**Indian Land High School**

**Physical Education/Health**

**Lesson Plan**

|  |
| --- |
| **Grade Span/Level:**  **Time Frame:****1st Unit:** **Ultimate Frisbee** **Activity:** **passing and catching Objective:** **The student will be able to demonstrate the ability to perform ultimate frisbee skills as it relates passing, catching, guarding, teamwork, sportsmanship, and cooperation.**  |
| Physical Fitness Goals**:** **Throwing/catching and eye-hand coordination. Cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, coordination, balance, speed, power, agility, and reaction time.**Fitness Gram: **Yes [x]  No [ ]**  | **PE** **Standards Addressed:** **1-6****Health Standards Addressed:**  |
| Equipment Needed: frisbees, cones, vests.. |  Space Requirements: Football field |
| Essential Skills: Basic strategies and tactics of the gameSkills: passing, catching, and guarding.Development of cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, balance, coordination, agillity, power, speed, reaction time, cooperation, teamwork, sportsmanship.. Essential Content Knowledge: Rules of etiquette, safety, and game play. Basic strategies and tactics of the game. Knowledge of passing, catching, guarding, weight transfer, force, angles, contact point, and trajectory. Terms:offense, defense, passer, receiver, touchdown=1 point, sideline, endline, out-of-bounds, in-bounds, violation/foul, guard, interception, assist, pivot, cut, trailer, ready position, fake, turnover, field, frisbee, goal line, endzone, handlers (quarterbacks), middle receivers, long receivers, fast break, switch, trap, jab step, pressure, force, give and go, forehand throw, backhand throw, throw-off, free-throw, throw-in, layout, goal area, goal line, passing lane, denial, outlet, pick and roll, screen, square-up, percentage, man to man, zone, motion, possession.  |
| **Activity** | **Description/Process** | **Time** |
| Warm-up | **Dynamic-Jog/sprint, line jumps, shuttle run, push-ups, sit-ups, squats, high knees, a-skip, power skip, bounding, speed rope.** | **5 minutes.** |
| Teacher Demonstration | **The teacher will demonstrate the following: First Day-Background history/rules (Power Point, Visual Aid, Study Guide)-Student Note-Take,****Grip, stance, footwork, passing, catching, and guarding..** | **10 minutes** |
| Practice Activities | **Students will work:independently, with a partner, in groups of 5 (6 teams) and participate in ultimate frisbee games:** **Individual** **Self Throw and Catch (Mid-Air)****Self Shooting (to a Target)** **Partner****Throw and catch (Chest Target, Side Target, Jump Ball, Quick Response)****Pass Patterns 1-9 (1-slant, 2-out, 3-curl, 4-corner, 5-dig, 6-comeback, 7-post, 8-fade, 0-fly)****Guarding (1v1)**  **Team****Passing and Catching with Fakes- Monkey in the Middle (Group of 3)****Give and Go (Group of 3)****3 Man Weave (Groups of 3)****Modified Games-6 teams of 5 players will rotate clockwise and play 5-5 minute games.****Last Day-Written Test, Skills Test, and Round Robin Tournament (Regulation Games).** | **60 minutes** |
| Cool-Down | **Static-Superman, standing hurdles, squatted butterflies, sit and reach, trunk lift.** | **5 minutes.** |
| Monitor and Feedback (Formative Assessments)  | **The teacher will walk around the peripheral area giving specific feedback (ex. making positive comments regarding good effort, attitude, teamwork, good communication skills, and fair play. Teacher Observation, Peer Observation, Skills Test (0-4 Rubric), and Written Test (10 T/F Questions).**  | **Throughout the lesson.** |
| Special Needs/Modifications | **Peer buddies, extended time, preferential spacing, colored equipment, smaller equipment, smaller groups, equal groups based on personalities/ethnicity/gender/ability, music-hip hop.** | **N/A** |
| Integration Elements: | **Literacy Skills:** **Reading and comprehension, interpreting textual information.****Math Skills:** **Counting, angles, geometry, measurement.****Lifetime Appreciation:** **Teamwork, sportsmanship, cooperation, improvement of fitness level, recreational activity, social interaction, family/church/local league participation.** **Health:**  |