

As shown in this scope and sequence chart, I planned an 18 day plan for Frisbee Sports. This class plan is designed for the Sports Education teaching model.

<p>Frisbee Sports Day 1</p> <p>Instant Activity- Catch with a partner</p> <p>Dynamic Warm-up</p> <p>Back Hand Passing</p> <p>Alligator Catching</p> <p>Being as this is the first day of the Frisbee sports Unit we will go over the two easiest skills in Frisbee sports, the back hand pass and the alligator catch.</p>	<p>Frisbee Sports Day 4</p> <p>Instant Activity- Monkey in the Middle</p> <p>Dynamic Warm-up</p> <p>Defensive positioning</p> <p>Defensive Slides and team defense.</p> <p>Enforce the importance of pressuring the person with the Frisbee like in most invasion games</p>
<p>Frisbee Sports Day 2</p> <p>Instant Activity- How many completions can u get in a row using backhand pass and alligator catch.</p> <p>Dynamic Warm-up</p> <p>Backhand/Forehand Passing</p> <p>Alligator Catching</p> <p>In this class we are going to review the previous class and we will cover the forehand pass.</p>	<p>Frisbee Sports Day 5</p> <p>Instant Activity-Monkey in the Middle</p> <p>Dynamic Warm-up</p> <p>Offensive attack</p> <p>Three man weave</p> <p>In this class we are going to focus on moving off the ball and why it is important.</p>
<p>Frisbee Sports Day 3</p> <p>Instant Activity- How many catches can you get in a row using your off hand.</p>	<p>Frisbee Sports Day 6</p> <p>Instant Activity- Hammer throw</p> <p>Dynamic Warm-up</p>

<p>Dynamic Warm-up</p> <p>Backhand/ Forehand passing with defense on you.</p> <p>Work on PASS FAKES.</p> <p>During this class we need to emphasize the importance of pass fakes.</p>	<p>3 man weave</p> <p>3 vs.2 moving off the ball/ working together on defense.</p> <p>During this class we need to work on working together on defense.</p>
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<p>Frisbee Sports Day 7</p> <p>Instant Activity- 3 vs. 2 fast break drill</p> <p>Split into 3 teams play an ultimate Frisbee game. New team comes on every 3 points scored.</p> <p>*Make sure you not only focus on individual instruction but you also stop the class to make a teaching point.</p>	<p>Frisbee Sports Day 8</p> <p>Instant Activity- 3 vs. 3 stay in an 15ft. by 15 ft. box (works on team execution)</p> <p>Split into 3 teams play an ultimate Frisbee game. New team comes on every 3 points scored.</p> <p>*Make sure you not only focus on individual instruction but you also stop the class to make a teaching point.</p>
<p>Frisbee Sports Day 9</p> <p>Instant Activity- 5 vs. 5 game</p> <p>Ultimate Draft</p> <p>During this class we will test all the students on certain Frisbee skills and rank them anonymously. (throwing power, accuracy, defense, catching)</p> <p>After class the teacher will split up kids into even teams based on their performance in class.</p>	<p>Frisbee Sports Day 10</p> <p>Instant Activity- Split up into teams and have kids think of an appropriate team name.</p> <p>Team Practice</p> <p>This class will be focused on each team figuring out what players they will start in the game and they will be able to learn team play to run in the class tournament.</p>

<p>Frisbee Sports Day 11</p> <p>Instant Activity- Mini team practice</p> <p>During this time we will start our regular season tournament with the teams that we made two classes ago.</p>	<p>Frisbee Sports Day 12</p> <p>Instant Activity- Mini team practice</p> <p>During this class we will continue finish our regular season tournament and determine the ceding for the playoff match-ups.</p>
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<p>Frisbee Sports Day 13</p> <p>Instant Activity- Go over bracket for the tournament.</p> <p>Host the final day of Ultimate Frisbee. Final day tournament to determine the class championship.</p>	<p>Frisbee Sports Day 16</p> <p>Instant Activity- Get a partner and play catch. (Focus on accuracy)</p> <p>Cover point scoring system for can jam</p> <p>Can Jam 5 min games</p> <p>2 vs. 2 15 ft. by 15 ft. stations for teams not playing.</p>
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<p>Frisbee Sports Day 14</p> <p>Instant Activity- See how many ways you and a partner can pass and catch the Frisbee.</p> <p>2 teams. Hoard Game. Everyone in the class participates, must have 10 completions in a row before a score.</p>	<p>Frisbee Sports Day 17</p> <p>Instant Activity- Get a partner and play catch. (Focus on accuracy)</p> <p>Can Jam Tournament- Compete with partner from last class. Games to 7</p>
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<p>Frisbee Sports Day 15</p> <p>Instant Activity- Pass and Catch with a partner</p> <p>Play one round of Frisbee golf with a partner.</p>	<p>Frisbee Sports Day 18</p> <p>Instant Activity- Set the order for the commencement competition.</p> <p>This is the final day of our unit. We will have</p>
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<p>Set up 18 holes.</p> <p>Determine class champion at the end off class.</p>	<p>a fun day where we have competitions that include the longest Frisbee throw, most accurate, most catch in a row.</p>
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