

MSAD #54 Curriculum

Content Area: Physical Education

Grade: 7-8

Unit: Ultimate Frisbee

MLR Content Standard:

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

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

Performance Indicator:

G1 Stability and Force

G2 Movement Skills

I1 Cooperative Skills

I2 Responsible Behavior

Performance Descriptor(s)	MSAD #54 Objectives	Instructional Resources/ Activities/Assessments
<p>Students:</p> <p>G1. Students change their motion and the motion of objects by applying the principles of stability and force during skill practice.</p> <p>c. Demonstrate how the point of release changes the path of an object.</p> <p>G2. Students demonstrate motor skills and manipulative skills during drills or modified games/physical activities.</p> <p>a. Demonstrate correct technique for motor skills and manipulative skills during drills or modified games/physical activities.</p> <p>I1. Students demonstrate cooperative and inclusive skills while participating in physical activities.</p> <p>a. Work together as a team.</p> <p>I2. Students demonstrate responsible personal behaviors while participating in physical activities.</p>	<p>Students will:</p> <p>Develop an awareness of disc control and identify ways to improve individual skill level.</p> <p>Develop passing and catching skills needed to play the game.</p> <p>Develop guarding and intercepting skills for one-on-one and modified game play.</p> <p>Understand basic rules and play a modified game and/or activity with peers.</p>	<p>Activities will include:</p> <p>Throwing and Catching Guarding, Pivoting, and Intercepting Games of Accuracy Regulation Game</p> <p>Assessment: Informal</p> <p>Instructional Resources:</p> <p>Zakrajsek, D.B., PhD. Carnes L.A. Med & Pettigrew Jr. F., PhD. (2003) Quality Lesson Plans for Secondary Physical Education. Champaign, IL: Human Kinetics.</p> <p>Landy, J.M. & Landy, M.J. (1993) Ready-to-Use P.E. Activities for Grades 7-9. New York: Parker Publishing Company</p> <p>Lumsden, K. (2001) P.E. Games & Activities Kit for Grades 6-12. New Jersey; Parker Publishing Company.</p> <p>Online Resources</p>