**High School Course II Pacing Guide**

**Resources:**

[**www.sparkfamily.org**](http://www.sparkfamily.org) **/ High School PE/ Ultimate**

***ULTIMATE FRISBEE***

***Focus Points:***

1. **Initiate Play** — Each point begins with both teams lining up on the front of their respective end zone lines. The defense throws the disc to the offense. A regulation game has seven players per team.
2. **Scoring** — Each time the offense completes a pass in the defense’s end zone, the offense scores a point. Play is initiated after each score.
3. **Movement of the Disc** — The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc (thrower) has ten seconds to throw the disc. The defender guarding the thrower (marker) counts out the stall count.
4. **Change of possession** — When a pass is not completed (out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
5. **Non-contact** — No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
6. **Fouls** — When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
7. **Self-Refereeing** — Players are responsible for their own foul and line calls. Players resolve their own disputes.
8. **Spirit of the game** — Ultimate Frisbee stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

***Skills:***

Grips

1. Backhand beginner
2. Backhand power
3. Backhand hybrid
4. Backhand thumber
5. Forehand beginner
6. Forehand power
7. Forehand hybrid
8. Forehand thumber

Throws

1. Air bounce
2. Inside out
3. Reverse curve
4. Blade
5. Scooper

Catches

1. Sandwich catch (pancake)
2. C-Catch

***History:***

The flying disc traces its origins back to the Frisbie Pie Company and its predecessor, the Olds Baking Company in New Haven, Connecticut. The actual disc was either a pie or cookie tin, which was turned upside down and tossed. Students at Yale University played an early version of a flying disc game in which the thrower would signal the receiver by calling “Frisbee.”

Walter Frederick Morrison, the son of an inventor, is credited as the first to develop metal pie tins for commercial purposes following World War II. He eventually turned to plastic to manufacture a disc that would be used as a toy. The original was a flop, but in 1951 he developed an improved model. Eventually this was purchased by a toy company and was called Wham-O’s Pluto Platter. Because the activity was slow to catch on, the Wham-O company decided to distribute the disc throughout the United States. While visiting Harvard University’s campus, distributions first heard the term frisbie. The students said they had been tossing pie tins for years and called it Frisbie-ing. In 1966, Ed Headrick developed the modern Frisbee.

*History of Ultimate* - Joel Silver and others at Columbia High School (CHS), Maplewood, NJ, USA, introduced their idea of an "ultimate" Frisbee game to the student council in 1967, and the first known game was played in 1968 between the student council and the staff of the school newspaper. The newspaper staff was victorious in a game where the only boundaries were the goal lines and other natural side boundaries (e.g., railroad tracks, river, fence). The games continued the following year, with matches being played in the evening under the glow of the mercury-vapor lights in the school's new parking lot. The first and second edition rules were drawn up by CHS student Buzzy Hellring, and were later refined by Silver and John Hines. The very first interscholastic Ultimate game was played between CHS and Milburn High in 1970; CHS won, 43-10. The first conference of Ultimate teams was created in 1971, which consisted of five New Jersey high schools, including CHS and Milburn. Some ultimate-playing graduates of the league formed teams at their respective colleges and universities. On November 6, 1972, Rutgers University (NJ, USA) defeated Princeton (NJ, USA), 29-27, in the first intercollegiate game. [Note: The game was played exactly 103 years after the first intercollegiate American football game, on the same exact site, which had since been turned into a parking lot. The same team won by the same margin of victory.] Yale hosted the first Ultimate tournament (8 college teams in attendance) in 1975, which was won by Rutgers. That summer, Ultimate was introduced at the Second World Frisbee Championships at the Rose Bowl, aiding in the development of Ultimate on the West Coast of the USA.

***Strategies:***

1. Passing accuracy against a defense using a set play.
2. Person-to-person defense- player takes responsibility for covering one opponent.
3. Zone defense- player takes responsibility for covering an area.
4. Blocking defensive players for advancement of ball.
5. Optimal placement of players based on skill set.

***Assessment:***

1. Performance rubric
2. Peer Checklist
3. Written quiz

***Vocabulary:***

Review the components of skill-related fitness:

1. **Agility** – ability to change your body position quickly and to control your body’s movements.
2. **Balance** – An even distribution of weight enabling someone or something to remain upright and steady.
3. **Coordination** – ability to use your senses together with your body parts.
4. **Explosive power** – A quick muscular effort resulting in speed and/or power for a short period of time. Examples include tee shot, batting, tennis serve, basketball rebound, football tackle, etc.
5. **Power** – ability to use strength quickly. Areas most likely to improve with repeated effort.
6. **Reaction time** – amount of time it takes you to move once you realize the need to act.
7. **Speed** – ability to perform a movement or cover a distance in a short period of time.

Review the principles of biomechanics:

1. **Force –** A push or a pull applied to an object or person, measured in pounds or newtons.
2. **Inertia –** The tendency of a body at rest to remain at rest or of a body in straight line motion to stay in motion in a straight line unless acted on by an outside force.
3. **Leverage –** 1. a. The action of a lever. b. The mechanical advantage of a lever. 2. Positional advantage; power to act effectively
4. **Opposition -** The use of body parts on opposite sides of body to increase force and power.
5. **Rotary Motion –** The act of rotating as if on an axis; "the rotation of the dancer kept time with the music".