

## Targeted Goals for Ultimate Unit

1. Students will perform and apply catching skills at all levels (e.g., high, medium, low), while on the move and jumping, with one and two hands, while playing in games in the class tournament.
2. Students will perform and apply the skills of throwing discs accurately, at various distances and levels to stationary or moving team members, using backhand and forehand techniques when appropriate while playing in games in class tournament play.
3. When in possession of the disc, students will demonstrate the offensive tactics of choosing a receiver, pivoting, and faking; throwing into space; breaking the mark; cutting; clearing and bailing; and moving to get open.
4. When playing defense, students will demonstrate the defensive tactics of marking a thrower, covering a cutter, and covering space while playing in class games.
5. When playing on offense, students will demonstrate the following team strategies: stack offense, spread formation (split stack), four-person play out of a spread, horizontal or H-stack, end-zone offense and transition from offense to defense, and zone offenses while playing in class games.
6. When playing on defense, students will demonstrate the following team strategies: communication, individual coverage, zone defense, the clam, and other defensive options.
7. Students will know and apply the 10 simple rules of ultimate game play.
8. Students will demonstrate personal responsibility and the spirit of the game during play, calling situations with honesty and fairness during class games.
9. Students will describe behaviors of good sportspersonship and demonstrate those behaviors in all class practice and games.
10. Students will research and identify opportunities to play pick-up or organized ultimate in the community, sharing them with other students.