

Winslow Township School District
9-12 Physical Education
Ultimate Frisbee

Overview: The students will learn and practice methods to play the game of Ultimate Frisbee, utilizing rules, skills, cooperation and teamwork. Students will have opportunities to progress their skills through individual and group practices.

Overview	Standards	Unit Focus	Essential Questions
Ultimate Frisbee	2.2.12.MSC.4 2.2.12.MSC.5 2.2.12.MSC.1 2.2.12.MSC.2 2.2.12.MSC.3 2.2.12.PF.2 WIDA 1	<ul style="list-style-type: none"> • Use the information gathered to further explore the impact of Ultimate Frisbee as a global sport. • Understand and identify technical, tactical and positional play. • Analyze the rules and apply them to game situations 	<ul style="list-style-type: none"> • How can team sports relate to life skills? • How can team sports help to improve lifelong fitness? • How can understanding sportsmanship, rules, and safety carry over into everyday life?
Enduring Understandings		<ul style="list-style-type: none"> • It is important to understand that various movement skills can be transferred from one game to another in order to be successful while playing a particular game. An example would be tennis to badminton. • Implementing offensive and defensive strategy into games improves performance by increasing the individual team player's ability to work as a unit to achieve a common goal. • By understanding good sportsmanship, rules and safety you can enhance your social interaction, ethical behavior and cooperation skills to be a productive member of society. • Team sports can affect and benefit the overall health of an individual by improving cardiovascular fitness, muscular strength and muscular endurance. 	<ul style="list-style-type: none"> • How can implementing offensive and defensive strategies improve team performance? • How do you use speed and agility in the game? • What formations are used for offensive and defensive tactics? • What physical fitness skills are required to be successful at this sport? • What forms of communication are necessary during a team sport? • Why is it important to know your own role in the game? • How can you help the team even when you are not the strongest player or most skilled?

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Curriculum Unit	Standards		Pacing	
			Days	Unit Days
Ultimate Frisbee	2.2.12.MSC.4	Analyze etiquette, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance, participation, and behavior.	2	13
	2.2.12.MSC.5	Develop rule changes to existing games, sports, and activities that enhance participation, safety, and enjoyment.	2	
	2.2.12.MSC.1	Explain and demonstrate ways to apply movement skills from one game, sport, aerobics, or recreational activity to another including striking skills (e.g., tennis, badminton, ping pong, racquetball, pickleball).	2	
	2.2.12.MSC.2	Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.	2	
	2.2.12.MSC.3	Design, lead and critique rhythmic and physical activity that includes variations in time, space, force, flow, and relationships (e.g., creative, cultural, social, aerobics dance, fitness).	2	
	2.2.12.PF.2	Respect and appreciate all levels of ability and encourage with care during all physical activities.	1	
	Assessment, Re-teach and Extension		2	

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Ultimate Frisbee Grade 9-12		
Content Statement	Indicator #	Indicator
Individual and team execution requires interaction, respect, effort, and positive attitude.	2.2.12.MSC.4	Analyze etiquette, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance, participation, and behavior.
Individual and team execution requires interaction, respect, effort, and a positive attitude.	2.2.12.MSC.5	Develop rule changes to existing games, sports, and activities that enhance participation, safety, and enjoyment.
Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity (e.g., games, sports, aerobics, fitness activities).	2.2.12.MSC.1	Explain and demonstrate ways to apply movement skills from one game, sport, aerobics, or recreational activity to another including striking skills (e.g., tennis, badminton, ping pong, racquetball, pickleball).
Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity (e.g., games, sports, aerobics, fitness activities).	2.2.12.MSC.2	Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
The quality of feedback from others, self assessment as well as effort and repetition influences movement skills, concepts, and performance.	2.2.12.MSC.3	Design, lead and critique rhythmic and physical activity that includes variations in time, space, force, flow, and relationships (e.g., creative, cultural, social, aerobics dance, fitness).
Physical and emotional growth often relies on taking personal responsibility for developing and maintaining physical fitness levels that also provide opportunities for self expression, enjoyment, and emotional satisfaction	2.2.12.PF.2	Respect and appreciate all levels of ability and encourage with care during all physical activities.

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Ultimate Frisbee Grade 9-12

Assessment Plan

- Assess student's knowledge in the form of a written test.
- Survey student's knowledge through a K-W-L-A chart
- Teacher observation of skills
- Self-evaluation
- Peer evaluation
- Lead-up games
- Translation to game play
- Teacher lead skill based instruction
- Drill work
- Lead up game
- Student created drill work
- Current Event Article Summary
- Questioning Strategies
- Video Analysis
- Polls/Surveys
- Exit Tickets

Alternative Assessments:

In small groups students will practice/perform/evaluate the various types of pickle ball skills. One student will videotape the practice/performance to use for review and skill evaluation.

Skill Rubrics

Written Rubrics on identified activities

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Resources	Activities
<p>www.pecentral.com www.njapherd.org</p> <p><u>Diversity, Equity & Inclusion Educational Resources</u> https://www.nj.gov/education/standards/dei/</p>	<ul style="list-style-type: none"> • History • Rules/regulations • Safety • Strategy/systems of play • Sportsmanship/Etiquette • Defensive and Offensive Strategies • Throwing • Catching • Scoring • Offense /Defense • Modified Games • Games/Tournaments
Instructional Best Practices and Exemplars	
<ol style="list-style-type: none"> 1. Identifying similarities and differences 2. Summarizing and note taking 3. Reinforcing effort and providing recognition 4. Homework and practice 5. Nonlinguistic representations 	<ol style="list-style-type: none"> 6. Cooperative learning 7. Setting objectives and providing feedback 8. Generating and testing hypotheses 9. Cues, questions, and advance organizers 10. Manage response rates

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9.1 Personal Financial Literacy, 9.2 Career Awareness, Exploration, Preparation and Training & 9.4 Life Literacies and Key Skills

9.2.12.CAP.6: Identify transferable skills in career choices and design alternative career plans based on those skills.

9.4.12.CI.1: Demonstrate the ability to reflect, analyze, and use creative skills and ideas

9.4.12.TL.3: Analyze the effectiveness of the process and quality of collaborative environments.

The implementation of the 21st Century skills and standards for students of the Winslow Township District is infused in an interdisciplinary format in a variety of curriculum areas that include, English language Arts, Mathematics, School Guidance, Social Studies, Technology, Visual and Performing Arts, Science, Physical Education and Health, and World Language.

Additional opportunities to address 9.1, 9.2 & 9.4:

Philadelphia Mint

<https://www.usmint.gov/learn/kids/resources/educational-standards>

Different ways to teach Financial Literacy.

<https://www.makeuseof.com/tag/10-interactive-financial-websites-teach-kids-money-management-skills/>

Modifications for Special Education/504

Students with special needs: Supports, Accommodations, and Modifications must be provided as stated in IEP, 504 Plan, or CST Team Intervention Plan, and may include (but are not limited to) the following:

Equipment size	Modified rules
Pictures	Preferential Seating
Spacing / distance	Modifications to Equipment
Peer partnering	Study guides/notes
Larger print	Modifications of assignments
Relaxed rules	Modifications of due dates
Safe environment	Modified Tests/Quizzes

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Modifications for At-Risk Students

Formative and summative data will be used to monitor student success. Student work/performance will be reviewed to determine support. This may include parent notification, basic skills review and differentiation strategies. With considerations to UDL, time may be a factor in overcoming developmental considerations. More time will be made available with a certified instructor to aid students in reaching the standards or:

- Increase one on one time
- Teachers may modify instructions by modeling what the student is expected to do
- Oral prompts can be given.
- Using visual demonstrations, illustrations, and models
- Give directions/instructions verbally and in simple written format.
- Peer Support

English Language Learners

All WIDA Can Do Descriptors can be found at this link:

<https://wida.wisc.edu/teach/can-do/descriptors>

Grades 9-12 WIDA Can Do Descriptors:

Listening Speaking Reading Writing Oral Language

This particular unit has limited language barriers due to the physical nature of the curriculum. The following can be utilized: Review previously learned terminology. Display labeled images of activity/sport terminology.

Assign a native language partner.

- Assign a native language partner.
- Pointing to objects as you say them, such as 'basketball' or 'racquet'
- Physically demonstrating something, such as dribbling a basketball
- Developing non-verbal cues, such as holding up a hand to say 'stop'
- Using a whistle to indicate start and stop times or errors
- Referring to a picture or diagram when introducing a new activity

Modifications for Gifted Students

Students excelling in mastery of standards will be challenged with complex, high level challenges related to the complexity of the unit requirements. This will include allowing more opportunities to demonstrate creativity. In addition, the following can be utilized:

- Alternate Learning Activities/Units: Opportunities to pursue alternate activities permit students to engage in new learning and avoid the boredom of repeating instruction or unnecessary practice in skills already mastered.
- Create and lead the class in a warm up focusing on body alignment, balance, strength, and coordination.
- Create a detailed report on observations of other students and professional athletes.

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Interdisciplinary Connections

ELA
NJSLSA.SL1 Prepare for and participate effectively in a range of conversations and collaborations with diverse partners, building on others' ideas and expressing their own clearly and persuasively.
NJSLSA.SL2 Integrate and evaluate information presented in diverse media and formats, including visually, quantitatively, and orally.

Interdisciplinary Standards

RH.6-8.7 Integrate visual information (e.g., in charts, graphs, photographs, videos, or maps) with other information in print and digital texts.
RST.6-8.3 Follow precisely a multistep procedure when carrying out experiments, taking measurements, or performing technical tasks.
HS-LS2-3. Construct and revise an explanation based on evidence for the cycling of matter and flow of energy in aerobic and anaerobic conditions.

Integration of Computer Science and Design Thinking NJSLS 8

8.1.12.IC.1: Evaluate the ways computing impacts personal, ethical, social, economic, and cultural practices
8.2.12.ED.1: Use research to design and create a product or system that addresses a problem and make modifications based on input from potential consumers.