Musical Circuits/Ultimate FB/Ropes and Scarves
Grade 7
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Objectives:
- By the end of the lesson all students will be able to find their resting heart rate as well as their target heart rate.
- Students will demonstrate teamwork as they play the game of ultimate football by displaying a positive attitude and allowing everyone on their team to participate in their successes.

Link to Standard and Essential Question:
Describing rules, skills, strategies, and etiquette associated with physical education activities.
Describing the benefit of daily participation in physical activities.
Demonstrating motor skills required for individual, dual, and team activities.
Displaying proper etiquette and team-building skills in dual and group activities.

Prior Knowledge:
Students know how to find their pulse. Students know how to play the game ultimate Frisbee, which uses many of the same rules as ultimate football.

Purpose:
The purpose of this lesson is to show students how physical activity affects their heart rate and how to keep their heart rate within their target zone.
To promote teamwork and a positive attitude while participating in a team centered activity.

Anticipatory Set:
Musical Circuits, a fun way to warm-up

Methods Strategies Used/Rationale:
Team Activity- in order to promote teamwork and a positive attitude while participating in a team centered activity.
Guided Practice- to direct students as they explore with scarves and jump ropes.

Chronology:
Explain Warm-Up:
1. Musical Circuits (Attached), break-up into groups. Run around the gymnasium, when the music stops, run back to your station and do the activity that is listed on each sheet. First, Do a resting pulse check. (6 Seconds, add a zero) Find carotid artery on your neck. Target heart rate 220-Age.
   - Stretch- “Should be uncomfortable but not painful” Upper Core, Hamstrings, Hip-Flexors, Quads, Calves, Groin, Back. (Students should be in a large circle and guided by the teacher.)
2. **Explain Activities,** (have students stay in the large circle they are in from stretching for explanation)
   - Ultimate football- has the same rules of ultimate Frisbee. Two-Steps after the catch, throw to a teammate, cross the goal line to score. (Rules are attached with lesson plan)
   - Juggling scarves and jump ropes- Practice juggling as many scarves as you can. Jump Rope by yourself or in groups by doing the Helicopter (spin rope in a circle on the ground) or Double-Dutch (two ropes at once).
3. Break students up into groups of four (Boys on one side of the gymnasium and girls on the other side) Number girls off 1-4 and boys off 1-4. 1-2 should be on the Ultimate football side of the gym, 3 should be on the jump rope section, and 4 should be in the juggling section. (3 and 4 will switch half way through the designated time allowed for Ultimate Football)
4. When the students start the Ultimate Football/Jump Rope/Scarves, look at the watch. Find out how much time is left in the hour, and at half that time switch the students’ activities. (1 and 2 will move to the scarves and jump rope side, 3 and 4 will play ultimate football).

**Accommodations Required and Differentiated Instruction:**
Use music to motivate the students as they do their warm-up activity.
If the ultimate football game is dominated by the boys in the class (class is nearly 80% male) change the rules to allow equal participation by all students.
Injured students will keep score of the ultimate football game or help referee.

**Assessment of Objectives:**
Were students near their target heart rate zone?
Observation of teamwork and participation

**Materials:**
6 musical circuit sheets
Ultimate Football Rules
Football
Pinnies (to distinguish ultimate football teams)
Scarves
Jump Ropes
Musical Circuits

(Running)

1. 25 sit-ups or crunches
(Skipping)

2. 15 push-ups
(Jog lengths, backpedal end lines)

3. Lane Shuffles (30 Seconds)
(Jog lengths, carioca)

4. 25 Jumping Jacks
(Walking)

5. Quick Feet (30 Seconds)
(Check Your Pulse)