Ultimate Frisbee	
Grade	**Grade 9-12**
Unit of Study	**Ultimate Frisbee**
Length of Unit	**15 days**

Missouri Learning Standards

S1.H3 Demonstrates competency in performing activities that contribute to improving each of the five components of health-related fitness. (S1.H3.L1- Rev.)
S2.H1 Applies the terminology associated with exercise and participation in selected individual-performance activities, dance, net/wall games, target games, aquatics and/or outdoor pursuits appropriately. (S2.H1.L1-Rev.)
S2.H2 Uses movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill. (S2.H2.L1)
S2. H5 Apply appropriate tactics and strategies in various activities
S1.H3.L1 Demonstrates proficiency in performing activities that contribute to improving each of the five components of health-related fitness. . (S1.H3.L2-Rev.)
S1.H3.L2 Demonstrates proficiency in performing activities that contribute to improving each of the five components of health-related fitness. . (S1.H3.L2-Rev.)
S2.H1.L1 Design a personalized plan to implement movement concepts and principles. (S2.H1.L2 – Rev.)
S2.H2.L2 Describes the speed/accuracy trade-off in throwing and striking skills.
Design and implement tactics and strategies appropriate for various activities.

Learning Targets

I will apply the rules of the game to safely play games.
I can participate in sports and games for a lifetime.

Intervention and Enrichment

Assessments

MLS (Learning Goal)	Description or Location
S3.H12	Multiple Choice Assessment

Vocabulary			
Hand/Eye coordination	Penalty	Spirit of the Game	Self- Referring
Pass	Touchdown		

Instructional Materials
Frisbee

Additional Instructional Resources

Reflections for Future Revisions
Revisions will be made in the future.