### **The Ultimate Participant**

**Possible lesson sequence**

[Rules and history of ultimate frisbee](#bookmark=id.2et92p0)

**Lesson one**

1. Introduce ākonga to the game of ultimate frisbee.
2. Ākonga become familiar with rules, objective of the game, and equipment.
3. Experiment playing with frisbee including methods of passing and catching. This is probably better performed indoors in the initial stage unless you have a particularly still day.
4. Ākonga play the game.

**Lesson two**

1. Ākonga play a short game of ultimate.
2. On the ākonga worksheet ākonga discuss and record examples of discrimination, and their rights and responsibilities when playing team games (see worksheets).
3. On the ākonga worksheet ākonga discuss and record the advantages and disadvantages of working cooperatively as a team in a team sport.
4. Ākonga will record behaviours they will try to show during the competition, helping all team members participate to the best of their ability. This is formalised onto the **Our Fair Play Code** worksheet (see worksheets).

# **Lesson three**

1. Ākonga are sorted into mixed ability teams.

2. Ākonga discuss strategies they will use when playing the game so that everyone is involved and that the team can perform at its best.   
This discussion will use speaking tokens – everyone is given four speaking tokens. Each time they speak they hand in a speaking token.

3. Ākonga list on **Aggressive, Passive, and Assertive** worksheet (see worksheets)

a) Examples of words, phrases you may say to others during the game which are hurtful or unhelpful. (Aggressive)

b) Examples of word or phrases you may say to yourself during the game which are helpful or supportive. (Passive)

c) Examples of words, or phrases which you might say to others which assists your team to work efficiently and enable others to feel supported. (Assertive)

For example

|  |  |  |
| --- | --- | --- |
| Aggressive | Passive | Assertive |
| “Why can’t you throw straight?”  “You are so useless”.  “Couldn’t you see that I was free”. | “I can’t help it if I’m no good at this game”.  “Why am I so clumsy?”. | “I’m free - pass to me”.  “Run to the goal area for the pass”.  “That was a great pass”.  “Wow - what a catch!” |

4 Ākonga devise a list of team calls that they will use. Record them on **Our Team Calls** worksheet. (see worksheets)

5 Practice throwing, catching, and team on-field communication. For example long pass, behind you, short left, man on, etc.

6 Revise rules, skills, and calls during a practice game.

The concept of the game may be better emphasised if the teams practice with a ball instead of a frisbee in the initial development stages.

**Lesson four**

1. Practice throwing, catching, and on-field team communication, for example “long pass”, “behind you”, “short left”, “man on”, etc.
2. Revise rules, skills, and calls during a practice game.

**Debrief questions**How many of the team calls did you use during the game today?

Are there any you could have improved on?

What calls do you need to change?

**Lessons five and six**

1. Sort class teams into draw for round robin games. (optional - ākonga may make the draw up themselves).
2. During the competition games ask ākonga to consider their use of cooperative behaviours and their ability to follow their code of fair play.

## **Debrief at the end of each lesson**

How many of the team calls did you use during the game today?

Ākonga provide peer feedback on their ability to follow their code of fair play.

Ākonga provide peer feedback on the use of cooperative behaviours.

In what ways did your behaviour change when you were placed into a competitive situation?

If you noticed a behaviour change what effect did it have, or might it have on other people playing the game?

**Lesson seven**

How necessary is it for each player to become involved? Why/why not?

Ākonga and class evaluation session based on points discussed in lessons one and three. Use **unit evaluation questions** (see worksheets)

How can this game be improved to suit our ability?

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**Rules and history of Ultimate Frisbee**

Ultimate frisbee is a fast free-flowing game played world-wide which combines elements of netball, soccer, grid-iron and touch footy.  The basic aim is for the team with the frisbee to pass the disc up the field to others on their team and catch it in the end zone.  At the same time the defensive team is trying to intercept it or knock it down.  If they succeed, they get possession of the frisbee and try to score in the other endzone.

Central to ultimate, and central to individual and team conduct, is the underlying concept of the 'spirit of the game', which embodies sportsmanship. Players on the field make their own calls when fouls etc are incurred. When disputes arise, the frisbee returns to the player who made the last pass and the game resumes. The absence of umpires leads to the need for a good, honest spirit even when playing in highly competitive situations. Resulting from this, the 'spirit of the game' award has become a highly coveted award at tournaments. Players undertake to be competitive but fair and truthful, physical but careful, intense but friendly and courteous.

Ultimate is non-contact. Intercepting or knocking down the frisbee must be done without interfering with other players.  In practice, a small amount of contact is unavoidable, but deliberate interference or aggressive play is not permitted.

There is no running with the frisbee.  When a player catches the frisbee, they must stop as soon as they can.  They then have 10 seconds to pass the frisbee to someone else on their team.  The 10 seconds is counted out loud by a defender who marks them and tries to prevent them from getting an easy pass away.  If they have not thrown the frisbee by the time the count gets to 10, a turnover results.

A turnover also results when the frisbee is thrown out of bounds, when it touches the ground, or when it is dropped.  If it is knocked down, the team that threw the frisbee loses possession (unlike touch footy, where the last team to touch the ball loses possession).

The traditional playing field is about 35 metres wide by 65 metres long with 20 metre deep end zones, which can be varied to suit the number and fitness of players. Games can be played to points or to a time limit, although most games have a limit on both.

Ultimate is also able to be played indoors. This is done on a basketball court with the Keyhole as the end zone. The number of players each team has is also reduced to five per team. Outdoor numbers vary depending on the size of the field used-usually 6-7 players per side.

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