

Soccer/Ulti- mate Frisbee		Health & Fitness Academic Content	Motor Skills	Social/Emotional/Safety
	Essential Questions	What type of sports is this considered to be "aerobic" versus "anaerobic"?	What types of movement skills are needed?	What rules and sportsmanship protocols are needed?
	Content	Students will gain an understanding of how soccer/ultimate Frisbee are "aerobic" & "anaerobic".	Throw & catch the frisbee standing & on the run.	Is teamwork required in each activity? How does integrity, honesty, respect, compassion, empathy, and collaboration pertain to the activity you're involved with?
	Skills/Activities	How do the training principles relate to this sport and your physical abilities in regards; 1. Overload 2. Specificity 3. Progression 4. Reversibility 5. Diminished Return	Individual skills Partner work Team practice	Problem solving skills will be worked daily
	Assessment	Self-Assessment Teacher Assessment	Peer-To-Peer Self-Assessment Teacher Assessment Self-Assessment final on written rules and guidelines for each sport played in class	Teacher Observation Student Self-Assessment. Self-Assessment on sportsmanship in class

	Standards	3.1 3.3 3.7	2.1 2.4	4.1 4.2 4.3 4.4 5.1 5.2 5.3
	Equipment/Resources	Internet use for understanding of sports. Use in the gym with the in-focus machine.	Sports specific balls, jerseys, cones, nets, standards, frisbees and goals needed. Also, painter tapes for extra lines needed	Sound system for music or giving directions on a speaker. Music allows for a pleasant environment

