



ULTIMATE AUSSIE

STUDENT TARGETS

- **Skill:** I will apply offensive and defensive strategies to assist my team to move the ball and score.
- **Cognitive:** I will describe how to be accountable for my words and actions.
- **Fitness:** I will stay actively engaged throughout the game in order to increase my heart rate.
- **Personal & Social Responsibility:** I will demonstrate respect for myself and my classmates by showing accountability for my words and actions during the game.

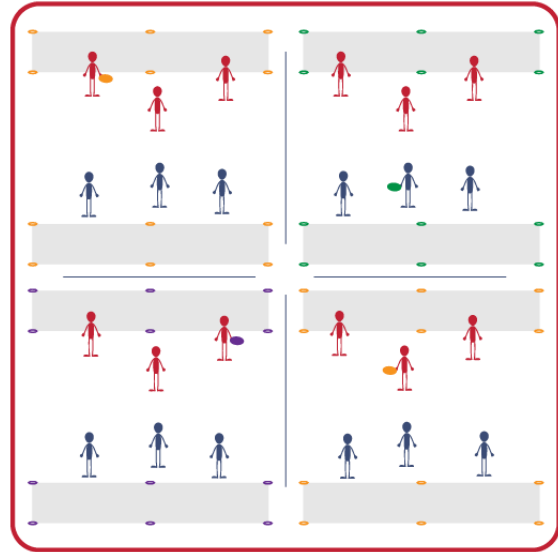
EQUIPMENT & SET-UP

Equipment:

- 1 ball per 6 students (rugby type ball or foam football)
- Cones to create grids and end zones per 6 students
- 3 pinnies or colored wristbands per 6 students

Set-Up:

- Create 1 large grid per 6 students.
- Identify an end zone at each end of the grid.
- Create teams of 3 and have 2 teams start at each grid. One team of 3 with pinnies or colored wristbands.
- Teams at each grid will play Rock, Paper, Scissors to see who begins with the ball.



ACTIVITY PROCEDURES

1. This activity is called Ultimate Aussie. It is a modified version of Ultimate Disc where the big difference is how you pass the ball to your teammates. Instead of throwing it, you will pass using Australian Rules Handballing. The goal of this activity is to advance the ball down the court and catch it in the end zone to score points.
2. *Teacher Note:* click [HERE](#) for some handballing examples, but it is similar to a small underhand volleyball serve.
3. On the start signal, each team will begin the game near their end zone and one team will start with the ball. The person with the ball will begin passing the ball to a teammate. That teammate will catch it and pass to another teammate as they advance the ball down the activity space. The other team will play defense and attempt to disrupt the attacking team. If the ball hits the ground, it is a turnover.
4. You will play an opposing team for 5 minutes. A team must complete at least 3 passes before attempting to score. Teams must use “soft defense” when guarding the person with the ball and should be an arm’s length away (approximately 3 feet).
5. The team with the most points at the end of each game wins. If the score is tied on any court when time expires, play Rock, Paper, Scissors to determine the winner.

GRADE LEVEL PROGRESSION

- **Level 1:** Play as described above, but with a foam football.
- **Level 2:** Allow students to take a maximum of 2 steps with the ball before passing it to a teammate.

TEACHING CUES

- **Cue 1:** Communicate with teammates to assist with successfully moving the ball on offense.
- **Cue 2:** Focus on using short passes vs longer passes when striking the ball.
- **Cue 3:** Evade defenders to create space, and shadow attackers to deny space.



ULTIMATE AUSSIE (continued...)

UNIVERSAL DESIGN FOR LEARNING

- **UDL 1:** Increase/decrease the size of the activity space as needed.
- **UDL 2:** Use modified equipment as needed (e.g., different weights, colors, and sizes).
- **UDL 3:** Use verbal cues and visual aids along with demonstrations.
- **UDL 4:** Use peer partners as appropriate.

ACADEMIC LANGUAGE

Pass, Teamwork, Communication, Accountability

PRIORITY OUTCOMES

Etiquette:

- Demonstrates knowledge of rules and etiquette by self-officiating modified physical activities or games.

Social Interaction:

- Demonstrates respect for self and others in activities and games by following the rules, encouraging others, and playing within the spirit of the game or activity.
- Demonstrates the importance of social interaction by helping and encouraging others, avoiding trash talk, and providing support to classmates.

DEBRIEF QUESTIONS

- **DOK 1:** How would you describe being accountable for your words and actions?
- **DOK 2:** Why is it important to be accountable with your teammates?
- **DOK 3:** Describe how you could communicate in a positive and respectful way with a teammate who you feel isn't owning their responsibilities.