**Prep**
- 5 cones (1 each for 5 stations)
- 1 disc per 2-3 students
- 5 Ultimate Content Cards: Backhand Throw; Forehand Throw; Clap Catch; ‘C’ Catch; Observer’s Signals
- 1 Ultimate Fun-day-mentals Jigsaw Card per student (less “coaches”)
- 5 shoulder folders (optional)

**Set**
- Form teams of 4-6. (Option: use student data from Personal Best Assessment to form teams.)
- Create 5 learning stations with a cone at each. Place Ultimate Content Cards in shoulder folders.
- Number Stations 1-5.

**Teach**
1. In Fun-day-mentals you will learn and teach important Ultimate skills/rules to your teammates. Each skill is critical to success in the upcoming adventure race.
2. **Jigsaw Description**
   - Today you will use a Learning Jigsaw. One member of your team will be a “coach” and the remaining members will each join 1 of 5 separate learning groups: Backhand Throw; Forehand Throw; Clap Catch; ‘C’ Catch; Observer’s Clinic.
   - Take 1 minute to elect a “coach” who will be positioned at 1 of the learning stations, then decide which learning group each of you would like to join.
   - With coaches in position, join your selected learning group at the corresponding station. Use the Fun-day-mentals Jigsaw Card to become the expert.
   - After learning the information, rejoin your team to jigsaw-teach your skill.
3. Elect a coach and decide which learning group to join. (Coaches meet to decide which station to “coach” while students within each team decide which learning group to join.)
4. On the signal, go to your station and begin. (Allow adequate learning time.)
5. On the signal, return to your original team. Take turns teaching your skill.
6. **Cues**
   - “Focus” – Use time wisely, your team is counting on you to learn and teach them.
   - “Ask 3 B4 Me” – Don’t ask the teacher first. Rely on the group and coach for help.
   - “Note It” – Jigsaw cards help you remember important information when teaching.
7. **Think About…**
   - Which part of Ultimate “fun-day-mentals” was most challenging for you? Why?
   - What was your favorite Ultimate “fun-day-mentals” skill? Why?
Rewind
Limit the amount of information that students are required to learn at each station or provide multiple days to learn and teach the information.

**FFwd 1**
Increase the number of learning stations by adding more “fun-day-mentals” (e.g., common tactics). You can use the tactical oriented Ultimate Content Cards to do this.

**FFwd 2**
At each learning station, have the learning group develop a high activity drill/game that focuses on the content of the station and can be used when jigsaw teaching original group.

**STANDARDS ADDRESS**

**NASPE**
#1, 2 Throwing (Backhand/Forehand) and catching (clap, 1-handed C. & 2-handed C)
#3, 4 Aerobic capacity
#5, 6 Cooperation, leadership, accepting challenges

**Your State** (Write in here)

**TEACHING TIPS**

- Monitor team interactions to ensure cooperation as coaches are elected and decisions are made about learning groups.
- Uneven numbers? No worries! Use multiple coaches at a station or let students pair up to learn and teach.

**NOTES**

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A flying disc has a strong resemblance to a plate. Speaking of which... Need help understanding portion size and how to plan daily meals? Visit ChooseMyPlate.gov to learn about food groups, get a personalized plan, learn healthy eating tips, and more. Here’s 1 easy tip: fill half of your plate with fruits and vegetables.