

**SUNY Cortland**  
**Physical Education Department**  
**Block Plan**

**Teacher Candidate(s):** Rob Flannigan, Vinnie Granice, Britney Zaczek, Mike Sorrentino, Andrew Seletsky  
**Skill(s):** Frisbee Golf

<p style="text-align: center;"><b>Day 1:</b></p> <p><b>Instant Activity (IA) / Warm-up:</b> Disc Triangle Passing Drill</p> <p><b>Intro:</b> Quick introduction to Frisbee golf. Description of Kan Jam (rules, scoring, etc)</p> <p><b>Lesson focus</b> (Items to be covered during this day) : Pre-Assessment <b>Backhand Throw, Kan Jam gameplay</b></p> <p><b>Fitness component</b> (Heart rate, step counts, etc.): <b>Heart Rate / Pedometer</b></p> <p><b>Assessment(s):</b> Peer assessment of backhand throw based off rubric, Kan Jam scores, Disc golf cognitive and affective pre-tests</p> <p><b>Closure:</b> Debrief Kan Jam and backhand throw, Disc golf cognitive and affective pre-tests</p>	<p style="text-align: center;"><b>Day 2:</b></p> <p><b>Instant Activity (IA) / Warm-up:</b> Circle Passing Drill</p> <p><b>Intro:</b> Introduce/Discuss forehand pass</p> <p><b>Lesson focus</b> (Items to be covered during this day): <b>Forehand throw, Kan Jam using forehand throw</b></p> <p><b>Fitness component</b> (Heart rate, step counts, etc.): <b>Heart Rate / Pedometer</b></p> <p><b>Assessment(s):</b> Peer assessment of forehand throw based off rubric, Kan Jam cognitive test, Kan Jam affective test,</p> <p><b>Closure:</b> Kan Jam cognitive test, Kan Jam affective test</p>
<p style="text-align: center;"><b>Day 3:</b></p> <p><b>Instant Activity (IA) / Warm-up:</b> Chuck the Chicken</p> <p><b>Intro:</b> Introduce Disc Golf (history, rules, scoring, discs, etiquette, etc), go over cues for Hammer throw</p> <p><b>Lesson focus</b> (Items to be covered during this day): <b>Hammer throw practice and Hammer throw distance competition</b></p> <p><b>Fitness component</b> (Heart rate, step counts, etc.): <b>Heart Rate / Pedometer</b></p> <p><b>Assessment(s):</b> Cognitive pre-test on Disc Golf, Teacher assessment of Hammer throw form based on rubric, affective pre-test on Disc Golf</p> <p><b>Closure:</b> Cognitive pre-test on Disc Golf, affective pre-test on Disc Golf,</p>	<p style="text-align: center;"><b>Day 4:</b></p> <p><b>Instant Activity (IA) / Warm-up:</b> 2 Line Follow Pass Drill</p> <p><b>Intro:</b> Go over 3 types of discs in depth</p> <p><b>Lesson focus</b> (Items to be covered during this day): <b>Practice using all 3 types of Disc Golf discs using all 3 throws learned</b></p> <p><b>Fitness component</b> (Heart rate, step counts, etc.): <b>Heart Rate/ Pedometer</b></p> <p><b>Assessment(s):</b> Cognitive test on Disc Golf trivia</p> <p><b>Closure:</b> Cognitive test on Disc Golf trivia, tell students to dress appropriately for disc golf next class for affective assessment</p>

<p style="text-align: center;"><b>Day 5:</b></p> <p><b>Instant Activity (IA) / Warm-up:</b> Practice different throws to a partner</p> <p><b>Intro:</b> Review Disc Golf scoring, rules, etiquette</p> <p><b>Lesson focus</b> (Items to be covered during this day): <b>Disc Golf gameplay</b></p> <p><b>Fitness component</b> (Heart rate, step counts, etc.): <b>Heart Rate / Pedometer</b></p> <p><b>Assessment(s):</b> Affective assessment of Disc Golf attire and etiquette by teacher</p> <p><b>Closure:</b> Ask what holes students had trouble on and why, ask why proper etiquette is important on a golf course</p>	<p style="text-align: center;"><b>Day 6:</b></p> <p><b>Instant Activity (IA) / Warm-up:</b> Hula Hoop Targets</p> <p><b>Intro:</b> Debrief last class focus and discuss importance of strategy</p> <p><b>Lesson focus</b> (Items to be covered during this day): <b>Frisbee Golf Strategies</b></p> <p><b>Fitness component</b> (Heart rate, step counts, etc.): <b>Heart Rate / Pedometer</b></p> <p><b>Assessment(s):</b> Frisbee Golf scores / Target scores</p> <p><b>Closure:</b> Debrief different strategies and game play styles</p>
<p style="text-align: center;"><b>Day 7:</b></p> <p><b>Instant Activity (IA) / Warm-up:</b> Ultimate Frisbee warm up game</p> <p><b>Intro:</b> Discuss benefits of Frisbee Golf / Lifelong sports</p> <p><b>Lesson focus</b> (Items to be covered during this day): <b>Modified Frisbee Golf course game play / Combining strategies with skills learned</b></p> <p><b>Fitness component</b> (Heart rate, step counts, etc.): <b>Heart Rate / Pedometer</b></p> <p><b>Assessment(s):</b> Frisbee Golf scores</p> <p><b>Closure:</b> Debrief benefits of lifelong sports / Discuss rules and edict on course / Discuss Frisbee Golf trip</p>	<p style="text-align: center;"><b>Day 8:</b> <a href="#">Click here to enter a date.</a></p> <p><b>Instant Activity (IA) / Warm-up</b> (Name and brief description of the IA, game): <b>None</b></p> <p><b>Intro:</b> Review etiquette and rules while on a golf course</p> <p><b>Lesson focus</b> (Items to be covered during this day): <b>Bring students to real Disc Golf course</b></p> <p><b>Fitness component</b> (Heart rate, step counts, etc.): <b>Heart Rate/ Pedometer</b></p> <p><b>Assessment(s):</b> Cognitive post-test on Disc Golf (look for improved scores), affective post-test on Disc Golf</p> <p><b>Closure:</b> Cognitive post-test on Disc Golf (look for improved scores), affective post-test on Disc Golf</p>