

Content: Physical Education	Grade/Course: 4th	Timeline: 5 days (Week 9)
<p>Standard(s):</p> <p>4.1.1 Demonstrate mature (proficient) movement patterns in locomotor, nonlocomotor, and manipulative skills.</p> <p>4.1.2 Practice combinations of movement skills for specific sports.</p> <p>4.2.1 Describe critical elements of correct movement patterns for fundamental movement skills.</p> <p>4.2.2 Apply the concept of practice to improve movement skills.</p> <p>4.2.4 Recognize and describe critical elements of complex movement patterns.</p> <p>4.3.3 Identify and participate in lifetime physical activities.</p> <p>4.5.1 Exhibit independence and the ability to succeed in groups in physical activity settings.</p> <p>4.5.2 Follow rules and safe practices in all class activities without being reminded.</p> <p>4.6.2 Interact positively with classmates and friends in physical activity.</p>		
<p>Lesson Overview:</p> <p>Students will learn safety, rules, and regulations for playing soccer and how to correctly perform movements and motor skills.</p> <p>Students will dribble, pass, trap and shoot with 80% accuracy.</p> <p>Students will play soccer with teammates while following all the rules and guidelines.</p>	<p>Lesson Objective(s):</p> <p>In this lesson, students will be able to</p> <ul style="list-style-type: none"> • Demonstrate mature movement patterns • Dribble, pass, and trap a ball with a partner. • Understand and demonstrate the rules of soccer. • Demonstrate the game of soccer with teammates. 	
<p>Vocabulary:</p> <p>Dribble Pass Trap Shoot Throw-in Scrimmage Strategy</p>	<p>Focus Question(s):</p> <p>How can I exhibit independence and the ability to succeed in groups in physical activity settings?</p> <p>How do I Interact positively with classmates and friends in physical activity.</p> <p>How can I be a better team player and leader?</p>	

Description of Lesson (Including Instructional Strategies):

Anticipatory Set: Discuss the importance of being a team player and leader.

Instruction and Strategies:

Whole class instruction/interaction. Demonstrate and follow.

Guided Practice:

Day 1-4 (Scrimmage)(Practice)

- Materials: Goals, Open area, soccer balls, whistle
- With two goals and an open area set up students will have a mini scrimmage.
- Talk to students about safety (running near other students/kicking/tripping).
- Split your class in half and walk through the game of soccer while they are playing. Don't stop the game unless, give direction in real time. Patience is key to helping the students develop and understand all aspects of the game.
- Have a whistle handy to get students attention.
- Go over any skills that students may need to be refreshed on.

Day 5

- Assessment

Formative Assessment:

Performance Assessment: Assess how students perform each of the skills (dribble, pass, throw in, trapping and shooting)

Assess how well students perform skills as well as their communication amongst teammates.

Continue to rate the students on correctly performed skills.

Assessment: (Reflection)

- Answer the following questions:
 1. What do you think are the 3 most important things you learned in 1st quarter soccer?
 2. Did you improve in soccer? Explain.
 3. What did you like most about soccer?
 4. What did you dislike the most?

5. What would make it better?

Closure: Share with the students that playing team sports can only get so far as an individual. It takes great teamwork and personal skill to excel in any team sport. Let students know that different sports have different skills and techniques and that it's important to practice individual skills. Build on what you've learned. Practice! Practice! Practice!

Independent Practice:

Join outside organized sports leagues.
Practice skills at home.

Accommodations/Modifications:

- Less repetitions
- performing modified tasks.

Resources (Textbook and Supplemental): <http://www.pecentral.org/>

- Soccer ball or equivalent sized balls.
- Soccer goal
- Open area with no obstructions.

Content: Physical Education	Grade/Course: 4th	Timeline: Oct. 26-30
<p>Standard(s):</p> <p>4.1.1 Demonstrate mature (proficient) movement patterns in locomotor, nonlocomotor, and manipulative skills.</p> <p>4.1.2 Practice combinations of movement skills for specific sports.</p> <p>4.2.1 Describe critical elements of correct movement patterns for fundamental movement skills.</p> <p>4.2.2 Apply the concept of practice to improve movement skills.</p> <p>4.2.4 Recognize and describe critical elements of complex movement patterns.</p> <p>4.3.3 Identify and participate in lifetime physical activities.</p> <p>4.5.1 Exhibit independence and the ability to succeed in groups in physical activity settings.</p> <p>4.5.2 Follow rules and safe practices in all class activities without being reminded.</p> <p>4.6.2 Interact positively with classmates and friends in physical activity.</p>		
<p>Lesson Overview:</p> <p>Students will learn safety, rules, and regulations for playing Ultimate Frisbee and how to correctly perform movements and motor skills.</p> <p>Students will throw, pass, defend, and catch a Frisbee with 80% accuracy.</p> <p>Students will play Ultimate Frisbee with teammates while following all the rules and guidelines.</p>	<p>Lesson Objective(s):</p> <p>In this lesson, students will be able to</p> <ul style="list-style-type: none"> • Demonstrate mature movement patterns • Pass and Catch a Frisbee with 80% accuracy. 	
<p>Vocabulary:</p> <p>Frisbee Defense Goal Catch Backhand throw Pull Travel Pivot Turnover</p>	<p>Focus Question(s):</p> <p>How can I exhibit independence and the ability to succeed in groups in physical activity settings?</p> <p>How do I Interact positively with classmates and friends in physical activity.</p> <p>How can I be a better team player and leader?</p>	

Description of Lesson (Including Instructional Strategies):

Anticipatory Set: Ask the class “Who knows what Ultimate Frisbee is?”

Instruction and Strategies:

Whole class instruction/interaction. Demonstrate and follow.

Guided Practice:

Day 1- (Background information) (Social Studies Integration)

- Show the students highlights of Ultimate Frisbee.
<https://www.youtube.com/watch?v=byy0iWakkIO>
- Use the following website to share the history of the Frisbee and the game of Ultimate Frisbee.
- <http://www.wfdf.org/history-stats/history-of-ultimate>

Day 2-5 (Basic Skills) A good reference to show and use is:

<https://www.youtube.com/watch?v=Mlf7nfKYK40>

- Teach the students the basic skills and technique to throw a Frisbee.
- Teach the students the basic skill and technique for catching a Frisbee.
- After demonstrations have the students group up and divided evenly (depending on how many Frisbees you have)
- Have student practice the 2 basic skills.

Formative Assessment:

Performance Assessment: Assess how students perform each of the skills (backhand throw and catch.)

You can test the students by doing best out of 10 throws and catches.

Assessment:

Closure: Share with the students that playing team sports can only get so far as an individual. It takes great teamwork and personal skill to excel in any team sport. Let students know that different sports have different skills and techniques and that it's important to practice individual skills. Build on what you've learned. Practice! Practice! Practice!

Independent Practice:

Practice skills at home.

Accommodations/Modifications:

- Less repetitions
- performing modified tasks.

Resources (Textbook and Supplemental):

- Frisbees
- <https://www.youtube.com/watch?v=Mlf7nfKYK40>
- <http://gymclassultimatefrisbee.com/>
- <http://www.wfdf.org/history-stats/history-of-ultimate>
- Open area with no obstructions.

Content: Physical Education	Grade/Course: 4th	Timeline: Nov. 4-6
<p>Standard(s):</p> <p>4.1.1 Demonstrate mature (proficient) movement patterns in locomotor, nonlocomotor, and manipulative skills.</p> <p>4.1.2 Practice combinations of movement skills for specific sports.</p> <p>4.2.1 Describe critical elements of correct movement patterns for fundamental movement skills.</p> <p>4.2.2 Apply the concept of practice to improve movement skills.</p> <p>4.2.4 Recognize and describe critical elements of complex movement patterns.</p> <p>4.3.3 Identify and participate in lifetime physical activities.</p> <p>4.5.1 Exhibit independence and the ability to succeed in groups in physical activity settings.</p> <p>4.5.2 Follow rules and safe practices in all class activities without being reminded.</p> <p>4.6.2 Interact positively with classmates and friends in physical activity.</p>		
<p>Lesson Overview:</p> <p>Students will learn safety, rules, and regulations for playing Ultimate Frisbee and how to correctly perform movements and motor skills.</p> <p>Students will throw, pass, defend, and catch a Frisbee while moving with 80% accuracy.</p> <p>Students will play Ultimate Frisbee with teammates while following all the rules and guidelines.</p>	<p>Lesson Objective(s):</p> <p>In this lesson, students will be able to</p> <ul style="list-style-type: none"> • Demonstrate mature movement patterns • Pass and Catch a Frisbee while moving with 80% accuracy. 	
<p>Vocabulary:</p> <p>Frisbee Defense Goal Catch Backhand throw Pull Travel Pivot Turnover</p>	<p>Focus Question(s):</p> <p>How can I exhibit independence and the ability to succeed in groups in physical activity settings?</p> <p>How do I Interact positively with classmates and friends in physical activity.</p> <p>How can I be a better team player and leader?</p>	

Description of Lesson (Including Instructional Strategies):

Anticipatory Set: Ask the class “Who knows what Ultimate Frisbee is?”

Instruction and Strategies:

Whole class instruction/interaction. Demonstrate and follow.

Guided Practice:

Day 1-3 (Basic Skills) A good reference to show and use is:

<https://www.youtube.com/watch?v=Mlf7nfKYK40>

- Review basic Frisbee skills (passing and catching).
- Have students practice passing and catching with a small group. (5-6 Students)
- Have students spaced out at least 20 feet away from the next while practicing.
- When students become more proficient, throw long passes and have students run after it or get into position to catch it. (Learning to anticipate the Frisbees movement.)

Formative Assessment:

Performance Assessment: Assess how students perform each of the skills (backhand throw and catch.)

You can test the students by doing best out of 10 throws and catches.

Assessment:

Closure: Share with the students that playing team sports can only get so far as an individual. It takes great teamwork and personal skill to excel in any team sport. Let students know that different sports have different skills and techniques and that it's important to practice individual skills. Build on what you've learned. Practice! Practice! Practice!

Independent Practice:

Practice skills at home.

Accommodations/Modifications:

- Less repetitions
- performing modified tasks.

Resources (Textbook and Supplemental):

- Frisbees
- <https://www.youtube.com/watch?v=Mlf7nfKYK40>
- <http://gymclassultimatefrisbee.com/>
- <http://www.wfdf.org/history-stats/history-of-ultimate>
- Open area with no obstructions.

Content: Physical Education	Grade/Course: 4th	Timeline: 5 Days (Week 4)
<p>Standard(s):</p> <p>4.1.1 Demonstrate mature (proficient) movement patterns in locomotor, nonlocomotor, and manipulative skills.</p> <p>4.1.2 Practice combinations of movement skills for specific sports.</p> <p>4.2.1 Describe critical elements of correct movement patterns for fundamental movement skills.</p> <p>4.2.2 Apply the concept of practice to improve movement skills.</p> <p>4.2.4 Recognize and describe critical elements of complex movement patterns.</p> <p>4.3.3 Identify and participate in lifetime physical activities.</p> <p>4.5.1 Exhibit independence and the ability to succeed in groups in physical activity settings.</p> <p>4.5.2 Follow rules and safe practices in all class activities without being reminded.</p> <p>4.6.2 Interact positively with classmates and friends in physical activity.</p>		
<p>Lesson Overview:</p> <p>Students will learn safety, rules, and regulations for playing Ultimate Frisbee and how to correctly perform movements and motor skills.</p> <p>Students will throw, pass, defend, and catch a Frisbee while moving with 80% accuracy.</p> <p>Students will play Ultimate Frisbee with teammates while following all the rules and guidelines.</p>	<p>Lesson Objective(s):</p> <p>In this lesson, students will be able to</p> <ul style="list-style-type: none"> • Demonstrate mature movement patterns • Pass and Catch a Frisbee while moving with 80% accuracy. 	
<p>Vocabulary:</p> <p>Frisbee Defense Goal Catch Backhand throw Pull Travel Pivot Turnover</p>	<p>Focus Question(s):</p> <p>How can I exhibit independence and the ability to succeed in groups in physical activity settings?</p> <p>How do I Interact positively with classmates and friends in physical activity.</p> <p>How can I be a better team player and leader?</p>	

Description of Lesson (Including Instructional Strategies):

Anticipatory Set: Ask the class if any of them has practice playing Frisbee.

Instruction and Strategies:

Whole class instruction/interaction. Demonstrate and follow.

Guided Practice:

Day 1-5 (Basic Skills) A good reference to show and use is:

<https://www.youtube.com/watch?v=Mlf7nfKYK40>

- Review basic Frisbee skills (passing and catching).
- Have students practice passing and catching with a small group. (5-6 Students)
- Have students spaced out at least 20 feet away from the next while practicing.
- When students become more proficient, throw long passes and have students run after it or get into position to catch it. (Learning to anticipate the Frisbees movement.)
- (New Skill) Have students practice throwing longer passes to their classmates accurately.
- (New Skill) Throwing a Frisbee over another student for their team mate to catch.

Formative Assessment:

Performance Assessment: Assess how students perform each of the skills (backhand throw and catch.)

You can test the students by doing best out of 10 throws and catches.

Assessment:

Closure: Share with the students that playing team sports can only get so far as an individual. It takes great teamwork and personal skill to excel in any team sport. Let students know that different sports have different skills and techniques and that it's important to practice individual skills. Build on what you've learned. Practice! Practice! Practice!

Independent Practice:

Practice skills at home.

Accommodations/Modifications:

- Less repetitions
- performing modified tasks.

Resources (Textbook and Supplemental):

- Frisbees
- <https://www.youtube.com/watch?v=Mlf7nfKYK40>
- <http://gymclassultimatefrisbee.com/>
- <http://www.wfdf.org/history-stats/history-of-ultimate>
- Open area with no obstructions.

Content: Physical Education	Grade/Course: 4th	Timeline: 5 Days (Week 5)
<p>Standard(s):</p> <p>4.1.1 Demonstrate mature (proficient) movement patterns in locomotor, nonlocomotor, and manipulative skills.</p> <p>4.1.2 Practice combinations of movement skills for specific sports.</p> <p>4.2.1 Describe critical elements of correct movement patterns for fundamental movement skills.</p> <p>4.2.2 Apply the concept of practice to improve movement skills.</p> <p>4.2.4 Recognize and describe critical elements of complex movement patterns.</p> <p>4.3.3 Identify and participate in lifetime physical activities.</p> <p>4.5.1 Exhibit independence and the ability to succeed in groups in physical activity settings.</p> <p>4.5.2 Follow rules and safe practices in all class activities without being reminded.</p> <p>4.6.2 Interact positively with classmates and friends in physical activity.</p>		
<p>Lesson Overview:</p> <p>Students will learn safety, rules, and regulations for playing Ultimate Frisbee and how to correctly perform movements and motor skills.</p> <p>Students will throw, pass, defend, and catch a Frisbee while moving with 80% accuracy.</p> <p>Students will play Ultimate Frisbee with teammates while following all the rules and guidelines.</p>	<p>Lesson Objective(s):</p> <p>In this lesson, students will be able to</p> <ul style="list-style-type: none"> • Demonstrate mature movement patterns • Pass and Catch a Frisbee while moving with 80% accuracy. 	
<p>Vocabulary:</p> <p>Frisbee Defense Goal Catch Backhand throw Pull Travel Pivot Turnover</p>	<p>Focus Question(s):</p> <p>How can I exhibit independence and the ability to succeed in groups in physical activity settings?</p> <p>How do I Interact positively with classmates and friends in physical activity.</p> <p>How can I be a better team player and leader?</p>	

Description of Lesson (Including Instructional Strategies):

Anticipatory Set: Ask the class if any of them has practice playing Frisbee.

Instruction and Strategies:

Whole class instruction/interaction. Demonstrate and follow.

Guided Practice:

Day 1-5 (Basic Skills) A good reference to show and use is:

<https://www.youtube.com/watch?v=Mlf7nfKYK40>

- Continue teaching the fundamental skills.
- Review basic Frisbee skills (passing and catching).
- Have students practice passing and catching with a small group. (5-6 Students)
- Have students spaced out at least 20 feet away from the next while practicing.
- When students become more proficient, throw long passes and have students run after it or get into position to catch it. (Learning to anticipate the Frisbees movement.)
- Have students practice throwing longer passes to their classmates accurately.
- Throwing a Frisbee over another student for their team mate to catch.

Formative Assessment:

Performance Assessment: Assess how students perform each of the skills (running catch and throw accuracy)

You can test the students by doing best out of 10 throws and catches and other various skills.

Assessment:

Closure: Share with the students that playing team sports can only get so far as an individual. It takes great teamwork and personal skill to excel in any team sport. Let students know that different sports have different skills and techniques and that it's important to practice individual skills. Build on what you've learned. Practice! Practice! Practice!

Independent Practice:

Practice skills at home.

Accommodations/Modifications:

- Less repetitions
- performing modified tasks.

Resources (Textbook and Supplemental):

- Frisbees
- <https://www.youtube.com/watch?v=Mlf7nfKYK40>
- <http://gymclassultimatefrisbee.com/>
- <http://www.wfdf.org/history-stats/history-of-ultimate>
- Open area with no obstructions.

Content: Physical Education	Grade/Course: 4th	Timeline: 3 Days (Week 6)
<p>Standard(s):</p> <p>4.1.1 Demonstrate mature (proficient) movement patterns in locomotor, nonlocomotor, and manipulative skills.</p> <p>4.1.2 Practice combinations of movement skills for specific sports.</p> <p>4.2.1 Describe critical elements of correct movement patterns for fundamental movement skills.</p> <p>4.2.2 Apply the concept of practice to improve movement skills.</p> <p>4.2.4 Recognize and describe critical elements of complex movement patterns.</p> <p>4.3.3 Identify and participate in lifetime physical activities.</p> <p>4.5.1 Exhibit independence and the ability to succeed in groups in physical activity settings.</p> <p>4.5.2 Follow rules and safe practices in all class activities without being reminded.</p> <p>4.6.2 Interact positively with classmates and friends in physical activity.</p>		
<p>Lesson Overview:</p> <p>Students will learn safety, rules, and regulations for playing Ultimate Frisbee and how to correctly perform movements and motor skills.</p> <p>Students will throw, pass, defend, and catch a Frisbee while moving with 80% accuracy.</p> <p>Students will play Ultimate Frisbee with teammates while following all the rules and guidelines.</p>	<p>Lesson Objective(s):</p> <p>In this lesson, students will be able to</p> <ul style="list-style-type: none"> • Demonstrate mature movement patterns • Pass and Catch a Frisbee while moving with 80% accuracy. 	
<p>Vocabulary:</p> <p>Frisbee Defense Goal Catch Backhand throw Pull Travel Pivot Turnover</p>	<p>Focus Question(s):</p> <p>How can I exhibit independence and the ability to succeed in groups in physical activity settings?</p> <p>How do I Interact positively with classmates and friends in physical activity.</p> <p>How can I be a better team player and leader?</p>	

Description of Lesson (Including Instructional Strategies):

Anticipatory Set: Ask the class if any of them has practice playing Frisbee.

Instruction and Strategies:

Whole class instruction/interaction. Demonstrate and follow.

Guided Practice:

Day 1-3 (Basic Skills) A good reference to show and use is:

<https://www.youtube.com/watch?v=Mlf7nfKYK40>

- Continue teaching the fundamental skills.
- Review basic Frisbee skills (passing and catching).
- Have students practice passing and catching with a small group. (5-6 Students)
- Have students spaced out at least 20 feet away from the next while practicing.
- When students become more proficient, throw long passes and have students run after it or get into position to catch it. (Learning to anticipate the Frisbees movement.)
- Have students practice throwing longer passes to their classmates accurately.
- Throwing a Frisbee over another student for their team mate to catch.

Formative Assessment:

Performance Assessment: Assess how students perform each of the skills (running catch and throw accuracy)

You can test the students by doing best out of 10 throws and catches and other various skills.

Assessment:

Closure: Share with the students that playing team sports can only get so far as an individual. It takes great teamwork and personal skill to excel in any team sport. Let students know that different sports have different skills and techniques and that it's important to practice individual skills. Build on what you've learned. Practice! Practice! Practice!

Independent Practice:

Practice skills at home.

Accommodations/Modifications:

- Less repetitions
- performing modified tasks.

Resources (Textbook and Supplemental):

- Frisbees
- <https://www.youtube.com/watch?v=Mlf7nfKYK40>
- <http://gymclassultimatefrisbee.com/>
- <http://www.wfdf.org/history-stats/history-of-ultimate>
- Open area with no obstructions.

Content: Physical Education	Grade/Course: 4th	Timeline: 5 Days (Week 7)
<p>Standard(s):</p> <p>4.1.1 Demonstrate mature (proficient) movement patterns in locomotor, nonlocomotor, and manipulative skills.</p> <p>4.1.2 Practice combinations of movement skills for specific sports.</p> <p>4.2.1 Describe critical elements of correct movement patterns for fundamental movement skills.</p> <p>4.2.2 Apply the concept of practice to improve movement skills.</p> <p>4.2.4 Recognize and describe critical elements of complex movement patterns.</p> <p>4.3.3 Identify and participate in lifetime physical activities.</p> <p>4.5.1 Exhibit independence and the ability to succeed in groups in physical activity settings.</p> <p>4.5.2 Follow rules and safe practices in all class activities without being reminded.</p> <p>4.6.2 Interact positively with classmates and friends in physical activity.</p>		
<p>Lesson Overview:</p> <p>Students will learn safety, rules, and regulations for playing Ultimate Frisbee and how to correctly perform movements and motor skills.</p> <p>Students will throw, pass, defend, and catch a Frisbee while moving with 80% accuracy.</p> <p>Students will play Ultimate Frisbee with teammates while following all the rules and guidelines.</p>	<p>Lesson Objective(s):</p> <p>In this lesson, students will be able to</p> <ul style="list-style-type: none"> • Demonstrate mature movement patterns • Pass and Catch a Frisbee while moving with 80% accuracy. 	
<p>Vocabulary:</p> <p>Frisbee Defense Goal Catch Backhand throw Pull Travel Pivot Turnover</p>	<p>Focus Question(s):</p> <p>How can I exhibit independence and the ability to succeed in groups in physical activity settings?</p> <p>How do I Interact positively with classmates and friends in physical activity.</p> <p>How can I be a better team player and leader?</p>	

Description of Lesson (Including Instructional Strategies):

Anticipatory Set: Ask the class if any of them has practice playing Frisbee.

Instruction and Strategies:

Whole class instruction/interaction. Demonstrate and follow.

Guided Practice:

Day 1 (Basic Skills) A good reference to show and use is:

<https://www.youtube.com/watch?v=Mlf7nfKYK40>

- Continue teaching the fundamental skills.
- Review basic Frisbee skills (passing and catching).
- Have students practice passing and catching with a small group. (5-6 Students)
- Have students spaced out at least 20 feet away from the next while practicing.
- When students become more proficient, throw long passes and have students run after it or get into position to catch it. (Learning to anticipate the Frisbees movement.)
- Have students practice throwing longer passes to their classmates accurately.
- Throwing a Frisbee over another student for their team mate to catch.

Day 2-5 (Scrimmage)

- Supervise as the students practice playing ultimate Frisbee.
- Use <https://www.youtube.com/watch?v=UnNUEvs2Ev0> as reference.

Formative Assessment:

Performance Assessment: Assess how students perform each of the skills (running catch and throw accuracy)

You can test the students by doing best out of 10 throws and catches and other various skills.

Assessment:

Closure: Share with the students that playing team sports can only get so far as an individual. It takes great teamwork and personal skill to excel in any team sport. Let students know that different sports have different skills and techniques and that it's important to practice individual skills. Build on what you've learned. Practice! Practice! Practice!

Independent Practice:

Practice skills at home.

Accommodations/Modifications:

- Less repetitions
- performing modified tasks.

Resources (Textbook and Supplemental):

- Frisbees
- <https://www.youtube.com/watch?v=UnNUEvs2Ev0>
- <https://www.youtube.com/watch?v=Mlf7nfKYK40>
- <http://gymclassultimatefrisbee.com/>
- <http://www.wfdf.org/history-stats/history-of-ultimate>
- Open area with no obstructions.

Content: Physical Education	Grade/Course: 4th	Timeline: 4 Days (Week 8)
<p>Standard(s):</p> <p>4.1.1 Demonstrate mature (proficient) movement patterns in locomotor, nonlocomotor, and manipulative skills.</p> <p>4.1.2 Practice combinations of movement skills for specific sports.</p> <p>4.2.1 Describe critical elements of correct movement patterns for fundamental movement skills.</p> <p>4.2.2 Apply the concept of practice to improve movement skills.</p> <p>4.2.4 Recognize and describe critical elements of complex movement patterns.</p> <p>4.3.3 Identify and participate in lifetime physical activities.</p> <p>4.5.1 Exhibit independence and the ability to succeed in groups in physical activity settings.</p> <p>4.5.2 Follow rules and safe practices in all class activities without being reminded.</p> <p>4.6.2 Interact positively with classmates and friends in physical activity.</p>		
<p>Lesson Overview:</p> <p>Students will learn safety, rules, and regulations for playing Ultimate Frisbee and how to correctly perform movements and motor skills.</p> <p>Students will throw, pass, defend, and catch a Frisbee while moving with 80% accuracy.</p> <p>Students will play Ultimate Frisbee with teammates while following all the rules and guidelines.</p>	<p>Lesson Objective(s):</p> <p>In this lesson, students will be able to</p> <ul style="list-style-type: none"> • Demonstrate mature movement patterns • Pass and Catch a Frisbee while moving with 80% accuracy. 	
<p>Vocabulary:</p> <p>Frisbee Defense Goal Catch Backhand throw Pull Travel Pivot Turnover</p>	<p>Focus Question(s):</p> <p>How can I exhibit independence and the ability to succeed in groups in physical activity settings?</p> <p>How do I Interact positively with classmates and friends in physical activity.</p> <p>How can I be a better team player and leader?</p>	

Description of Lesson (Including Instructional Strategies):

Anticipatory Set: Ask the class if any of them has practice playing Frisbee.

Instruction and Strategies:

Whole class instruction/interaction. Demonstrate and follow.

Guided Practice:

Day 1 (Basic Skills) A good reference to show and use is:

<https://www.youtube.com/watch?v=Mlf7nfKYK40>

- Continue teaching the fundamental skills.
- Review basic Frisbee skills (passing and catching).
- Have students practice passing and catching with a small group. (5-6 Students)
- Have students spaced out at least 20 feet away from the next while practicing.
- When students become more proficient, throw long passes and have students run after it or get into position to catch it. (Learning to anticipate the Frisbees movement.)
- Have students practice throwing longer passes to their classmates accurately.
- Throwing a Frisbee over another student for their team mate to catch.

Day 2-4 (Scrimmage)

- Supervise as the students practice playing ultimate Frisbee.
- Use <https://www.youtube.com/watch?v=UnNUEvs2Ev0> as reference.

Formative Assessment:

Performance Assessment: Assess how students perform each of the skills (running catch and throw accuracy)

You can test the students by doing best out of 10 throws and catches and other various skills.

Assessment:

Closure: Share with the students that playing team sports can only get so far as an individual. It takes great teamwork and personal skill to excel in any team sport. Let students know that different sports have different skills and techniques and that it's important to practice individual skills. Build on what you've learned. Practice! Practice! Practice!

Independent Practice:

Practice skills at home.

Accommodations/Modifications:

- Less repetitions
- performing modified tasks.

Resources (Textbook and Supplemental):

- Frisbees
- <https://www.youtube.com/watch?v=UnNUEvs2Ev0>
- <https://www.youtube.com/watch?v=Mlf7nfKYK40>
- <http://gymclassultimatefrisbee.com/>
- <http://www.wfdf.org/history-stats/history-of-ultimate>
- Open area with no obstructions.

Content: Physical Education	Grade/Course: 4th	Timeline: 5 Days (Week 9)
<p>Standard(s):</p> <p>4.1.1 Demonstrate mature (proficient) movement patterns in locomotor, nonlocomotor, and manipulative skills.</p> <p>4.1.2 Practice combinations of movement skills for specific sports.</p> <p>4.2.1 Describe critical elements of correct movement patterns for fundamental movement skills.</p> <p>4.2.2 Apply the concept of practice to improve movement skills.</p> <p>4.2.4 Recognize and describe critical elements of complex movement patterns.</p> <p>4.3.3 Identify and participate in lifetime physical activities.</p> <p>4.5.1 Exhibit independence and the ability to succeed in groups in physical activity settings.</p> <p>4.5.2 Follow rules and safe practices in all class activities without being reminded.</p> <p>4.6.2 Interact positively with classmates and friends in physical activity.</p>		
<p>Lesson Overview:</p> <p>Students will learn safety, rules, and regulations for playing Ultimate Frisbee and how to correctly perform movements and motor skills.</p> <p>Students will throw, pass, defend, and catch a Frisbee while moving with 80% accuracy.</p> <p>Students will play Ultimate Frisbee with teammates while following all the rules and guidelines.</p>	<p>Lesson Objective(s):</p> <p>In this lesson, students will be able to</p> <ul style="list-style-type: none"> • Demonstrate mature movement patterns • Pass and Catch a Frisbee while moving with 80% accuracy. 	
<p>Vocabulary:</p> <p>Frisbee Defense Goal Catch Backhand throw Pull Travel Pivot Turnover</p>	<p>Focus Question(s):</p> <p>How can I exhibit independence and the ability to succeed in groups in physical activity settings?</p> <p>How do I Interact positively with classmates and friends in physical activity.</p> <p>How can I be a better team player and leader?</p>	

Description of Lesson (Including Instructional Strategies):

Anticipatory Set: Ask the class if any of them has practice playing Frisbee.

Instruction and Strategies:

Whole class instruction/interaction. Demonstrate and follow.

Guided Practice:

Day 1 (Basic Skills) A good reference to show and use is:

<https://www.youtube.com/watch?v=Mlf7nfKYK40>

- Continue teaching the fundamental skills.
- Review basic Frisbee skills (passing and catching).
- Have students practice passing and catching with a small group. (5-6 Students)
- Have students spaced out at least 20 feet away from the next while practicing.
- When students become more proficient, throw long passes and have students run after it or get into position to catch it. (Learning to anticipate the Frisbees movement.)
- Have students practice throwing longer passes to their classmates accurately.
- Throwing a Frisbee over another student for their team mate to catch.

Day 2-4 (Scrimmage)

- Supervise as the students practice playing ultimate Frisbee.
- Use <https://www.youtube.com/watch?v=UnNUEvs2Ev0> as reference.

Formative Assessment:

Performance Assessment: Assess how students perform each of the skills (running catch and throw accuracy)

You can test the students by doing best out of 10 throws and catches and other various skills.

Assessment:

Closure: Share with the students that playing team sports can only get so far as an individual. It takes great teamwork and personal skill to excel in any team sport. Let students know that different sports have different skills and techniques and that it's important to practice individual skills. Build on what you've learned. Practice! Practice! Practice!

Independent Practice:

Practice skills at home.

Accommodations/Modifications:

- Less repetitions
- performing modified tasks.

Resources (Textbook and Supplemental):

- Frisbees
- <https://www.youtube.com/watch?v=UnNUEvs2Ev0>
- <https://www.youtube.com/watch?v=Mlf7nfKYK40>
- <http://gymclassultimatefrisbee.com/>
- <http://www.wfdf.org/history-stats/history-of-ultimate>
- Open area with no obstructions.

Content: Physical Education	Grade/Course: 4th	Timeline: 5 Days (Week 10)
<p>Standard(s):</p> <p>4.1.1 Demonstrate mature (proficient) movement patterns in locomotor, nonlocomotor, and manipulative skills.</p> <p>4.1.2 Practice combinations of movement skills for specific sports.</p> <p>4.2.1 Describe critical elements of correct movement patterns for fundamental movement skills.</p> <p>4.2.2 Apply the concept of practice to improve movement skills.</p> <p>4.2.4 Recognize and describe critical elements of complex movement patterns.</p> <p>4.3.3 Identify and participate in lifetime physical activities.</p> <p>4.5.1 Exhibit independence and the ability to succeed in groups in physical activity settings.</p> <p>4.5.2 Follow rules and safe practices in all class activities without being reminded.</p> <p>4.6.2 Interact positively with classmates and friends in physical activity.</p>		
<p>Lesson Overview:</p> <p>Students will learn safety, rules, and regulations for playing Ultimate Frisbee and how to correctly perform movements and motor skills.</p> <p>Students will throw, pass, defend, and catch a Frisbee while moving with 80% accuracy.</p> <p>Students will be assessed on skills used for ultimate Frisbee.</p>	<p>Lesson Objective(s):</p> <p>In this lesson, students will be able to</p> <ul style="list-style-type: none"> • Demonstrate mature movement patterns • Pass and Catch a Frisbee while moving with 80% accuracy. 	
<p>Vocabulary:</p> <p>Frisbee Defense Goal Catch Backhand throw Pull Travel Pivot Turnover</p>	<p>Focus Question(s):</p> <p>How can I exhibit independence and the ability to succeed in groups in physical activity settings?</p> <p>How do I Interact positively with classmates and friends in physical activity.</p> <p>How can I be a better team player and leader?</p>	

Description of Lesson (Including Instructional Strategies):

Anticipatory Set: Ask the class if any of them have been practicing.

Instruction and Strategies:

Whole class instruction/interaction. Demonstrate and follow.

Guided Practice:**Day 1-5**

- Performance assessments.
 - Individual test each student in the following skills.
 - Catching
 - Passing
 - Catching while running
 - Pivot throws
 - Anticipation and reaction of Frisbee movement.
 - Have students perform each of the tasks best out of 5 tries.
 - While testing other students will be practicing the different skills.

Formative Assessment:

Performance Assessment: Assess how students perform each of the skills. Best out of 5 tries.

Assessment:**Oral questioning:**

1. **How do you score a point in ultimate Frisbee?**
2. **What skills are needed to play the game?**
3. **Why is teamwork important in playing ultimate Frisbee?**

Closure: Share with the students that playing team sports can only get so far as an individual. It takes great teamwork and personal skill to excel in any team sport. Let students know that different sports have different skills and techniques and that it's important to practice individual skills. Build on what you've learned. Practice! Practice! Practice!

Independent Practice:

Practice skills at home.

Accommodations/Modifications:

- Less repetitions
- performing modified tasks.

Resources (Textbook and Supplemental):

- Frisbees
- <https://www.youtube.com/watch?v=UnNUEvs2Ev0>
- <https://www.youtube.com/watch?v=Mlf7nfKYK40>
- <http://gymclassultimatefrisbee.com/>
- <http://www.wfdf.org/history-stats/history-of-ultimate>
- Open area with no obstructions.