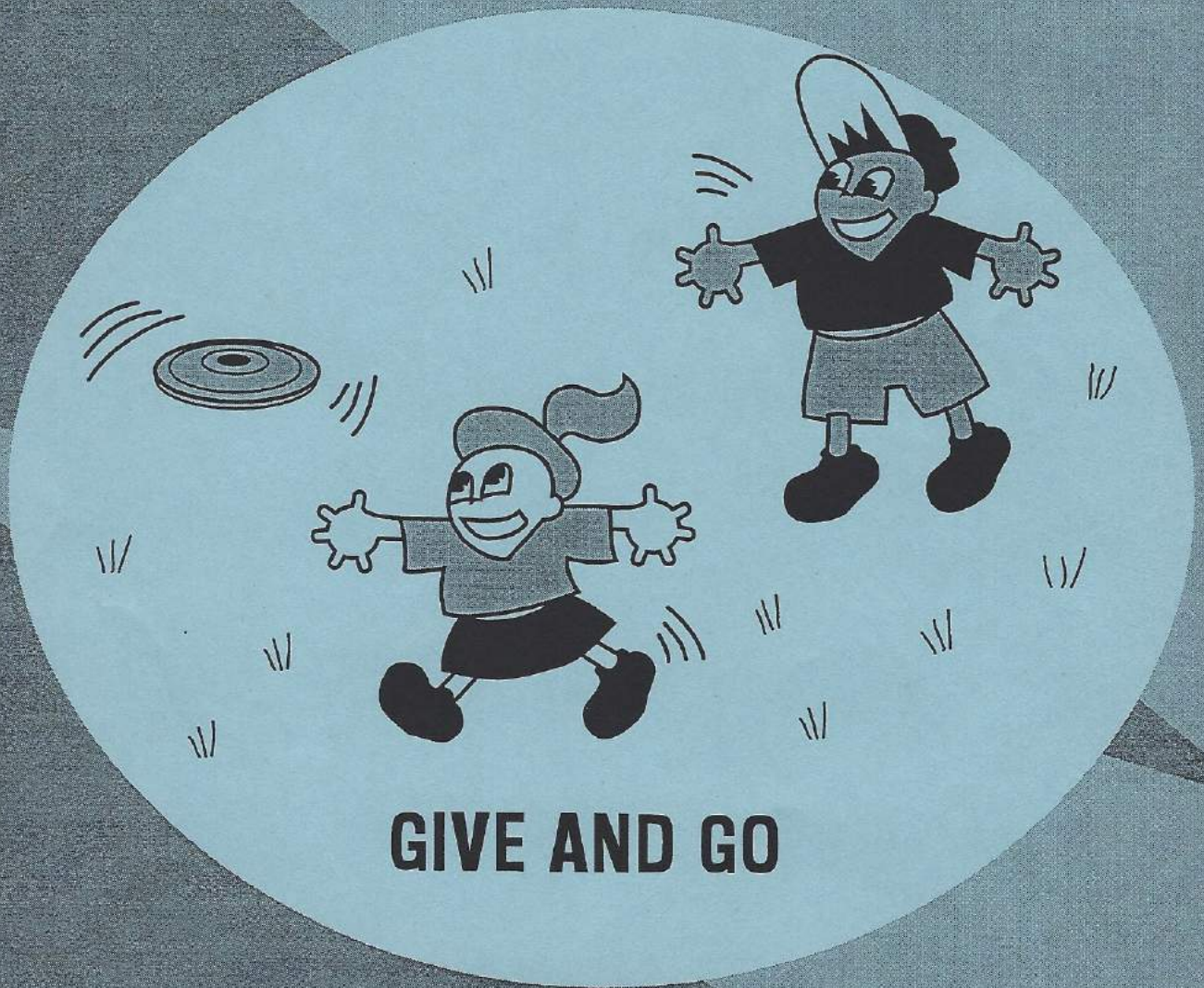


FRISBEE



GIVE AND GO

FRISBEE

SAFETY, MANAGEMENT, AND TEACHING HINTS

- Errant frisbee throws happen. Reduce risk of injury by: playing on a large field where students have room to throw; having students throw in the same direction while safely spread out; cueing all to be "on the look out" for misdirected frisbees.
- The SPARK "Principle of 3's" reduces instruction and management time. The answer to all of the following questions is 3: "How many seconds may I hold the frisbee before I throw it? How many steps may I take with the frisbee? How many feet away must I be from the person I guard? How many seconds do I have to throw the frisbee in from out of bounds?"
- To speed pre-game organization, establish the following rules: Whichever team is assigned pinnies begins with the ball/implement; and that team always goes in the same direction. This eliminates the need to state who has ball first and which way they go to advance it.

SKILLS

Backhand Throw

Two-Hand Catch

One-Hand Catch

Offense/Defense

Distance Throw

Accuracy Throw

Advanced Catches

MAJOR DRILLS AND GAMES

Throw with Partner

Frisbee Step Back
Partner Challenges

Throw with Partner

Give and Go
Keep Away (2 on 1)
3 Catch Lead-up
3 Catch Frisbee
Frisbee Speedball
Ultimate Frisbee
Frisbee Baseball

Throw for Distance

Target Frisbee
Frisbee Golf
Hoop de Hoop

Challenges with Partner

EQUIPMENT NEEDS

1 frisbee/student, 1 pinnie/2 students, 12 6" cones, 10 18" cones, 30 hoops, 1 whistle

UNIT: FRISBEE

LESSON: 1

ACTIVITY	ORGANIZATION	TEACHING CUES
Backhand Grip	-Partners face off formation. -Instruct and demo. -Students try grip, toss to partner.	-Hold frisbee: 1. Thumb on top. 2. Index finger on outside edge. 3. Middle, fourth and little fingers curled underneath the rim. -Grip firmly.
Backhand Throw	-As above. -Demonstrate. -With partner, toss back and forth.	-Hold frisbee close to body, frisbee touching inside of the forearm, with side and back of hand facing target. -Step toward target with front foot, snap wrist and extend arm. -Keep frisbee low and parallel to ground. -Bend knees.
Two-Hand Catch	-As above. -Demonstrate. -Students toss back and forth with partners. -Vary the throwing distance.	-"Clap" frisbee with one hand on top and one underneath (call "alligator catch" for younger students).
Challenges	-As above. -Provide challenges for specific skills. 🍏 <i>Language Arts Integration:</i> "Catch and Spell" using words from language arts science, social studies. 🍏 <i>Math Integration:</i> "Catch and Count" by 3's, 4's, 7's, etc.	Challenges: -How many catches can you make? -How many catches can you and your partner make in 10 (15) seconds? -How quickly can you make 10 passes? (Sit down or raise hand when finished.)
Frisbee Step Back	-As above.	-Pass back and forth. -Begin close together and take a giant step back after each of you make a successful catch. -If one misses, stay where you are.

UNIT: FRISBEE

LESSON: 2

OBJECTIVES

Throw and catch

EQUIPMENT

1 frisbee/pair, 4 cones, whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-PARTNER DAY-</u>		
Warm-Up/Review: Partner Throw and Catch	-Partners face off formation. -Throw and catch with partner using backhand throw and 2-hand catch.	-Step toward your partner. -Keep your frisbee parallel to the ground.
One-Hand Catch (Fingers Up)	-As above.	-Use for catching a frisbee above the waist. -Catch with fingers pointing up and thumb underneath.
One-Hand Catch (Fingers Down)	-As above.	-Use for catching a frisbee below the waist. -Catch with fingers pointing down and thumb on top.
Give and Go	-Scattered in pairs formation. -Student with frisbee remains stationary and throws frisbee to their partner who runs for the catch.	-Stand near your partner. -Throw frisbee into open space ahead of your partner so he/she may run and catch it. -Alternate throwing and catching.

UNIT: FRISBEE

LESSON: 3

OBJECTIVES

Throwing, catching, running, defending

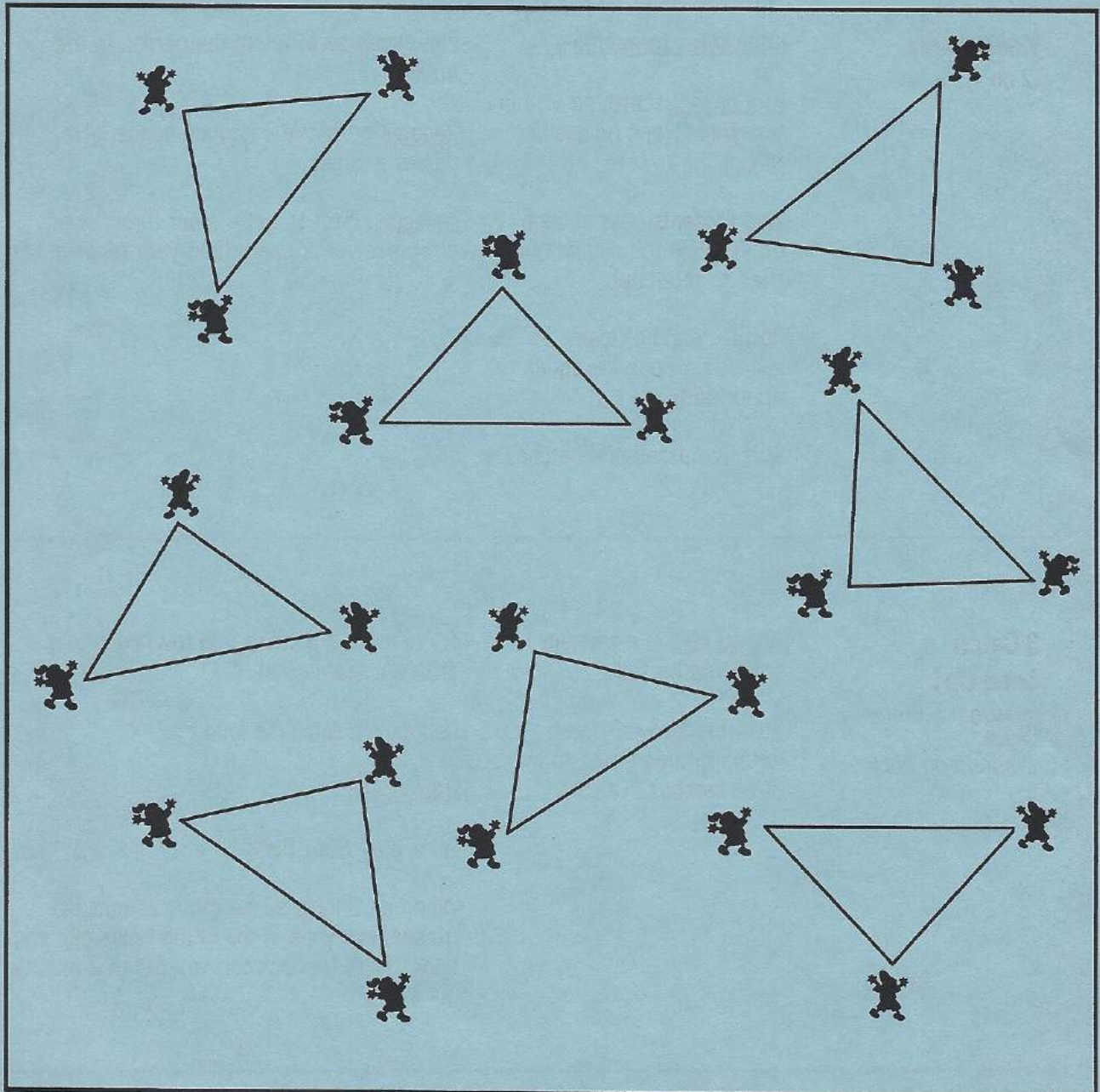
EQUIPMENT

1 frisbee/pair of students, whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-GROUP DAY-</u>		
Keep Away (2 on 1)	<ul style="list-style-type: none"> -<u>Keep away</u> formation. -<u>Groups of 3</u> scattered within boundaries (one frisbee per group). -Two students pass to each other while the middle one tries to intercept. -Rotate "middle" every 30 seconds. to provide equal opportunity. -Specify passes and catches. 	<ul style="list-style-type: none"> -Play "keep away" from the person in the middle. -<u>Receivers</u>: Move into open space; give passer a target. -<u>Passers</u>: Pivot to get a clear throw; wait until receiver is open; lead your receiver.
3 Catch Lead-Up I (passing to a stationary target) <i>Diagram on back</i>	<ul style="list-style-type: none"> -<u>Groups of 3</u> in a triangle scattered on field. -Students throw frisbee within groups trying to make three catches in a row. 	<ul style="list-style-type: none"> -Try to make 3 catches in a row, each to a different teammate! -Count each catch out loud. <u>After trials</u>: -Let's play Step Back! -When all 3 have successfully caught the frisbee, everyone in the group takes one step back. How far back can you get in 2 minutes?

3 CATCH LEAD-UP I

TRIANGLE FORMATION INDICATED BY
SOLID LINES CONNECTING GROUPS



UNIT: FRISBEE

LESSONS: 4 & 5

OBJECTIVES

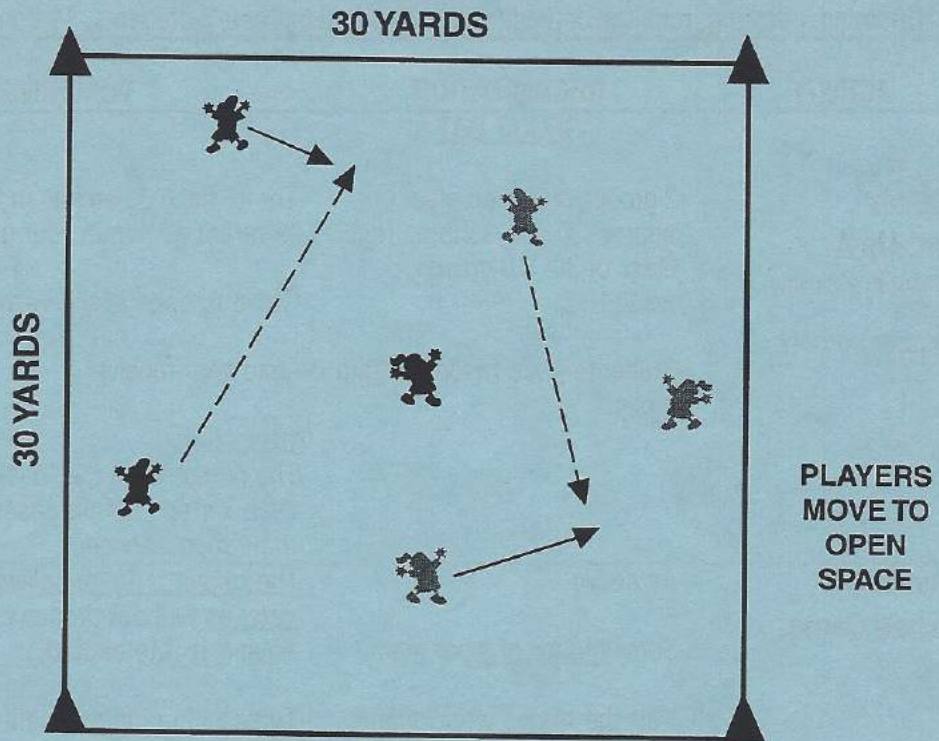
Throwing, catching, running, defending

EQUIPMENT

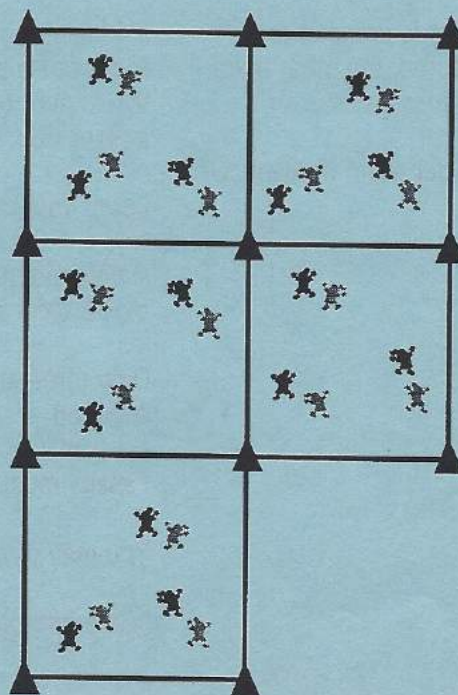
1 frisbee/3 students, 11 cones, 15 pinnies

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-GROUP DAY-</u>		
3 Catch Lead-Up II (passing to a moving target) <i>Diagram on back</i>	-2 groups of 3 in an area approx. 30 yds. square. (e.g., class of 30: 10 groups, 5 areas.) -Students pass frisbee within groups.	-Try to make 3 catches in a row, each to a different person in your group. -Move to open space within your boundaries. -Lead your receiver. <u>After trials:</u> -The person with the frisbee cannot take more than 3 steps before passing it or hold it for more than 3 seconds.
3 Catch Frisbee Game	-As above. -Same <u>groups of 3</u> per team. -Half the teams wear pinnies. -5 games are played simultaneously; one frisbee per game. -If frisbee is dropped or intercepted, the other team takes possession. -Play 5 per team if advanced.	- <u>The object is to complete 3 consecutive catches</u> without dropping the frisbee or having it intercepted. -Team with pinnies begins by passing frisbee to teammates. -If 3 catches are completed, a point is awarded and the other team takes the frisbee. -If frisbee is intercepted or deflected, other team takes possession at that spot. Whichever team touches the frisbee last gets possession. -Count your catches out loud. -A defender may not guard person with frisbee closer than 3 feet. -Only three steps with the frisbee are allowed. -Passes must travel at least 3 feet. -You may only hold the frisbee for 3 seconds. -Move into open space. Give and go!

3 CATCH LEAD-UP II



3 CATCH FRISBEE GAME

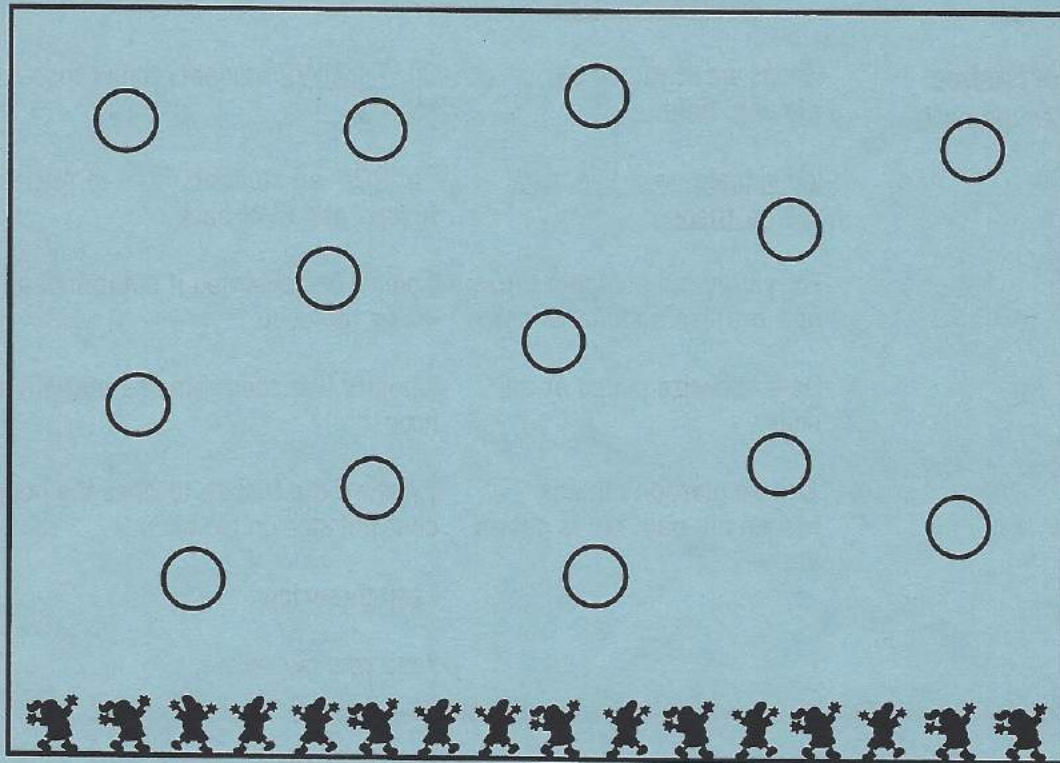


UNIT: FRISBEE

LESSON: 6

OBJECTIVES	EQUIPMENT	
Throwing for accuracy, distance	1 frisbee/student*, 10-20 hoops, 4 cones, whistle	
ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-INDIVIDUAL DAY-</u>		
Target Frisbee <i>Diagram on back</i>	<p>-Hoops are scattered on playing field.</p> <p>-<u>Individuals on a line, each with a frisbee.</u></p> <p>-For safety, all students throw and retrieve simultaneously.</p> <p>-De-emphasize points at the end.</p> <p>*Can be played with one frisbee per pair, but is not as active.</p>	<p>-On "<u>THROW!</u>" students throw frisbee to any hoop.</p> <p>-On "<u>GO!</u>" all students RUN to retrieve OWN frisbee and RUN back.</p> <p>-<u>5</u> points are awarded if entire frisbee remains inside the hoop.</p> <p>-<u>3</u> points if frisbee remains partially in the hoop.</p> <p>-<u>1</u> point if the frisbee touches the hoop but does not stop on the hoop.</p> <p>-Keep throw low.</p> <p>-Keep your own score.</p>
Throw for Distance	<p>-<u>Individuals on a line</u> (with the wind at their back).</p> <p>-For safety, all students throw at the same time and retrieve simultaneously.</p> <p>-Can be played with one frisbee per pair, but is not as active.</p> <p>-<u>Variation:</u> Have students estimate how many throws it would take them to reach a fence (or object in the distance). On go, they count their throws.</p>	<p>-On "<u>THROW!</u>" all throw and wait for signal to retrieve.</p> <p>-On "<u>GO!</u>" RUN after your own frisbee, count how many paces it takes for you to reach your frisbee, pick it up, and RUN back. Try to improve your distance on each throw.</p> <p>-Fly frisbee low if windy.</p> <p>-Keep your frisbee level (parallel to the ground).</p>

TARGET FRISBEE



EVERY STUDENT WITH A FRISBEE

○ = HOOP

UNIT: FRISBEE

LESSONS: 7, 8, & 9

OBJECTIVES

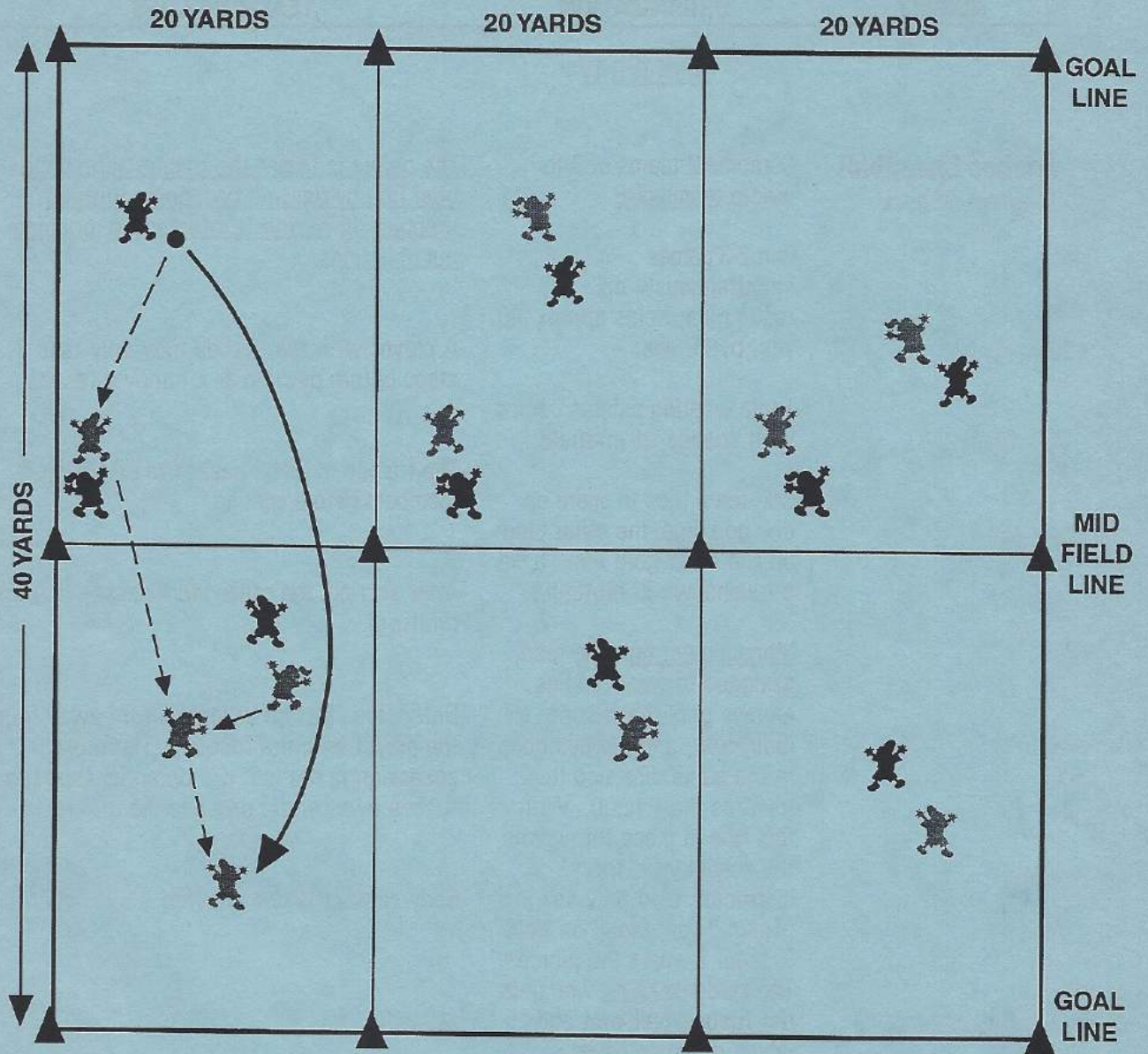
Combining skills, team play

EQUIPMENT

2-3 frisbees, 12 cones, 15 pinnies, 1 whistle per game

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-GROUP DAY-</u>		
Frisbee Speedball <i>Diagram on back</i>	<ul style="list-style-type: none"> -Combine 2 teams of 3 to create <u>teams of 6</u>. -Run 2-3 games simultaneously on rectangular fields approx. 40 yds. by 20 yds. -Team wearing pinnies begins with frisbee at midfield. -One team tries to score on one goal line, the other team on the other goal line. (Like a touchdown in football.) -<u>Management tip:</u> The team assigned to wear pinnies always gets the frisbee (ball) first, and always goes in the same direction (e.g., towards the school). With this rule in place throughout the school year, the instructor need only say, "Team 1 vs. team 2 on field 3; team 1 wears the pinnies." The students <u>know</u> who gets the frisbee/ball first and which direction to go in. 	<ul style="list-style-type: none"> -<u>The object is to get the frisbee across the goal line by passing or running without dropping it, having it intercepted, or going out of bounds.</u> -A player with the frisbee may only take 3 steps before passing or a turnover results. -The frisbee must be passed to all team members before scoring. -After scoring, the other team passes in from midfield. -Defenders must be at least 3 feet away from the player with the frisbee. (Therefore, possession is not lost if a defender taps the frisbee away and it drops to the ground.) -Body contact is not allowed.

FRISBEE SPEEDBALL



UNIT: FRISBEE

LESSON: 10

OBJECTIVES

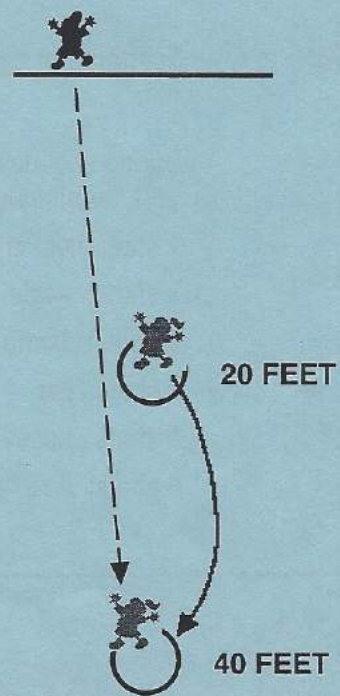
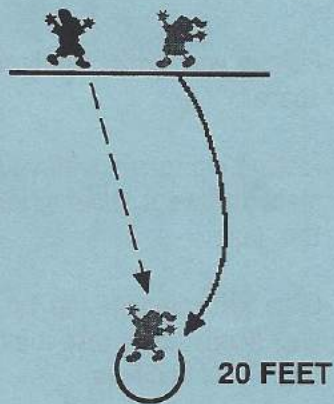
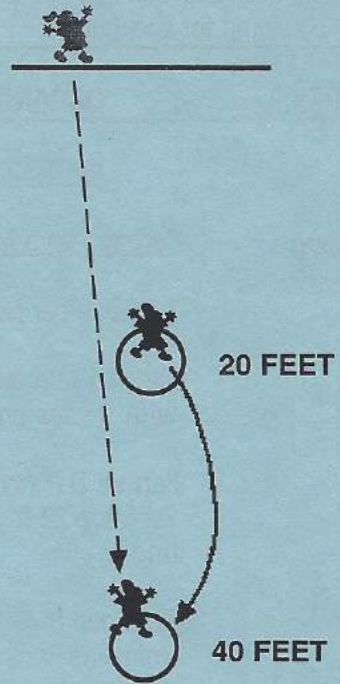
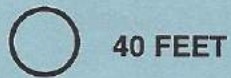
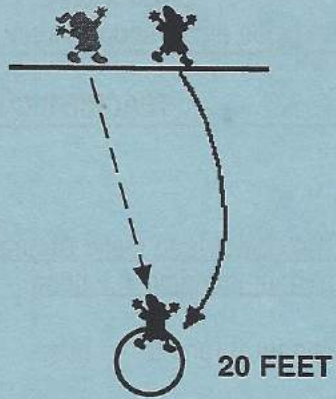
Throwing for accuracy

EQUIPMENT

1 frisbee and 1 hoop/student, whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-PARTNER DAY-</u>		
Hoop de Hoop <i>Diagram on back</i>	<ul style="list-style-type: none"> -Partners on a line. -1 frisbee per pair. -Partner A (thrower), stands with frisbee on a line. -Partner B (catcher), stands in 1st hoop 20 ft. away from line. -2nd hoop is 40 feet away from line. 	<ul style="list-style-type: none"> -<u>The object is to make accurate passes to your partner standing in a hoop.</u> -Partner B runs to 1st hoop. -Partner A throws to B who must catch it with at least one foot in hoop. -If successful, B throws back to A and runs to 2nd hoop. -If not successful, B stays at same hoop until a catch is made. -When catch is made at both hoops, switch roles.
Frisbee Golf (in pairs)	<ul style="list-style-type: none"> -<u>Scattered in pairs</u>, 1 hoop per pair. -During cool-down, discuss golf terminology: <ul style="list-style-type: none"> 1 shot: hole in one 2 shots: eagle 3 shots: birdie 4 shots: par 5 shots: bogey 6 shots: double bogey 	<ul style="list-style-type: none"> -Pick up your hoop, safely toss it into open space. -Alternating tosses with your partner, see how many throws it takes to land the frisbee in the "hole". -Once you complete the 1st "hole," pick up your hoop, safely toss it into open space, and begin your 2nd hole. -Tell me if anyone gets a "hole in one!" (Frisbee <u>completely</u> in the hoop.)

HOOP DE HOOP



UNIT: FRISBEE

LESSONS: 11 & 12

OBJECTIVES

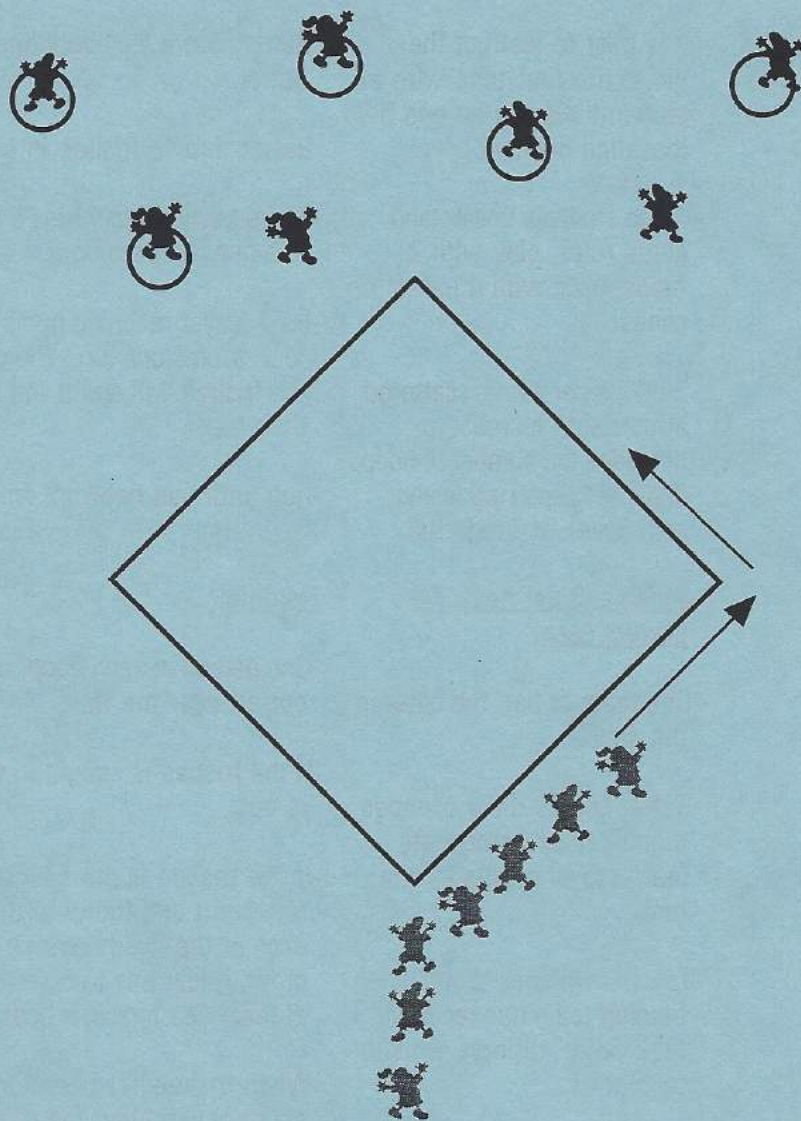
Catching and throwing, game skills

EQUIPMENT

1 frisbee/7 students, whistle, 4 bases or cones 10 hoops

ACTIVITY	ORGANIZATION	TEACHING CUES
Frisbee Baseball (All-Run) <i>Diagram on back</i>	<p data-bbox="630 464 797 501"><u>-GROUP DAY-</u></p> <ul style="list-style-type: none"> <li data-bbox="532 539 899 675">-It is best to instruct the game the first time with all students playing on one field (baseball diamond). <li data-bbox="532 714 899 850">-When students understand game rules, play with 2 fields, each with 4 bases (or cones). <li data-bbox="532 889 899 1061">-5 hoops per game, scattered in outfield. Increase or decrease the number of hoops depending upon grade and skill level of students. <li data-bbox="532 1099 899 1158"><u>-4 teams, 2 per field, 7/8 players each.</u> <li data-bbox="532 1197 899 1256">-One team at bat, the other in the field. <li data-bbox="532 1295 899 1431">-Batter counts the # of times runners touch home plate (each player counts as one run). <li data-bbox="532 1469 899 1605">-Teacher watches to see when fielding team has recorded their "out." Blows whistle to signify. <li data-bbox="532 1644 899 1780">-Rotate sides when all players on the bating team have had a turn to throw (if playing on two fields). 	<p data-bbox="911 464 1003 501"><u>Batters:</u></p> <ul style="list-style-type: none"> <li data-bbox="911 539 1409 598">-Batting team members line up behind the batter. <li data-bbox="911 637 1349 673">-Batter throws frisbee into the field. <li data-bbox="911 712 1442 771">-Entire batting team runs around the bases in one line (no passing). <li data-bbox="911 809 1430 945">-Each player reaching home plate before an "out" scores one run. The person who threw the frisbee will count the runs scored for their team. <li data-bbox="911 984 1289 1020">-Run until you hear my whistle. <p data-bbox="911 1090 1019 1127"><u>Fielders:</u></p> <ul style="list-style-type: none"> <li data-bbox="911 1165 1468 1224">-One person in each hoop; everyone else spread out all over the field. <li data-bbox="911 1263 1442 1322">-If the frisbee is caught in the air, the batter is out. <li data-bbox="911 1360 1468 1542">-If the frisbee is not caught in the air, quickly retrieve it and throw to those standing in each of the five hoops. It can go in any order, it just has to be held by someone with at least one foot in a hoop. <li data-bbox="911 1580 1430 1685">-When frisbee has been thrown to all five hoops, I will blow the whistle. No more runs can be scored once the whistle blows.

FRISBEE BASEBALL (ALL RUN)



UNIT: FRISBEE

LESSON: ADDITIONAL GAMES/ACTIVITIES

OBJECTIVES

Throwing for accuracy

EQUIPMENT1 frisbee/student, 9 "holes" set up on playground
(hoops if needed)

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-GROUP DAY-</u>		
Frisbee Golf	<ul style="list-style-type: none"> -Set up nine "holes" on the playground. -<u>3-4 students start at each hole</u> and throw to the next hole. -When all students have returned to their starting hole, game is over. -Play at least 2 days. -<u>Sample "course"</u>: <ol style="list-style-type: none"> 1) handball wall 2) backstop 3) pitcher's mound 4) circle or box painted on field 5) soccer goal 6) swings 7) over or under volleyball net 8) hoops on ground 9) shapes painted on blacktop 	<ul style="list-style-type: none"> -I will show you the holes and where your group is to begin. -Wait for signal to begin. -After completing a hole, wait for your group and move to the next hole together. -Do not pass other groups. -Keep track of your own number of "strokes." -Lowest score wins. <p><u>Variation:</u></p> <ul style="list-style-type: none"> -Students start in groups of 3-4, but move from hole to hole at their own pace. They may RUN after each throw to keep the game moving.

UNIT: FRISBEE

LESSON: ADDITIONAL GAMES/ACTIVITIES

OBJECTIVES

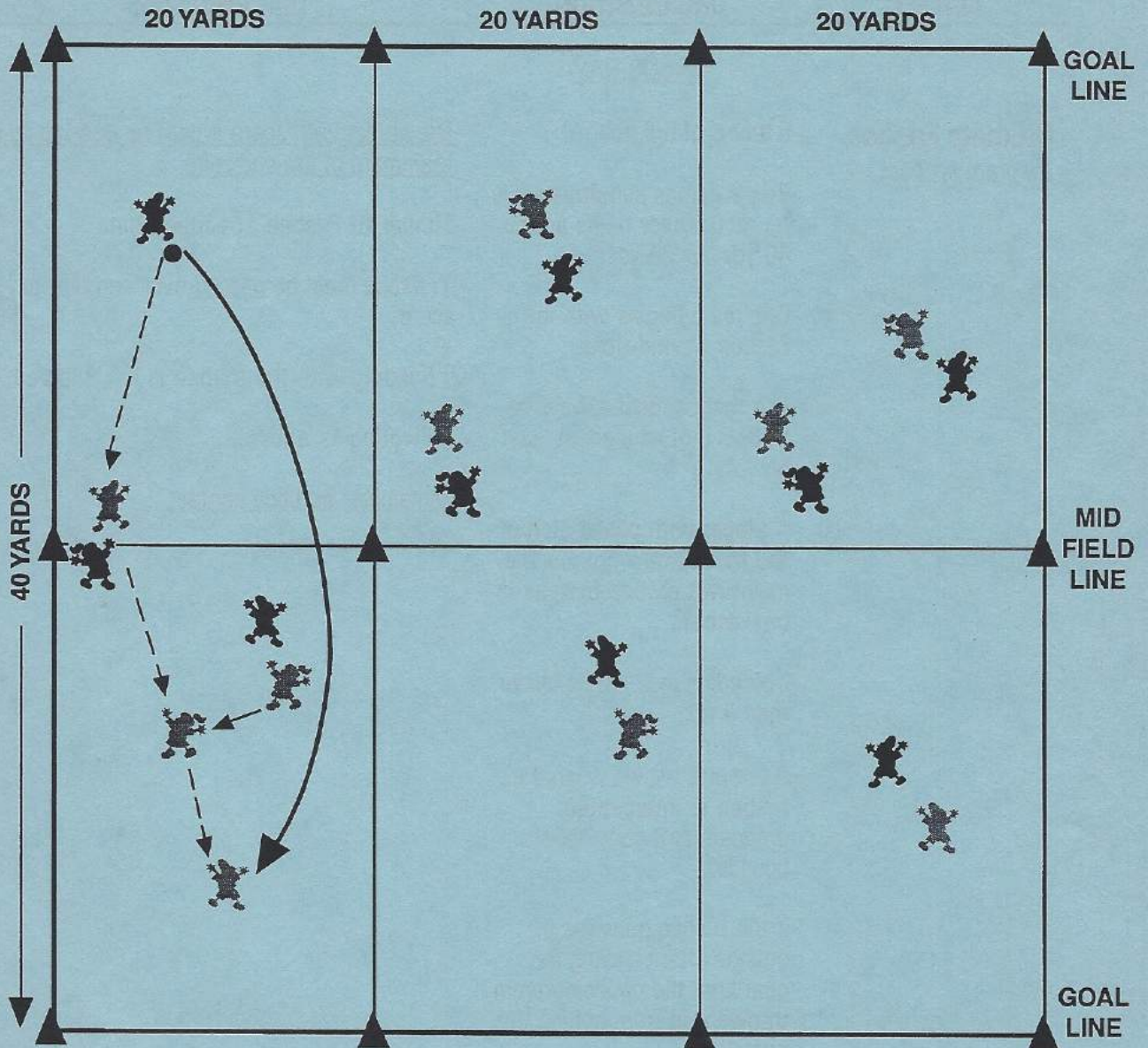
Combining skills, team play

EQUIPMENT

2 frisbees, 1 whistle, 4 cones per game

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-GROUP DAY-</u>		
Ultimate Frisbee <i>Diagram on back</i>	<ul style="list-style-type: none"> -6 teams of 5/6 per. -Run 3 games simultaneously on rectangular fields approx. 40 yds. by 20 yds. -One team begins with the frisbee at mid-field. -The frisbee must always be thrown (not handed) at least 5'. -A player with possession of the frisbee may <u>not</u> run, but may pivot on one foot, as in basketball. -Defenders may not be closer than 3 ft. -A turnover occurs when the frisbee is intercepted, dropped, or it goes out of bounds. -If the frisbee goes out of bounds after crossing the goal line, the opposing team throws it in from behind the goal line. -One point is awarded per goal. -Play at least 2 days. 	<ul style="list-style-type: none"> -<u>The object is to score a goal by passing to a teammate in the end zone.</u> -Similar to Frisbee Speedball but: <ol style="list-style-type: none"> 1) Frisbee must be <u>passed</u> over end line to score. 2) Running with the frisbee is not allowed. 3) Pivoting is allowed. -<u>Remember: no body contact.</u>

ULTIMATE FRISBEE



UNIT: FRISBEE

LESSON: ADDITIONAL GAMES/ACTIVITIES

OBJECTIVES

Advanced throwing and catching skills

EQUIPMENT

1 frisbee/2 students

ACTIVITY	ORGANIZATION	TEACHING CUES
-PARTNER DAY-		
Forehand Throw	-Pairs at comfortable distance.	-Grip with thumb underneath rim, four fingers curled around edge of rim. Keep hips squared towards partner and flick wrist on release. Keep frisbee level with waist.
Overhead Throw		-Same grip as above except rotate wrist so palm faces down. Extend arm straight behind shoulder. Bring arm above shoulder and release across from head.
Between the Legs Catch		-When catching a low frisbee, spread feet apart and catch with one or two hands between the legs.
Behind the Back Catch		-Reach behind the back to catch frisbee with one hand.
Behind the Head Catch		-Reach behind the head to catch frisbee.
Finger Catch		-Extend index finger to catch frisbee.
Tipping		-Lightly tip center of frisbee up in air, then catch with one hand.