

Type of Activity:

Lead-up Drill
Fitness Game

Score: 18/20

Berkey's Assessment of Games

1. Name of the game: Ultimate Frisbee
2. Source of the game: Ready-to-Use Secondary PE Activities Program by Ken Lumsden and Sally Jones
3. Brief description of the game: You may determine how large of a field you want to use (usually around 60yds). Divide students into two equal teams (10-15 on each-depends on class size). Each team will start on assigned side of field. By flip of coin determine which team gets Frisbee first. This team will throw the Frisbee toward the opposite end of the field which will be toward their goal. Goal line for each team will be opposite end of field about 5 feet from endline. The goal is to throw Frisbee without taking steps down field to goal to score. Opposing team tries to intercept the passes by catching the Frisbee. Opposing team members must stay 5 feet away from player with possession of Frisbee. Player with Frisbee must throw it within 5 seconds and more than 5 feet away from them (prevents hand-offs). If the Frisbee is caught by a player in the goal, a point is scored. If Frisbee drops or goes out of bounds the opposing team gets possession. If a player takes a step, the opposing team gains possession of the Frisbee. Each time a goal is scored teams switch sides. Time limit may be set on game according to class period.

Activity Analysis

	Low-----				-----High
1. Students can develop physical skills.	1	2	3	4	<u>5</u>
State the skills: Throwing Frisbee, catching Frisbee, cardiovascular endurance					
Students can practice appropriately	<u>Yes</u>		No		

	Low-----				-----High
2. Participation level	1	2	3	4	5
Roles of the students: Catch and throw Frisbee, try to intercept and move down field					
Potential examples of waiting: If not actively participating (trying to intercept, get down field)					

	Low-----				-----High
3. Activity is developmentally appropriate	1	2	3	4	<u>5</u>
Stage/Age for which activity is appropriate: Middle school to High school					

Justification for this population/group: Uses throwing and catching skills and game strategy

Low-----High

4. Cognitive, personal and social development **1** **2** **3** **4** **5**

Examples of personal skills (Action/Condition): Teamwork, sportsmanship, cooperation

Examples of cognitive skills (Action/Condition): Game strategy, technique for throwing and catching Frisbee, be able to state rules of not walking with Frisbee or dropping it

Modifications for special needs students: