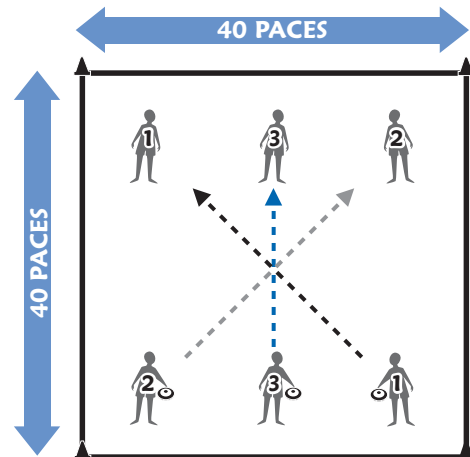


Prep

- 4 cones or lines (for boundaries)
- 1 disc per 2 students

Set

- Use the same activity area as for the rest of your lesson.
- Organize discs so they are easily accessible as students complete their fitness ASAP.



Teach

1. In *Ultimate Chaos* you will practice passing and catching the disc while on the move.
2. After completing the Fitness ASAP, find a partner, get a disc, move to open space.
3. Begin passing back and forth using your choice of throws (Backhand/Forehand) and catches (Clap, 1-handed C, 2-handed C) while both partners are on the move.
4. Continue until signal.

ASAP EXTENSIONS

✦ Challenge 1: Time's Up

Limit the amount of time the Thrower can hold the disc before passing. Start with 5 seconds and adjust up or down to match each student's ability. How does a time limit impact your ability to make accurate passes?

✦ Challenge 2: Single Handed

Limit Throwers to only 1 type of throw and Receivers to only 1 type of catch for a set amount of time or number of successful catches. Repeat until all types of passes/catches have been utilized. What is your favorite throw/catch?

✦ Challenge 3: Plus 1

Add a 3rd player to the group. The additional player can play offense or defense. How does adding an additional player impact your decisions when passing?

STANDARDS ADDRESSED

NASPE

#1, 2 Throwing (Backhand/Forehand) and catching (clap, 1-handed C, & 2-handed C)

#3, 4 Aerobic capacity

#5, 6 Cooperation, accepting challenges

Your State (Write in here)