C.S.

Lesson Plan

Ultimate Frisbee

Game-Practice-Game

**Equipment**

6 frisbees

4 colored jerseys at each home court

cones-divide gym into 3 playing fields- small aided games

**Routine**

Students enter and go to assigned home courts to warm up throwing and catching.

Coaches check task card at coach’s corner.

Coaches read task card to team and emphasize standards addressed in lesson.

Coaches return task card and return to home court to practice throwing and catching.

Q and A to each team/individuals.

Always address personal and social responsibility throughout entire lesson.

**Initial game**

Teacher does demo shopping, looking for a team to demonstrate tactical concept or skill. Initial game started within 5 minutes of students entering gym.

**Demonstration**

Tactical concept and/or skill.

Q and A.

**Practice**

Tactical concept or skill. Feedback and Q and A.

Teacher provides feedback to each team/individual. Mention standards.

Q and A.

**Final game**

Feedback based on tactical concept/skill.

Return equipment nicely and neatly.

**Closure**

Reiterate tactical concept, skill, personal and social responsibility and address standards. Exit ticket/survey for student feedback.