

## Introduction

The SPARK Flying Disc Unit provides activities for students to practice, develop, and apply skills such as the backhand, forehand, and hammer throws; 1-handed and 2-handed catch; clap catch; as well as offensive and defensive strategies required for successful game play. Activities follow a high-activity skill progression which utilizes small groups, few rules, equalized play, and touches to maximize student participation and enjoyment. In addition to modified and small-sided games, a unit-culminating event is provided to generate enthusiasm and extend learning opportunities. Aligned with the National PE Standards and state content and performance standards, this unit is designed to include and challenge all students' physical skills, while maintaining enjoyable, health-promoting, moderate-to-vigorous physical activity. Additional activities can be found at [SPARKfamily.org](http://SPARKfamily.org).

## What You Have

### SPARK Manual

- **ASAPs**
  - One Flying Disc ASAP used for warmups prior to activities in this unit.
- **Lessons**
  - 14 Flying Disc Activities sequenced by level of difficulty.
- **SPARK Event Experience**
  - The SPARK Flying Disc Event is a multi-day experience designed to extend student learning opportunities through enjoyable and meaningful context.
- **Inclusive Strategies**
  - Instructional tips and equipment suggestions to help meet the needs of all students.
- **Supplemental Lesson Content**
  - **Reflection Questions:** discussion questions are provided to reflect on what students have learned.
  - **Teaching Suggestions:** instructional hints from SPARK PE specialists who have instructed the activity before. Read prior to teaching for the "inside scoop."
  - **SPARK It Up!:** variations provide extensions to address the developmental needs of students.
  - **Integrations:** ideas to connect PE to academic content, wellness concepts and promotion of physical activity outside of school. Can be read to students during warm-up, transitions, or cool-down.
  - **Standards:** indicates which national PE standards and grade level outcomes are addressed.
  - **SEL Competencies:** Shows the lesson's alignment with CASEL's SEL competencies and related skills.
  - **Vocabulary:** a list of words used to highlight academic content during the lesson.
  - **Teacher Reflection:** space to share how the lesson went & what modifications could be made next time.

# Flying Disc

## SPARK Instructional Media

- **Sample Unit Plan**
  - A grade level specific 15-day sample Unit Plan is provided for 6th, 7th, and 8th grades and can be used as written or modified to suit our needs.
- **Skill Cards**
  - Half-sheets with depictions of skills to create stations, use as visuals for learning, etc.
- **Task Cards**
  - These include instructions for the Disc Throwing Stations and Adventure Race activities.
- **Leveled Assessment Choices**
  - Assessment options include both cognitive and skill-based assessments along with suggestions for individual student portfolio development.
- **Limited Equipment/Large Class Ideas**
  - Ideas for how to use the activities when faced with limited equipment or large classes.