



Physical Activity Lesson Plan-Ultimate Anything

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

This is a game of Ultimate using any safe tossable that you have. The goal is to pass the item up the court and score a point.

Group Size: 20-30

Location: Playground/Outdoor Space

Estimate Time for Lesson: 30 minutes

Estimated Time for Planning: 15 minutes

- Subject(s) Check all that apply:
 - Healthy Eating and Physical Activity (HEPA)

Other:

- Grade(s) Check all that apply:
 - Kindergarten
 - 1
 - 2
 - 3
 - 4
 - 5

Materials/Resources Needed:

4 large cones to mark boundaries (more if you have multiple playing areas)

1 safe tossable per playing area (small dodgeball, beanbag, foam frisbee, rubber chicken, etc.)

1 pinnie for every 2 players

Lesson Objective #1:

To follow all rules and play safely.

Lesson Objective #2:

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

Show students a few of the tossables that you might have. Explain that they will get to throw/pass those to their friends as we play the game. You can even let the students vote on the one they want to use.

Instructions:

SET-UP:

1. Create a large playing area (minimum size = basketball court for large groups) marked with large cones at each corner. You

could create several smaller playing areas, but make sure to adjust the number of players in each playing area.

2. Create two equal teams, between 7-10 players per team.
3. One team wears a pinnie. Pinnies begin on offense.

RULES:

1. Ultimate Anything, is a game of Ultimate using any safe tossable that we have available.
2. The object of the game is to score points by moving the tossable object down the field and across the end line.
3. The player holding the object cannot move, and can hold the object for no more than 10 seconds. Teammates will move to get open for a pass.
4. If a pass is dropped, goes out of bounds, or is intercepted, possession changes at the spot of the ball.
5. A point is scored when a pass is completed in your opponent's end zone (past the end line).
6. Defense must stay more than an arms-length from the offense and cannot make contact with an offensive player. Defense cannot hit the object away from the offensive player's hands. If contact is made, offense gets 1 free pass.
7. The defender covering the player with the object is responsible for counting 10-mississippi out loud.
8. Continue play to a set score (e.g., 11), or for a set amount of time.

Checking for Understanding:

Observe game play to see if students are understanding and following all rules.

Lesson Adaptations

Time Adaptations:

Adjust total points based on time.

Location Adaptations:

This can be played in any open space. In the gym, you could have 3 teams. One team starts on offense, one team on defense and the third team sitting out. They can do exercises if you want to keep them busy. Every 2 points scored, rotate the teams. This will keep them focused on the game and they won't have a lot of time to be sitting. Adjust points needed before switching based on your students' abilities.

Age Adaptations:

K-1: Let one team play offense and the other stay on defense until a point is scored, then switch. Count how many drops the offensive team had while trying to score a point. This will make it a little slower pace and easier for them to understand.

Learning Style Adaptations

Describe any adaptations for Visual Learners, Auditory Learners, Kinesthetic Learners, Advanced Learners, Special Needs Learners, ESL Students, At-Risk Students: