

**Physical Education Middle School
Canterbury Public Schools**

Subject	Physical Education
Grade Level	Middle School Grades 5 -8
Unit Title	Ultimate Frisbee / Disc Golf
Unit Goals	<p>Grade 5 and 6 - Disc Golf</p> <ul style="list-style-type: none"> ● Understand the basic skills of: <ul style="list-style-type: none"> ○ Holding the frisbee / Grip ○ Forearm pass ○ Rules ○ Scoring on a sheet of paper ○ Taking turns <p>Grade 5 and 6 - Ultimate Frisbee</p> <ul style="list-style-type: none"> ● Understand the basic skills of: <ul style="list-style-type: none"> ○ Holding the frisbee / Grip ○ Forearm Pass ○ Rules - demonstrate with a larger ball to start ○ Scoring on a sheet of paper ○ Passing / receiving ○ Defensive positioning ○ Sharing of equipment <ul style="list-style-type: none"> ■ 3 pass minimum ■ Share it with the other gender ■ Everyone on your team has to touch it ■ Different point values for different players <p>Grade 7 and 8 - Disc Golf</p> <ul style="list-style-type: none"> ● Review of all skills in grades 5 and 6 ● Understand the basic skills of: <ul style="list-style-type: none"> ○ Backhand throw ○ Creating of own course <p>Grade 7 and 8 - Ultimate Frisbee</p> <ul style="list-style-type: none"> ● Review of all skills in grades 5 and 6 ● Understand the basic skills of: <ul style="list-style-type: none"> ○ Backhand throw ○ Advanced throws <ul style="list-style-type: none"> ■ Hammer throw ○ Strategy development ○ Passing and Receiving from different distances <ul style="list-style-type: none"> ■ Concept behind achievable and non-achievable throws ● Creating new strategies

	<ul style="list-style-type: none"> ● Engagement of all students ● Alterations of games for students with disabilities 														
Pacing (# of weeks)	<p>Ultimate Frisbee 2 weeks - all grades</p> <p>Disc Golf 2 weeks - all grades</p>														
Standards	<table border="1"> <thead> <tr> <th colspan="2">CT Physical Education Standards</th> </tr> </thead> <tbody> <tr> <td>9</td> <td>Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.</td> </tr> <tr> <td>10</td> <td>Students will demonstrate an understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.</td> </tr> <tr> <td>11</td> <td>Students will participate regularly in physical activity.</td> </tr> <tr> <td>12</td> <td>Students will incorporate fitness and wellness concepts to achieve and maintain a health-enhancing level of physical fitness.</td> </tr> <tr> <td>13</td> <td>Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.</td> </tr> <tr> <td>14</td> <td>Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.</td> </tr> </tbody> </table>	CT Physical Education Standards		9	Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	10	Students will demonstrate an understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.	11	Students will participate regularly in physical activity.	12	Students will incorporate fitness and wellness concepts to achieve and maintain a health-enhancing level of physical fitness.	13	Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.	14	Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.
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Content/Conceptual Knowledge (know)	<p>Participating in physical activities has healthful benefits and enables people to remain alert, engaged, (healthy mind and body)</p> <ul style="list-style-type: none"> ● Safety Cues ● Skills ● Communication ● Rules ● Scoring ● Defense & Offense ● Cooperation as a team ● Organization of players and positions ● Achievable and non-achievable passes ● Strategy for success ● Positioning ● The “how to” knowledge of how to play it outside of Physical Education class 														
Skills (be able to do)	<ul style="list-style-type: none"> ● Demonstrate competency in motor skills and movement patterns needed to 														

	<p>perform a variety of physical activities</p> <ul style="list-style-type: none"> ● Demonstrate an understanding of concepts as they apply to the learning and performance of physical activities ● Ultimate Frisbee / Disc Golf related skills of <ul style="list-style-type: none"> ○ Passing and Receiving ○ Advanced throwing and catching
Enduring Understandings	<p>Students will be able to understand...</p> <ul style="list-style-type: none"> ● competency in motor skills and movement patterns needed to perform a variety of volleyball skills. ● movement concepts, principles, strategies and tactics as they apply to volleyball skills. ● that volleyball skills are only one way to participate regularly in physical activity. ● how active participation in volleyball can incorporate fitness and wellness concepts to achieve and maintain a health-enhancing level of physical fitness. ● how exhibiting responsible personal and social behavior while practicing volleyball skills will respect self and others. ● how choosing physical activity through volleyball for health, enjoyment, challenge, self-expression and/or social interaction will allow for one to sustain a physically active lifestyle.
Assessments	<ul style="list-style-type: none"> ● Skill checks ● Stations checks ● Knowledge checks ● Peer assessments <p>** Students will be assessed daily on their understanding and proficiency level of warm up and activity periods. This assessment will be based off a written rubric.</p>
Resources	<ul style="list-style-type: none"> ● Various Levels of Technology <ul style="list-style-type: none"> ○ Videotape ○ Coaches Eye (a program on the Ipad that helps students visually see their learning) ● P.E. Central Lesson Ideas
Strategies	<p><u>Coaches Eye</u> for the purpose of...</p> <ul style="list-style-type: none"> ● student reflection / assessment ● teacher assessment ● peer assessment ● feedback opportunities <p>Other Teaching Strategies...</p> <ul style="list-style-type: none"> ● partner work / partner feedback ● individual work ● divergent problem-solving ● direct teaching
Behaviors	<p>Students will learn to...</p> <ul style="list-style-type: none"> ● Persevere

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| | <ul style="list-style-type: none">● Play fair● Take turns● Peer assess |
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