

Instructional Objectives for 2 Handed Catch in Ultimate Frisbee

Psychomotor Objectives:

P/1: Students will execute a 2-handed catch using TA form with a throw from 30 feet 4 out of 5 times.

P/2: Students will execute a 2-handed catch using TA form while moving to a throw from 60 feet 4 out of 5 times.

Cognitive Objective:

C/1: Students will demonstrate knowledge of the 2-handed catch by verbally responding to the instructor when randomly called upon 3 out of 4 students.

Personal-Social Objective:

P-S/1: Students will demonstrate cooperation by working with a peer to accomplish an assigned task during class 4 out of 5 times.

One Handed Catch:

Psychomotor

P/1: Students will execute in TA form, the one handed Frisbee catch with their dominate hand, 20 feet from thrower, 4 out of 5 times.

P/2: Students will execute in TA form, the one handed catch with their non-dominate hand 20 feet from a thrower, 4 out of 5 times.

P/3: Students will execute in TA form, the one handed catch with their dominate hand 40 feet from a thrower, 4 out of 5 times.

P/4: Students will execute the one handed catch, in TA form, with their non-dominate hand 40 feet from a thrower, 4 out of 5 times.

Cognitive

C/1: Students will demonstrate knowledge of the one handed catch, by verbally responding to the instructor when randomly called upon to 3 of 4 students.

Personal – Social

PS/1: Student will demonstrate cooperation by, working with a peer to accomplish an assigned task during class 4 out of 5 times.

Backhanded Throw in Ultimate Frisbee

Psychomotor Objectives:

Students will execute a catchable backhanded throw using TA form at 30 feet to a partner 4/5 times.

Students will execute a backhanded throw using TA form at 30 feet to a moving partner 4/5 times.

Cognitive Objective:

Students will demonstrate knowledge of the backhanded throw by verbally responding to the instructor when randomly called upon 3 out of 4 students.

Personal-Social Objective:

Students will demonstrate responsibility by following the directions given by the instructor 9/10 class periods.

Pancake Catch Objectives:

Psychomotor

P1: The learner will execute a pancake catch using TA form from a partner 20ft away 4/5 times.

P2: The learner will execute a pancake catch using TA form from a partner 30 ft away 4/5 times.

Cognitive

C1: The learner will recite the 4 most critical points when called upon 4/5 times.

C2: The learner will show an understanding of golf scoring by keeping score correctly during a round 2/3 times.

PS: The learner will show respect to authority by taking care of the equipment 19/20 class sessions.