

This is a preview!



🔍 6th - 12th PE: Frisbee Unit 🎤

**I am a National Board Certified Teacher
with a Master of Education Degree and I have
experience teaching Elementary, Jr. High, and
High School P.E. and Health.**

Experience
is the best
teacher!



Program is standards-based:

Aligned to National and State Standards!

Moving into the Future: National Standards for Physical Education, 2nd Edition

<http://www.aahperd.org/naspe/standards/nationalStandards/PEstandards.cfm>

Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3 - The physically literate individual maintains a health-enhancing level of participation in physical activity.

Standard 4 - The physically literate individual respects self and others.

Standard 5 - The physically literate individual enjoys physical activity, challenge, self-expression and cooperation.

Physical Literacy Unit Check List



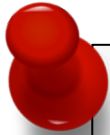
***How Did This _____ Unit
Do Meeting National P.E. Standards?***



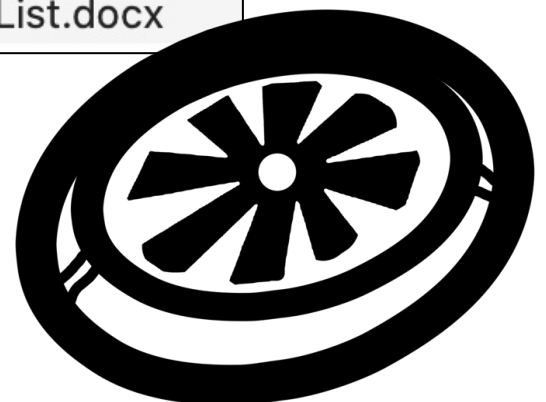
National P.E. Standards:	Activities in this unit that meet these standards:	Check Here if Completed:
Standard 1 - The physically literate individual demonstrates competency in a variety of <u>motor skills and movement patterns</u> .		
Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to <u>movement and performance</u> .		



Here is an Overview of the Program:



Frisbee Unit and Games	
Name	
	01 Frisbee Unit and Games.docx
	01 Frisbee Unit and Games.pdf
✓ 	02 Warm Ups and Stretching
	8 Down.docx
	8 Down.pdf
	Jogging Warm Up.docx
	Jogging Warm Up.pdf
	Stand and Sit Stretches.docx
	Stand and Sit Stretches.pdf
	Warm Up Stretches.docx
	Warm Up Stretches.pdf
	Warm Ups From Full Sem Lessons.pdf
	03 Peer Grading Sheet.docx
	03 Peer Grading Sheet.pdf
	04 Play Score Sheet.pdf
	05 Physical Literacy Unit Check List.docx



What is Included in this Program:

1

Teacher Directions

2

Skills, drills, instruction cues, and games!!



3

Warm Ups/Stretching

4

Peer Grading and Physical Literacy Check Off

1

Step-by-Step Teacher Directions:

Intro + Form for Throwing and Catching a Frisbee:

These illustrations are "live" if you want to see them online for your students:

<https://www.wikihow.com/Throw-a-Frisbee>

VIDEO: <https://www.youtube.com/watch?v=ZEwnr7pcK>

1. Grip the Frisbee in your fist. Your thumb should be on top of the Frisbee, your index finger should be against the edge and your remaining fingers should touch the underside.^[1]
2. Stand with your feet at a 90-degree angle to your target. Your right foot should be in front if you are right-handed, and your left foot should be in front if you are left-handed.^[2]



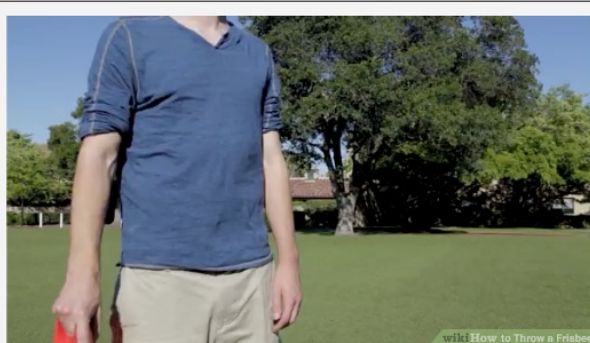
- 3+4. Curl your wrist slightly back towards your body as you hold the Frisbee. Your elbow should be pointing up and outward. Point it at your target. Straighten your arm fast and try to flick!



- 1 Grip the Frisbee in your fist. Your thumb should be on top of the Frisbee, your index finger should be against the edge and your remaining fingers should touch the underside.^[1]



- 2 Stand with your feet at a 90-degree angle to your target. Your right foot should be in front if you are right-handed, and your left foot should be in front if you are left-handed.^[2]



- 3 Curl your wrist slightly back towards your body as you hold the Frisbee. Your elbow should be pointing up and outward.^[3]



- 4 Point the Frisbee at your target. Usually, you are throwing your Frisbee to another person, so you will want to aim your Frisbee so that your partner can catch it easily.

Frisbee Golf:

<u>National Standards Met:</u> Nat. P.E. Standard 1,2,4,5	<u>Common Core Standards Met:</u> Writing 4	
<u>Equipment Needed:</u>	<u>How Many:</u>	<u>Directions:</u>
Frisbees	1 for each student, or 1 for each pair of students	<i>You will need to edit this so you are only offering activities for the equipment you have!</i>
Score Card	1 for each group of 4 students	
Either purchase Frisbee Golf Nets , or any old equipment can be used, or to make your course a bit harder since they'd need to not just hit a tree trunk, but actually get the Frisbee in the hole or in part of an object. For instance, you could use old tires, bike innertubes hanging, buckets, garbage cans, Hula hoops, ropes, etc.	1 for each hole	<i>See game directions below..</i>

Before Class Today:

You can purchase ready-made [Frisbee golf nets](#), sets with Frisbees and "holes" included, (Similar to this picture) but you can just as easily, and for way cheaper make your own course. Any old equipment can work if you want to use it and you can make your course a bit harder since they'd need to not just hit a tree trunk, but actually get the Frisbee in the hole or in part of an object. For instance, you could use old tires, bike innertubes hanging, buckets, garbage cans, Hula hoops, ropes, etc.



Frisbee Golf Score Card:

<u>Names:</u>	<u>1.</u>	<u>2.</u>	<u>3.</u>	<u>4.</u>
Hole 1 scores:				
Hole 2 scores:				
Hole 3 scores:				
Hole 4 scores:				
Hole 5 scores:				

2

Skills, drills, instruction cues, and games!!

Ultimate Frisbee:

Equipment Needed:

- Frisbees
- pinnies

1. Cover or review how to throw and catch a Frisbee
2. With a partner if you have enough Frisbees (optional)
3. Go over Ultimate Frisbee Rules:

The game is played by 2 equal sized teams on a field.

Teams set up facing each other each on their own half of the field, but there are no set positions. One team starts with the Frisbee and throws it out like a football.



3 Do not make contact with opposing players. Physically contacting players on the opposing team is illegal. Picks, screens, and other disruptive plays are not allowed in Ultimate Frisbee. It's important for defenders to be disruptive and guard the other team, much as in basketball, but without actually coming into contact.^[7]

- It is up to the defender guarding the player in possession of the Frisbee to count to 10, usually aloud. It is this defender's job to police 10-second infractions.

Frisbee Baseball:

Equipment Needed:

- 15-20 Frisbees
- 4 Hula hoops for bases
- garbage can

1. Divide into two teams like baseball. field. At the pitcher's mound put a garbage can.

2. **First 5 batters** come up to bat, each

3. All 5 at the same time toss their Frisbee to the bases. They can keep running and throw the Frisbee into the garbage can by the outfield. They don't have to throw it into the garbage can and be safe. Once a player gets home the game goes to the end of the line. (or you can have a pitcher throw the Frisbee to the bases.)

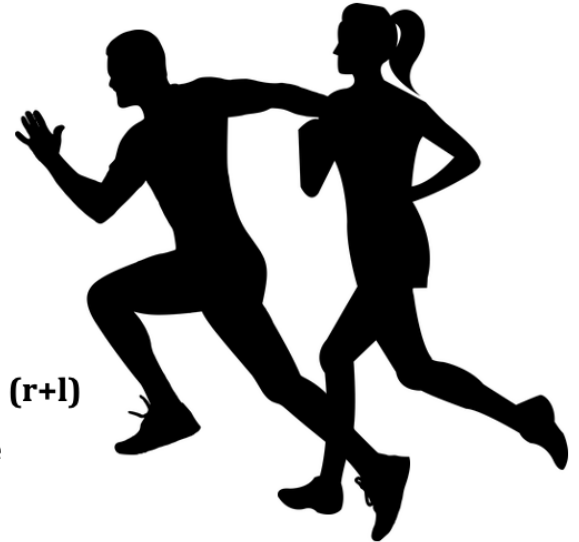


3

Warm Ups/Stretching

Warm Up Before Jogging:

1. heel forw., head to knee
2. point and flex
3. back leg go straight, heel down



8-Down Warm Up: Add as many as you can

- 8 jumping jacks
- 8 crunchies

pull across (r+l)

head to knee

down

back

runner's stretch

back, pull forw.



#1: Move It Warm Up:

1. Step to side, tap and back 8x
2. Opp hand pulls knee 4x
3. Other side opp. hand pull 4x
4. Grapevine right with a clap 5x
5. Break a stick on knees forward 4x
6. Grapevine left with a clap 5x
7. 4x step right jump up, step back
8. 4x step left jump up, step back
9. 4x side right leg lifts (arms out to side)
10. 4x side right leg lifts (arms out to side)
11. Repeat if you don't feel warm yet!



Jogging Warm Up Stretches:

1. heel forward., head to knee-switch sides
2. point and flex foot-switch sides
3. back leg go straight, lean on a wall, back heel
4. arm straight forward use opposite hand to pull
5. grab both hands behind back and lean forward
6. turn L. and be centered-put head to both knees
7. stand it up-still centered, hands behind back
8. quad stretch legs-bend knee and grasp foot



Stretching #1:

1. Heel forw., head to knee
2. Point and flex
3. Back leg go straight, heel down
4. Arm straight forward and pull across (r+l)
5. Repeat other heel forw., head to knee
6. Point and flex
7. Back leg go straight, heel down
8. Grab both hands behind back
9. Turn L. and be centered-runner's stretch both ways
10. Stand it up-hands behind back, pull forw.
11. Quad stretch legs

4

Peer Grading and Physical Literacy Check Off

Play Score Sheet

Student Assessment Form:

Student Name: _____

Period: _____

Date: _____

Class: _____

Skill Assessing: _____

Comments/Observations: _____



Circle Score: Grade:

A	A-	B	C	D
10	9	8	7	6
Excellent	Very Good	Good	Adequate	Acceptable could improve

Physical Literacy Unit Check List



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Do Meeting National P.E. Standards?***



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Works Cited:

About the Author:

- ◆ I am a certified K-12 Physical Education and Language Arts teacher and I also have my Health certification. Over my teaching career I've taught all grade levels and a variety of subjects, including: Junior High P.E.; 8th Grade Reading; Elementary P.E.; 9th Grade English; 9th Grade P.E.; High School Aerobics; and 9th Grade Health. I have my Master's of Education Degree in Instructional Technology and I received my National Board Certification in Health.
- ◆ My hobbies include my family, photography, birding, reading, gardening, sewing, hiking, camping, and travelling.

Standards:

<https://www.k12.wa.us/sites/default/files/public/healthfitness/standards/healtheducationk-12learningstandards.pdf>
<http://www.cdc.gov/healthyyouth/sher/standards/>

Graphics:

<https://pixabay.com/>

<https://openclipart.org>

<http://www.clker.com>

Stay Safe Move More symbol:

<https://content.govdelivery.com/accounts/AKDHSS/bulletins/261df70>

