**Lesson Plan for 395A**

**Name: Beth Berger Date: 10/18/2011 Unit: Ultimate Frisbee Grade Level: 6th**

**Lesson #\_\_1\_\_ of \_\_3\_\_**

1. Objectives -

A. The student will demonstrate the proper technique of throwing and catching a Frisbee using the following cues: 90° angle elbow, Wrist cocked, Point and step to your target, Pinch with fingers, clap on Frisbee with two hands.

The student will display understanding of the game and the game rules by following all the rules of Frisbee Basketball.

The student will use team work to successfully take part in the Frisbee Basketball activity.

B. The teacher will use pinpointing to demonstrate the proper execution of the skills.

The teacher will speak clearly and loudly so that all students can hear.

The teacher will check for understanding with all tasks and stick to the protocols stated in the beginning of the lesson.

2. Complete List of Equipment You Will Need: Cones, Frisbees (1 per 2 students), polyspots, 2 jump ropes, 2 hula hoops, 2 basketball hoops, pennies

3. Protocols

* Safety- Students will be throwing Frisbees, so to avoid injury if the Frisbee is thrown and is close to hitting another student, the thrower will yell “FOUR”, letting the other students know.
* Students will begin activities after the instructor says “Go”.
* Students will stop the activity and look to the instructor for information when the instructor says “Freeze”.

4. Instant Activity -- The students will all grab a frisbee and practice throwing it against the curtain to themselves. They will then collect and throw again for a minute.

5. Set Induction -- Has anyone ever thrown the Frisbee with the brothers or sisters or parents? Maybe played Frisbee with your dog? Well today we are going work on the skills needed to throw and catch the Frisbee and also play a game that uses teamwork and uses all these skills, so that next time you are playing with your friends or family you will wow them all will your skills!!

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| LESSON CONTENT & PROGRESSIONS Introduction, skill’s task analysis, activity/games | **Teaching Cues –** The cues are short quotes of what you are saying to students to remind them of proper form. | MANAGERIAL STRATEGIES Organization of space, equipment, students (diagrams of practice formations, equipment set up, and game situations ), including method for assigning students to groups | Safety Procedures Checking field, equipment, and facilities for debris, damage, etc. What safety procedures will you take to make sure ALL students are safe in your class. |
| **Activity 1: Partner Passing (Forehand Throwing/Catching)**  Forehand Throwing:  So the first skill we are going over today is the traditional Frisbee throw. If I was going to throw this Frisbee, to (pull out student volunteer), how would my feet be? (ANS: Perpendicular to the catcher) Before you throw the frisbee, you want to make sure your elbow is bent at a 90° angle. You also want your wrist “cocked” back towards yourself so that you can give the Frisbee spin so that it stays in the air longer. As you throw, you want to step and point to your target, so that when you are done throwing, your arm is extended right at your target.  Catching:  There are two ways to catch the Frisbee. One is called the “Crab Catch” or the pinch. This is when you use one or both hands and pinch the Frisbee between your fingers. The second is called the “Gator Catch” or the clap. This catch uses both hands clapping on the Frisbee.  So now I would like everyone to get a partner and stand behind one another on the black line (any extras come to me). When I say GO, the first partner in line will walk to other black line, and the second partner will go get a frisbee from the basket and then line up across from their partner again. GO!  Now I would like you to practice throwing and catching with your partner. Try using both catching styles to see which one is best for you. IF there is ever a Frisbee out of control, I would like you to yell FOUR so that no one gets hurt. Keep your eyes open for other Frisbees!  *Challenge*: Make students move back farther from partner, use non-dominate hand.  **Activity 2 (INSIDE): Frisbee Basketball**  Freeze! I would like the partner on the endline to have the Frisbee and place them back in the basket and grab a penny. (*transition*)  All students meet me at the right basketball hoop.  Now, we are going to play a game called Frisbee Basketball. The object of the game is to get the ball through the hula hoop hanging from the basketball hoop. Around the hoop there is an area marked off by polyspots. No one is allowed inside this area during the game. You have to pass to your teammates to score. The entire side of the gym marked off with cones is your half to play. it will be the 5 pairs on this end playing against each other.  Rules:   * No contact. * If the Frisbee goes out of bounds, the last player to touch it allows the other team to have it. * Only 3 steps can be made after you catch the Frisbee. * If the Frisbee hits the ground the team who through it loses possession. * If the Frisbee enters the other game call FOUR. * Once a score is made, the other team gets the Frisbee at the top of the court.   Show demo game.  Allow both ends to start on your call. Switch teams half way.  *Challenges*: Everyone must touch before you can score, everyone must shoot once. | Throwing Cues:   * Elbow bent at a 90° angle. * Wrist Cocked * Step and Point to your target.   Catching Cues:   * “Crab Catch” Pinch the Frisbee out of the air for a one handed catch. * “Gator Catch” Clap the Frisbee out of the air for a two handed catch.   Throwing Cues:   * Elbow bent at a 90° angle. * Wrist Cocked * Step and Point to your target.   Catching Cues:   * “Crab Catch” Pinch the Frisbee out of the air for a one handed catch. * “Gator Catch” Clap the Frisbee out of the air for a two handed catch.   “Communicate”  “Pass to your teammates!” | Have class set up in a half circle around the instructor so that all students can see and hear (and also be seen and heard) by the instructor.  This activity will use partners picked by the students.  x x x x x x x x  x x x x x x x x  Students will be broken off into four teams (Right Penny, Right Shirts, Left Penny, Left Shirts)  Hula Hoop Setup:  *Jump rope through the hoop, Tied to Hula Hoop*  2  1 | Students will yell FOUR if a Frisbee is flying towards another student.  Continue yelling FOUR for Frisbees that endanger other students.  Use cones to set boundaries around the area instead of using walls. Make a small buffer area with cones in between games so that they are not right next to each other. |

6. Closure/Assessment - Ok freeze! I would like all the pennies to be places back where they belong and all the Frisbees in the basket. Everyone line up on the black line. Can anyone show me how to throw a Frisbee? Can two students show me how to catch the Frisbee? (Review Cues). Today we covered throwing and catching and so now when you are with your family and friends you can wow them with your new skills!

National and PA Standards

10.4 Physical Education Standard 1*: Demonstrate competency in motor skills*

A. Physical Activities That Promote Health and Fitness *and movement patterns needed to perform a*

B. Effects of Regular Participation *variety of physical activities.*

D. Physical Activity Preferences

E. Physical Activity and Motor Skill Improvement Standard 2: *Demonstrate understanding of movement*

F. Physical Activity and Group Interaction *concepts, principles, strategies, and tactics as*

10.5 Concepts, Principles and Strategies of Movement *they apply to the learning and performance of*

A. Movement Skills and Concepts *physical activities.*

B. Motor Skill Development

C. Practice Strategies

F. Game Strategies

Instructor’s Signature and Date for Approval of Lesson Plan\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Instructor’s Signature and Date After Lesson has been taught\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Instructor’s Comments/Feedback on Lesson: