

<b>Date:</b> 10 November	<b>Time:</b> 10:00-11:00	<b>Duration:</b> 1 Hour
<b>Course:</b> BNDSSES Yr2	<b>Subject:</b> Practical Sport	<b>Lecturer:</b> Anthony Barnes
<b>Aim of session:</b> To introduce freestyle Ultimate Frisbee and develop Intermediate and Advanced catches		
<b>General Learning Objectives:</b> By the end of the session learners will be able to: <ul style="list-style-type: none"> <li>- Develop hand-eye co-ordination through intermediate/advanced catches</li> <li>- Attempt to implement three techniques</li> </ul>		<b>Skills Objective</b> By the end of the session learners will be able to: <ul style="list-style-type: none"> <li>- Complete 3 successful intermediate catches</li> <li>- Make 2 successful advanced catch</li> <li>- To highlight/explain the technical and kinaesthetic moves of various catches</li> </ul>
<b>Notes: H&amp;S, ECM, E&amp;D, other</b> <ul style="list-style-type: none"> <li>- Clear area e.g. cans, objects</li> <li>- Check injuries</li> <li>- The following FS, ECM and E&amp;D areas are covered.</li> <li>- Warm up and Cool down</li> </ul> <b>FSE4, FSE7, FSM1, FSICT6, ECM1, ECM2, ECM4, ECM6, ECM7,</b>		<b>Resources needed for this session</b> <ul style="list-style-type: none"> <li>- Frisbees,</li> <li>- Cones,</li> <li>- Laptop Projector,</li> <li>- Indoor Astro</li> <li>- Video Camera</li> </ul>

Starter		
Real Time	Learning Activities <i>Include differentiation and skills development</i>	Learning Checks
5 mins	Introduction to session - Key Points <ul style="list-style-type: none"> <li>- "Free style" Ultimate Frisbee</li> <li>- Important throwing delivery hip to shoulders area</li> <li>- Flat and straight throws easy to adjust and catch</li> </ul>	
8 mins	Video Internet examples of catches using projector and laptop	Q & A

Teaching and Learning Phase		
Real Time	Learning Activities - <i>Include differentiation and skills development</i>	Learning Checks
5-7mins	Warm up - <i>Mobility, Pulse Raiser, stretch and 2<sup>nd</sup> Pulse Raiser</i>	Visual and verbal checks
3 mins	<b>Basic catches</b> Pancake Catch - <i>top and bottom - save catch</i> Grab catch - <i>stretch top and bottom</i>  Rotate learners <b>*High and Low throws head and ankle height*</b> <b>Intermediate catches</b>	Visual and Verbal queues  <b>*5 press ups for missed catch - This has been used as a learning tool to focus on the fundamentals in a fun but effective way</b>
3 mins plus	Between the legs catch	<b>*Individual feedback with additional Frisbee - Lecturer will have separate Frisbee to throw to individuals to reaffirm technical skill and feedback also lecturer will contribute to assessment on</b>
3 mins Plus	Seat catch - <i>sitting down back hand catching</i> Rotate learners	
3 mins Plus	Behind the head catch - <i>arm around the head</i> Rotate learners	
3 mins Plus	Behind the Back catch - <i>turn to the side</i> Rotate learners	
4 mins	Flamingo catch - <i>one leg/other leg pointing sideways catch behind ankle</i>  <b>Advanced catches</b> Turkey catch - <i>Same leg/same arm catch outside</i> Rotate learners	

plus 4 mins	Bad attitude catch - <i>Bent leg catch outside of ankle on the same leg</i> Make up catch - <i>learners choice</i>	tracking sheets  *Individual tracking sheets used to track and assess success of type and number of catches Peer assessment
----------------	-----------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------

Plenary/ Recap		
Real Time	Learning Activities <i>Include differentiation and skills development</i>	Learning Checks
4-7 mins	Video Check - Projector Learners demonstrate key technical points of selected catches Dependent on the video connection catches will be either viewed at the end or discussed with learners	Lecturer directs then student lead with prior knowledge used  Q&A
4 mins	Cool Down - <i>Pulse Lower, stretches</i>	Note: Video recording of session will be viewed before the next session for individual assessment and feedback

<p><i>Evaluation &amp; Notes for next session</i></p> <p><i>*All learners are fit and healthy and have basic experience and understanding of Ultimate Frisbee</i></p> <p><i>*Learners will be paired with others with prior experience (differentiation)</i></p> <p style="text-align: center;"><i>Dan with Ross - High level</i></p> <p style="text-align: center;"><i>Mark with Jordan - High to Middle</i></p> <p style="text-align: center;"><i>Matt with Josh - High to Middle</i></p> <p style="text-align: center;"><i>Ash with Rich - Middle</i></p> <p style="text-align: center;"><i>Michelle with Andy - Lower to Middle</i></p>
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------