**Unique P.E.: Ultimate**

**Core Learning Targets:**

Essential learning embedded throughout the course

that is student owned and understood.

**(GQ#1: What do we want our students to know and be able to do?)**

1. Students will be able to demonstrate proper Set Up of an Ultimate Game; including Team Set Up, Field Set Up, and Rules demonstration.
2. Students will be able to identify healthy warm up & stretching techniques prior to Physical Activity.
3. Students will be able to successfully utilize various Ultimate Catches, Throws, and Plays.

**Unit Learning Targets:**

Intended learning for specific student(s) at a specific time

that is student owned and understood.

**(GQ#1: What do we want our students to know and be able to do?)**

*Content/Knowledge:*

1. Students will be able to monitor team set up, know how to assemble groups of participants and participate in an Ultimate Game.

2. Students will be able to demonstrate understanding Rules. Knowing positioning & responsibility of field players.

3. Students will be able to identify Fouls, Goals, and Spirit of the Game.

4. Students will be able to lead & monitor Game Play.

5. Students will be able to lead & monitor safe warm up techniques.

*Skills:*

1. Students will be able to demonstrate Forehand, Backhand, Hammer Passes, Pancake & Single Catch.

2. Students will demonstrate hand eye coordination skills on the Field.

3. Students will demonstrate proper Start Procedures; including team organization and set up after each goal.

*Process:*

1. Students will be able to explain and demonstrate Ultimate Rules and set up.
2. Students will be able to explain and demonstrate proper passing and receiving skills.
3. Students will be able to explain and utlize point system, spirit of the game and game play.
4. Students will be able to assist new participants with proper game play, rules, and set up of the game.

*In writing Learning Targets utilize the following:*

Past HPHS Quality Products, Department specific National Standards,

and College Readiness Standards

**Common Assessments:**

**(GQ#2: How do we know if our students are successful?)**

Formative: Students will be able to self- monitor and self-assess skills throughout Practice and Game Play.

Summative: Students will be able successfully incorporate all/most aspects of Ultimate technique and skills throughout the Unit.