**LESSON PLAN**

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| **Subject**  PE | | **Class**  9G | **Unit**  Minor games | **Topic**  Ultimate Frisbee |
| **Achievement Objective(s)**  Demonstrate willingness to accept challenges in a variety of physical activities | | | | |
| **Learning Outcome(s) and/or Learning Intentions**  *What should the students learn?*   * Demonstrate interpersonal skills to achieve success in Ultimate Frisbee | | | **Assessment and/or Success Criteria**  *How do we know what we have learnt?*   * Will hear constructive verbal communication, will see people working together to achieve success | |
| **Key Competency Focus**  *How is this key competency developed in this lesson?*  Relating to others – students will work cooperatively to attempt to outplay their opposition | | | | |
| **Time** | **Activities** | | **Questions** | |
| *5min*  *10min*  *10-15min*  *10-15min*  *10min*  *5min* | Get changed  WARM UP  Frisbee bombard  Game:  Ultimate Frisbee  (instructions attached)  Play with modifications  (could change to force-back – has to hit the end wall instead of someone catching it)  Play pinecone for something different if this isn’t working  Get changed | | **How could this game be made better/more fun/more challenging?** E.g. create a no-man’s zone to make it easier to catch the Frisbee over your line/ change ball/larger space  **Did these changes make the game easier/ more fun/ did more people participate?** | |
| **Equipment**  1 swiss ball, 4 frisbees, 4 dodgeballs, 4 tennis balls, 2-4 diff coloured bands  **Resources** | | | | |
| **Teacher Evaluation**  *Student achievement – where to next?*  *Teacher practice – what have I learnt?*  *what will I change?* | | | | |

**Frisbee bombard:**

Equipment: 1 Swiss ball, 4 foam balls, 4 tennis balls, 4 frisbees

Aim: To throw balls/Frisbees at the Swiss ball to get it over the oppositions line

How to play:

Make two even teams, line them up on either side of the court with the Swiss ball in the middle.

Each team will have 2 frisbees, 2 dodge balls and 2 tennis balls.

On ‘go’ they can throw the balls and Frisbees at the Swiss ball to get it moving away from them

They can go collect balls, but must be back behind their line before throwing them.

**Ultimate Frisbee:**

Equipment: 4 cones, 1 frisbee, 2 different coloured bands

Aim: to score as many points by throwing the frisbee to a player on your team in your end zone

To play:

2 teams, each start by standing in the end zone (marked by cones, or lines on a court)

Captains will toss to assign the starting team. To start, one team will launch the frisbee down the field/court

The other team will then gain possession and will pass to team mates and attempt to score a point

If caught on the run, the player must stop as soon as possible and release the frisbee

If caught running with the frisbee, if it is dropped or held for more than 10 seconds (as counted out by an opposing defender), it is an automatic hand over.

The team with the most points at the end wins.

Possible modifications: smaller/ bigger playing area, less people on the court – could have subs, could play a touch version – when touched, you must put it through your legs to another player. 6 touches is a hand over

**Pinecone:**

Equipment:2 hoops, coloured bands, 1 ball

Aim: To score the most points by touching the ball down into the hoop (your goal)

To play:

2 teams – different coloured bands.

Pass ball around team and score by touching it down in the hoop at the opposite end.

Rules: MUST touch ball on ground before you pass it. If you dont, it is an automatic hand over. If you drop it, its a hand over, if you run with it, it is a hand over.