

**ULTIMATE CONTESTS**

STUDENT TARGETS

- ✓ **Skill:** I will demonstrate my throwing and catching skills.
- ✓ **Cognitive:** I will demonstrate understanding of the concepts required for throwing the disc at different angles.
- ✓ **Fitness:** I will discuss how health- and skill-related fitness connects to each station.
- ✓ **Personal & Social Responsibility:** I will communicate with my partner and be respectful of the equipment.

TEACHING CUES

- ✓ Teaching cue
- ✓ Teaching cue

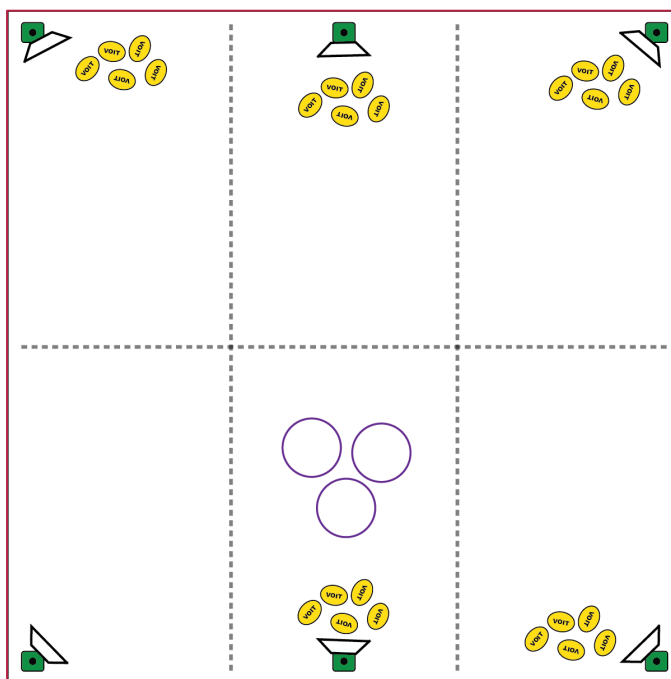
ACTIVITY SET-UP & PROCEDURE

**Equipment:**

- ✓ 6 large cones
- ✓ 6 task tents
- ✓ 25–40 flying discs
- ✓ 3–5 hula hoops

**Set-Up:**

1. Set up 6 stations by marking each with a cone and a task tent. Ensure there's enough room for safe activity.
2. Place 5–8 discs at each station (except for the Darebee Fitness station).
3. Place all of the hula hoops at 1 of the stations.



**Activity Procedures:**

1. Today's activity is called Contests. We will practice throwing and catching skills at each station.
2. **Station 1 is a Distance Medley.** Work individually. Try to throw farther than others in your group while using correct form and keeping your feet planted.
3. **Station 2 is the Rally Race.** Work with a partner. Try to get the most consecutive passes among your group before time runs out while keeping your throwing form.
4. **Station 3 is Disc Toss.** Work with a partner. Start out close to one another, and with every 5 consecutive throws, move 2 steps back to practice your control and accuracy.
5. **Station 4 is DecaDisc.** Work with a partner. You will attempt 10 types of throws used in Ultimate. [Backhand, Forehand, Hammer, Chicken Wing, Push Pass, Elevator, High Release, Thumber, or Through the Legs]
6. **Station 5 is Target Zone.** Work individually. Try to get your disc closer to the center of the hoops than others in your group.
7. **Station 6 is Darebee.com Fitness.** Work as a group. Everyone will complete the Darebee.com exercise card. Repeat the routine until it's time to rotate.

**Grade Level Progression:**

- 6<sup>th</sup>: Focus on the backhand throw at all stations except for Stations 4 and 6.  
7<sup>th</sup> & 8<sup>th</sup>: Attempt to use the forehand and backhand throw at every station.



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UNIVERSAL  
DESIGN  
ADAPTATIONS

- ✓ **Adaptation:** Provide a variety of foam and plastic discs for student to select. Provide demonstrations and visual cues for each station tasks.
- ✓ **Extension:** Prompt student to experiment with the different angles and arcs at which you can throw the disc instead of straight.

ACADEMIC  
LANGUAGE

Disc, Health-Related Fitness, Pancake, Possession, Skill-Related Fitness, Spirit of the Game

STANDARDS  
& OUTCOMES  
ADDRESSED

- ✓ **Standard 3 [M7.6-8]:** Identifies the components of skill-related fitness (6); Distinguishes between health-related and skill-related fitness (7); Compares and contrasts health-related fitness components (8).
- ✓ **Standard 4 [M7.6-8]:** Uses physical activity and fitness equipment appropriately and safely, with the teacher’s guidance (6); Independently uses physical activity and exercise equipment appropriately and safely (7); Independently uses physical activity and fitness equipment appropriately, and identifies specific safety concerns associated with the activity (8).
- ✓ **Standard 5 [M3.6-8]:** Recognizes individual challenges and copes in a positive way, such as extending effort, asking for help/feedback, and/or modifying the tasks (6); Generates positive strategies such as offering suggestions/assistance, leading/following others, and/or providing possible solutions when faced with a group challenge (7); Develops a plan of action and makes appropriate decisions based on that plan when faced with an individual challenge (8).

DEBRIEF  
QUESTIONS

- ✓ **DOK 1:** What is health-related fitness?
- ✓ **DOK 1:** What is skill-related fitness?
- ✓ **DOK 2:** How would you apply health- and skill-related fitness at each station?
- ✓ **DOK 3:** How are these terms related to Ultimate Disc?

TEACHING  
STRATEGY  
FOCUS

**Help students practice skills:** Stations are a great way to keep students engaged in purposeful practice. Students will gain experience and gain competence and confidence as they work to demonstrate alternate ways of throwing and catching.