- Have students work on more advanced throws and catches with the frisbee.

## Engaging Families

Have students work on more advanced ball-handling skills, like a crossover - [https://www.youtube.com/watch?v=kkWkt\\_hUp6k](https://www.youtube.com/watch?v=kkWkt_hUp6k)

Students can create their own obstacle course to dribble around and through.

Students can place targets on a wall to practice accuracy while passing.

Students can create their own highlight reel of their own tricks to share.

*\*\*All activities and resources should be previewed before student use. Adjustments should be implemented to provide for individual abilities, needs, and safety.*

“Hall of Fame”

# HALL *OF* FAME

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

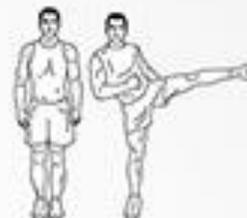
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 march steps



4 reverse lunges



10 side leg raises



20 march steps



4 reverse lunges



10 bicep extensions



20 march steps



4 reverse lunges



10 step jacks

**THROW CUE CARDS**

**Backhand Throw**

- Sideways Stance
- Thumb on Top of Disc
- Forefinger on Rim
- Windup, Disc Across Body
- Step with Same Side Foot
- Point Finger at Target and Release

**Release from: Waist Level**

- Disc Angle: 0° (flat)
- Rotation (rt-hand): Clockwise
- Disc Flight Path: Can be short or long distance, straight or curved pathway.

**Forehand Throw**

- Open Stance
- Thumb on Top of Disc
- Peace Sign on Bottom of Disc
- Dominant Side Step
- Knees Bent
- Flick Wrist

**Release from: Waist Level**

- Disc Angle: 0° (flat)
- Rotation (rt-hand): Counter-Clockwise
- Disc Flight Path: Can be short or long distance, straight or curved pathway.

**Hammer Throw**

- Forehand Grip
- Elbow Bent
- Elbow High, Back Scratch Position
- Step with Opposite Foot
- Release High

**Release from: Above the Shoulder**

- Disc Angle: 135°
- Rotation (rt-hand): Counter-Clockwise
- Disc Flight Path: Long distance, curved outward to the left and then back to the target (assuming rt-handed).

**Chicken Wing Throw**

- Open Stance
- Thumb in Cup
- Four Fingers on Top of Disc
- Arm Out and Parallel with Ground
- Pull Arm and Wrist Back
- Step with Opposite Foot
- Roll Shoulder
- Flick and Release

**Release from: Shoulder Level**

- Disc Angle: 0° (flat)
- Rotation (rt-hand): Counter-Clockwise
- Disc Flight Path: Long distance, straight or curved pathway.

**Push Pass**

- Backhand Grip
- Open Stance
- Arm Parallel to Ground
- Dominant Side Step
- Push and Flick, Disc Should Roll Off Forefinger

**Release from: Waist Level**

- Disc Angle: 0° (flat)
- Rotation (rt-hand): Clockwise
- Disc Flight Path: Short distance, straight pathway.

## THROW CUE CARDS

### Elevator Forehand Throw

- Forehand Grip
- Waist High, Disc Vertical
- Opposite Hand on Top
- Bring to Shoulder, Disc Horizontal
- Flick and Release High

#### **Release from: Shoulder Level**

- Disc Angle: 0° (flat)
- Rotation (rt-hand): Counter-Clockwise
- Disc Flight Path: Lofted high, short distance, straight or curved pathway.

### Elevator Backhand Throw

- Sideways Stance
- Backhand Grip
- Two Hands, Opposite Hand for Support
- Step with Same Side Foot
- Get Low
- Windup, Disc Low
- Release High

#### **Release from: Shoulder Level or Above**

- Disc Angle: 0-45°
- Rotation (rt-hand): Clockwise
- Disc Flight Path: Lofted high, short or long distance, curved pathway.

### High Release Backhand Throw

- Backhand Grip
- Sideways Stance
- Windup, Disc Across Body
- Step with Same Side Foot
- Reach Up
- Release High

#### **Release from: Above Shoulder Level**

- Disc Angle: 0-45°
- Rotation (rt-hand): Clockwise
- Disc Flight Path: Can be short or long distance, straight or curved pathway.

### High Release Forehand Throw

- Forehand Grip
- Open Stance
- Dominant Side Step
- Disc Shoulder Level, then Reach High
- Flick Wrist
- Release High

#### **Release from: Above the Shoulder**

- Disc Angle: 0° (flat)
- Rotation (rt-hand): Counter-Clockwise
- Disc Flight Path: Can be short or long distance, straight or curved pathway.

### Thumber Throw

- Open Stance
- Disc Upside-Down
- Thumb in Cup
- Four Fingers Underneath
- Pull Arm and Wrist Back
- Flick Wrist

#### **Release from: Slightly Above the Shoulder**

- Disc Angle: 45°
- Rotation (rt-hand): Counter-Clockwise
- Disc Flight Path: Long distance, curved outward right, then back to the target (assuming rt-handed).

## CATCH CUE CARDS

### **Pancake Catch (Two Handed)**

- Watch Disc to Hands
- One Hand on Top, One Hand on Bottom (Like a Giant Clam)
- Fingers Spread
- Clap Hands Down on Disc

**Catch Point: Waist to Chin**

### **Alligator Catch (Two Handed)**

- Same Cues as Pancake Catch – But Arms are Straight Hands Far from Body
- Use for Fast Flying Discs

**Catch Point: Belly Button to Shoulders**

### **Rim Catch (Two Handed)**

- Two Hands Reach to Catch
- Both Hands Grab Leading Edge of Disc (One Hand on Either Side)

**Catch Point: Toes to Above the Head**

### **C-Catch (One Handed)**

- Hand Forms a “C” – Fingers Together with Thumb Forming the C
- Throw Above the Elbow – Catch with Thumb on Bottom
- Throw Below the Elbow – Catch with Thumb on Top

**Catch Point: Toes to Above the Head**

## ULTIMATE 101 RULE SHEET

- ✓ Regulation Field: 70 X 40 yards with 2 end zones 25 yards deep.
- ✓ Starting Play: The defensive team pulls from the end zone to the offensive team.
- ✓ Scoring a Point: The disc must be caught in the opposing team's end zone. Two feet must land in the end zone for a point to be scored.
- ✓ Possession and Movement:
  - Players may not run while in possession of the disc. They may only pivot.
  - Players with the disc have 10 seconds to throw once a stall count begins. Defensive players must be within 10 feet of their mark before starting the count.
  - Possession change occurs after a point is scored, or when a pass is incomplete (hits the ground, is blocked, goes out of bounds, is intercepted).
  - No physical contact is allowed between players. Picks and screens are prohibited.
- ✓ There are no referees. Players are responsible for their own fouls and line calls. Calls should be fair and unbiased to uphold the Spirit of the Game.
- ✓ The game ends when one team reaches 15 points or after a set time limit.

# Ultimate Frisbee Self Reflection

## Ultimate Frisbee Self Reflection

**Think about how you worked on throwing the frisbee.**

Pat on the Back! What did you do well?	Try, Try, Again! What should you do next time?

**Think about how you worked on catching the frisbee.**

Pat on the Back! What did you do well?	Try, Try, Again! What should you do next time?

# Ultimate Disc Purposeful Practice Plan

	TOOLS FOR LEARNING <b>ULTIMATE DISC</b>		
<b>PURPOSEFUL PRACTICE PLAN</b>			
Name: _____			
What skill(s) are you working to develop?			
Backhand Throw	Forehand Throw	Hammer Throw	
Pancake Throw	Alligator Catch	Rim Catch	
Describe 3 focused activities that you can do at home to help you improve each of the skills identified above?			
<b>Skill 1:</b> _____			
1) _____			
2) _____			
3) _____			
<b>Skill 2:</b> _____			
1) _____			
2) _____			
3) _____			
<b>Skill 3:</b> _____			
1) _____			
2) _____			
3) _____			
On which days of the week will you practice?			
Monday	Tuesday	Wednesday	Thursday
Friday	Saturday	Sunday	
What time will you practice?			
After School	After Dinner	Before Bedtime	
Who will you practice with?			
By Myself	With a Friend	With a Family Member	
<b>Purposeful Reflections</b>			
<i>Remember, purposeful practice requires focus, effort, mistakes, and success. Every time you make a mistake, reflect on how to improve and then strive for success with every attempt.</i>			



## **MULTICULTURAL INTEGRATION**

Many things make up the cultural fabric of a community. Sport and weather are just 2 factors that can impact culture. *Durango Boot* is a perfect example. On a snowy day in January, a group of friends showed up to play some mid-winter *Ultimate*. Due to the Colorado snow, everyone showed up in boots. There weren't enough people for *Ultimate* so the kids used their boots as a substitute for cones and a new game was invented. Think about your community and talk with your family about how the weather influences your culture and traditions.