

Here's a Grade 6 Ultimate Frisbee lesson plan designed for a gym class with 6 frisbees and 25 students.

Objective:

Teach students the basic rules and skills of Ultimate Frisbee, including throwing, catching, and basic game strategy.

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Lesson Duration: 50-60 minutes

Equipment Needed:

- 6 Frisbees
- 8 cones (for field boundaries and end zones)
- Pinnies (to differentiate teams, if possible)

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Lesson Structure:

1. Warm-up (10 minutes)

- Jogging and Dynamic Stretches (5 minutes): Have students jog around the gym or field and then perform dynamic stretches (high knees, leg swings, arm circles).
- Frisbee Passing Relay (5 minutes): Divide the class into 6 groups, with one frisbee per group. Have students stand in a line, spaced out. Each student passes the frisbee down the line to the next person. The goal is to pass quickly and accurately.

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2. Skill Development (20 minutes)

A. Throwing Techniques (10 minutes)

- Demonstrate the two primary types of throws:
  - Backhand: Grip the frisbee, step with the same foot as your throwing hand, and flick your wrist as you release.
  - Forehand: Focus on using a flicking motion, with your fingers on the inside rim and a smooth release.
- Drills: Pair up students, spread them out across the gym/field, and have them practice backhand and forehand throws with a partner. Focus on accuracy and form. Rotate partners after a few minutes.

B. Catching Techniques (10 minutes)

- Demonstrate:
  - Pancake Catch: Hands clapping on the frisbee from above and below.
  - Two-Handed Catch: Grabbing the disc with both hands on the rim.
- Drills: Partners take turns throwing and catching, with students practicing both pancake and two-handed catches. Encourage movement during the drill.

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### 3. Mini Games (15 minutes)

#### Game Setup:

- Divide into 4 Teams (about 6-7 students per team): Set up two small playing fields using cones to mark boundaries and end zones. Two teams play on each field.
- Basic Rules:
  - Players can't run with the frisbee; they must pass it to move.
  - Points are scored by catching the frisbee in the opposing team's end zone.
  - If the frisbee hits the ground or is intercepted, possession changes.

#### Rotate and Play:

- Play 5-minute games. After each game, have teams rotate so that each team gets to play multiple teams.
- Encourage students to focus on teamwork, communication, and passing.

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### 4. Cool Down and Reflection (5-10 minutes)

- Stretching: Lead students in static stretches to cool down. Focus on arms, legs, and shoulders.
- Discussion: Ask students what they enjoyed about the game, and what strategies or skills they found challenging. Reinforce key points about teamwork and sportsmanship.

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#### Key Focus Points:

- Emphasize fun, teamwork, and sportsmanship.
- Focus on the fundamentals of throwing, catching, and movement without overloading students with rules.
- Keep games short and simple, giving all students a chance to play and learn.