

FLY DISC BASEBALL

Ultimate

STUDENT TARGETS

- ✓ **Skill:** I will throw and catch the disc using skill cues.
- ✓ **Cognitive:** I will discuss the importance of self-officiating.
- ✓ **Fitness:** I will actively engage in base running and fielding.
- ✓ **PSR:** I will follow the rules and etiquette of the game.

TEACHING CUES

- ✓ Thumb on Top, Fingers on Edge
- ✓ Curl Disc In, Extend & Snap
- ✓ 2-Hands Out in Front
- ✓ Palms Facing Each Other
- ✓ Snap Together

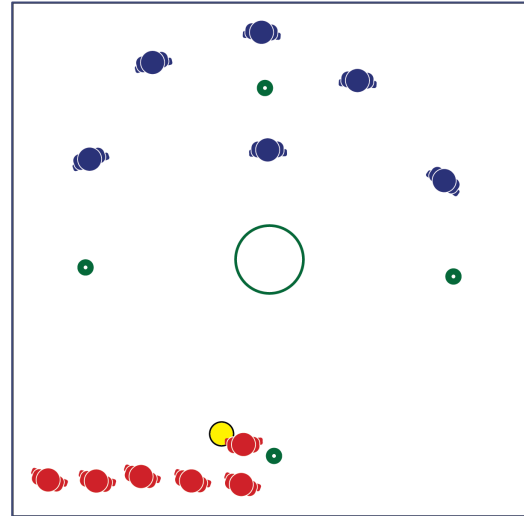
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✓ 1 disc
- ✓ 4 bases (spot markers or low-profile cones)
- ✓ 1 hoop

Set-Up:

1. Create a baseball field with 4 bases.
2. Place the hoop at the pitcher's mound.
3. Create teams of 8–12 with 1 team at bat first.



Activity Procedures:

1. It's time to play Fly Disc Baseball. The object of this activity is to score as many runs as possible in a set number of innings. To start, the batter will throw the disc into fair territory. A disc thrown in foul territory is considered a strike. Two strikes equal an out.
2. Once the batter throws, she/he will proceed to run the bases, starting with 1st. As soon as the batter passes 1st, the next person at bat quickly begins to run. This continues throughout the batting order after each teammate passes 1st base.
3. The fielding team must catch or retrieve the disc and then pass to everyone on the team. After a person has caught and thrown the disc, they will make their way to the pitching circle (hoop).
4. Once the entire team has 1 foot in the pitching circle, the batting team can no longer run the bases.
5. Runners stay on the nearest base, and the next batter is up. After 3 throws, switch sides.

Grade Level Progression:

- ✓ Players self-officiate and keep score with minimal supervision by the teacher.
- ✓ Allow fielding players to tag runners after the final fielding catch is made.

STANDARDS & OUTCOMES ADDRESSED

- ✓ **Standard 4 [M6.6-8]** Identifies the rules and etiquette for physical activities/games (6); Demonstrates knowledge of rules and etiquette by self-officiating modified physical activities/games (7); Applies rules and etiquette by acting as an official for modified physical activities/games (8).
- ✓ **Standard 4 [H2.L1]** Exhibits proper etiquette, respect for others, and teamwork while engaging in physical activity and/or social dance (L1).

DEBRIEF QUESTIONS

- ✓ **DOK 1:** How would you describe a self-officiated game?
- ✓ **DOK 2:** How would you apply knowledge of a game/sport in self-officiating?
- ✓ **DOK 3:** How is etiquette related to self-officiating?