

East Lower School Physical Education

Unit: Ultimate Frisbee

ESTABLISHED GOALS:		Transfer	
<p>Standard 1: Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.</p> <p>Standard 2: Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.</p> <p>Standard 3: Students will understand and be able to manage their personal and community resources.</p>	Scholars will demonstrate tenacity seeking skill development and refinement. They will think purposely when developing a plan for lifelong health and wellness, understanding the value of a physically active lifestyle and the implications of inactivity. They will advocate for themselves and others by seeking out opportunities in the community to be physically active with friends and family		
	Meaning		
	<p>UNDERSTANDINGS <i>Students will understand that...</i></p> <ul style="list-style-type: none">• Ultimate Frisbee involves leadership, problem solving, cooperation and teamwork• Respect should be shown to all players regardless of ability and acknowledge the accomplishments of other players.• Teamwork is necessary for group success in all cooperative endeavors.• Skill acquisition is enhanced through ongoing participation in physical activities		<p>ESSENTIAL QUESTIONS</p> <ul style="list-style-type: none">• How do group activities influence the development of social skills?• How is sportsmanship and fairness related to the enjoyment of physical activity?• How can feedback impact skill level?
	Acquisition		
	<p><i>Students will know...</i></p> <ul style="list-style-type: none">• Frisbee specific skills:<ul style="list-style-type: none">◦ Throwing, catching, running.• Strategy:<ul style="list-style-type: none">◦ Defensive strategy, offensive plays• Rules/Scoring of a game	<p><i>Students will be skilled at...</i></p> <ul style="list-style-type: none">• Procedures for participating in skill drills/game play• Individual sport specific skills• Positive participants/team leaders• Scoring the game• Leadership	
Evaluative Criteria		Assessment Evidence	
<ul style="list-style-type: none">• Active Time Rubric• Personal Social Responsibility Rubric		<p>PERFORMANCE TASK(S):</p> <ul style="list-style-type: none">• Peer Assessment	

<ul style="list-style-type: none">Summative Skill Assessment	<ul style="list-style-type: none">Self-AssessmentTeacher feedback during drillsStudent Demonstrators/Leaders
	OTHER EVIDENCE: <ul style="list-style-type: none">Teacher Observation