

## Week 1

### *Massachusetts Performance Standards*

**The students will:** 2.8-Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others.  
2.9-Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, an accurate striking proficiency.

### UNIT – ULTIMATE FRISBEE

1. Throwing
2. Catching

#### Objectives (Students will...)

1. Students will be able to throw the Frisbee, with proper mechanics, to a stationary target 9 out of 10 throws.
2. Students will be able to pass throw the Frisbee, with proper mechanics, to a moving target 6 out of 10 throws.

#### Essential Question

1. What are the proper physical mechanics for throwing a Frisbee?
2. What are the proper physical mechanics for catching a Frisbee?

#### Mission and Expectations

1. Critical thinking skills.
2. Problem solving skills.
3. Motor skills.

#### Teacher Resources

1. Ninth Edition The Rules of Ultimate
2. Strategies – Teaching Ultimate Frisbee
3. Cones
4. Frisbee
5. Field

#### Media and Technology Resources

1. None

#### Evaluation/Activities

**Lecture/Demonstration:** Throwing and catching the Frisbee.  
**Class work:** Practice throwing and catching the Frisbee.  
**Homework:** None  
**Review:** None  
**Quiz:** None

**Lesson Completion Date** 12/4/09

**Technology Used/ Date Used:** NA

**Completed By:** Belmonte PE Department

**Comments:**

**Week 2**

***Performance Standards***

**The students will: The students will:**2.8-Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others.  
2.9-Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, an accurate striking proficiency.

**Unit/Topic/Lesson**  
**UNIT – ULTIMATE FRISBEE**

1. Rules of Ultimate Frisbee.

**Objectives**

1. Students will demonstrate knowledge of the rules while playing a game of Ultimate Frisbee.

**Essential Question**

1. How do the rules help or hinder the flow of play of Ultimate Frisbee?

**Mission and Expectations**

1. Critical thinking skills.
2. Problem solving skills.
3. Motor skills.

**Teacher Resources**

1. Ninth Edition The Rules of Ultimate
2. Strategies – Teaching Ultimate Frisbee
3. Cones
4. Frisbees
5. Field

**Media Resources**

1. None

**Evaluation/Activities**

**Class work:** To be done on each topic/concept as needed for understanding.

**Homework:** None

**Review:** All weekly concepts.

**Quiz:** None

**Lesson Completion Date:** 12/11/09

**Technology Used/ Date Used:** NA

**Completed By:** Belmonte PE Department

**Comments:**

## Week 3

### *Performance Standards*

**The students will:** 2.8-Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others.  
2.9-Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, an accurate striking proficiency.

### Unit/Topic/Lesson UNIT – ULTIMATE FRISBEE

1. Offensive strategy for the game of Ultimate Frisbee.
2. Defensive strategy for the game of Ultimate Frisbee.

#### Objectives

1. The students will demonstrate understanding of basic offensive strategy when playing a game of Ultimate Frisbee.
2. The students will demonstrate understanding of basic defensive strategy when playing a game of Ultimate Frisbee.

#### Essential Question

1. How does the understanding of game strategy help a team achieve the goal of winning the game?

#### Mission and Expectations

1. Critical thinking skills.
2. Problem solving skills
3. Motor skills.

#### Teacher Resources

1. Ninth Edition The Rules of Ultimate
2. Strategies – Teaching Ultimate Frisbee
3. Frisbees
4. Cones
5. Field

#### Media Resources

1. None

#### Evaluation/Activities

**Class work:** To be done on each topic/concept as needed for understanding.  
**Homework:** None  
**Review:** All weekly concepts.  
**Quiz:** None

**Lesson Completion Date:** 12/18/09

**Technology Used/ Date Used:** NA

**Completed By:** Belmonte PE Department

**Comments:**

**Week 4**

***Performance Standards***

**The students will:** 2.8-Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others.  
2.9-Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, an accurate striking proficiency.

**Unit/Topic/Lesson**  
**UNIT – ULTIMATE FRISBEE**

1. Games

**Objectives**

1. Students will apply skills learned from previous lessons to a competitive game situation.

**Essential Question**

1. Can students apply skills learned to a game situation?

**Mission and Expectations**

1. Critical thinking skills.
2. Problem solving skills.
3. Motor skills.

**Teacher Resources**

1. Ninth Edition The Rules of Ultimate
2. Strategies – Teaching Ultimate Frisbee
3. Cones
4. Frisbee
5. Field

**Media Resources**

1. None

**Evaluation/Activities**

**Class work:** To be done on each topic/concept as needed for understanding.  
**Homework:** None  
**Review:** All weekly concepts.  
**Quiz:** None

**Lesson Completion Date:** 12/25/09

**Technology Used/ Date Used:** NA

**Completed By:** Belmonte PE Department

**Comments:**

