

Content Area: PE
Unit: Frisbee

Grade: 3-6

MLR Content Standard:

- I. **Personal and Social Skills and Knowledge:** Students demonstrate and explain responsible personal behavior and responsible social behavior in physical activity settings.

- G. **Movement/Motor Skills and Knowledge:** Students demonstrate the *fundamental and specialized movement skills* and apply *principles of movement* for improved performance.

Performance Indicator:

G1 Stability and Force

G4 Skill Improvement

I1 Cooperative Skills

I2 Responsible Behavior

I3 Safety Rules and Rules of Play

Performance Descriptor(s)	MSAD #54 Objectives	Instructional Resources/ Activities/Assessments
<p>G1 Stability and Force b. Show how increasing speed and mass can change the force on an object. c. Demonstrate how body position can be changed to absorb force and decrease risk for injury.</p> <p>G4 Skill Improvement</p> <p>I1 Cooperative Skills Students demonstrate taking turns and sharing while participating in physical activities.</p> <p>I2 Responsible Behavior Students follow procedures for safe behaviors, including maintaining appropriate personal space, while participating in physical activities.</p> <p>I3 Safety Rules and Rules of Play Students identify safety rules and rule of play for games/physical activities.</p>	<p>Students will:</p> <p>Student will understand and execute Frisbee throwing and catching skills.</p> <p>Students will toss a Frisbee at a non-moving target.</p> <p>Students will be able to toss a Frisbee towards a moving target.</p>	<p>Lesson 1. Throwing and Catching</p> <p>Activities: -Forehand Throw -Backhand Throw -Catching Stationary -Catching while moving</p> <p>Assessment: Formative</p> <p>Lesson 2.</p> <p>Frisbee Golf: -Throwing at a target</p> <p>Assessment: Formative</p> <p>Lesson 3.</p> <p>Ultimate Frisbee: Activities: Offensive throwers, offensive receivers, defensive players.</p> <p>Assessment: Formative</p>