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Introduction

The SPARK Flying Disc: Ultimate Unit provides opportunities for students to demonstrate skills learned in previous flying disc units and Ultimate games while participating in authentic performance experiences. Flying disc activities are fun, versatile, and offer ample opportunity for fitness development. The sport of Ultimate provides students a vigorous context for displaying skills and game tactics authentically. Ultimate was invented by high school students in 1968 and has grown into a sport known for its “Spirit” (a culture of fair play and camaraderie).

Activities in this unit are designed to utilize small groups, few rules, and meaningful practice to maximize student engagement, equitable play, skill development, and enjoyment. Use Game Reset suggestions to make games and activities less (“Rewind”) or more (“Fast Forward”) challenging to promote learning. Ultimately, the focus is on successful participation, skill, tactical, and knowledge application – all while developing health-related fitness.

What You Have

SPARK Manual

- **ASAPs**
 - Use this unit’s ASAPs following the fitness-specific ASAP for a flying disc-specific warm-up prior to activity. This routine should be followed each day before and during roll-taking.
- **Lessons**
 - **Assessment**
 - The *Personal Best* assessment activity is provided to help students and teachers benchmark student skill levels and set goals for personal improvement. As an option, use Personal Best assessments to create learning teams for Long-Term Grouping throughout the unit.
 - **Preseason**
 - Option 1 includes *Cooperative* activities to promote team cohesion and foster personal responsibility. The *Fun-day-mentals* Jigsaw is used to review and refine the skills needed for successful participation. The *Adventure Race* allows learning teams to work together to complete highly active unit-specific challenges.
 - Option 2 includes *Skill Builder* practice-style activities to promote skill development for all students.
 - **In-season**
 - *Game Day* activities are designed to continue building game knowledge, skill, and tactical awareness in preparation for the SPARK Event.

Flying Disc

- **Post Season**
 - The *SPARK Event* is a multi-day experience that provides students with an opportunity to apply unit content in a real-world context. As a meaningful destination, this culminating event inspires students to work cooperatively throughout the unit. It also promotes a spirit of unity within teams and helps teachers define healthy competition between teams.
- **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.
 - **Teacher Reflection:** space to share how the lesson went & what modifications could be made next time.

SPARK Instructional Media

- **Sample Unit Plan**
 - A 4-week sample unit plan provides an example for fitness integration, ASAP selection, activity sequencing, and event scheduling. It can be used as is or modified to suit your needs.
- **Printable Instructional Media**
 - All the printable instructional media required for this unit is provided at SPARKfamily.org. These 8.5" X 11" sheets include Practice Plans, Jigsaw Cards, Adventure Racing Cards, Unit Content Cards, Scorecards, and more. Essential instructional media cards are also included in the SPARKfolio.
- **Leveled Assessment Choices**
 - To document and guide learning, teacher 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 larger classes.