

Frisbee Cone Throwing

by
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Grade Level: K-12

National Standards:

#1: #2: #3: #4: #5: #6:

Learning Objectives:

- The student will utilize previously learned skills for throwing a Frisbee.
- The student will utilize previously learned skills for catching a Frisbee.
- The student will work cooperatively with a small group and maintain proper personal responsibility.
- The student will use proper social support.

Space Needed:

- A large, flat area is best such as a grassy field, cafeteria, blacktop, or gym.

Equipment & Materials Needed:

- One (1) Frisbee per two (2) students.
- Cones to designate the boundaries.
- One (1) cones per foursome.
- One (1) rainbow stick per pair.

Set-Up:

- Place the cones around the edge of the playing area to designate the boundaries.
- Place one (1) cone in the middle of two pairs.
- Place one (1) rainbow stick 5-10' away from the cone, on each side, so all three (3) are in a straight line.

Description of Learning Activities:

- Teacher verbally cues students to practice throwing a Frisbee.
- Proper Frisbee Throwing Technique: athletic stance; grip Frisbee with the thumb on the top, first finger on the lip, and the other fingers underneath; pivot to the non-dominant side; bring Frisbee to chest with elbow pointing to the target at shoulder height; step out, towards the target, with the dominant foot; straighten arm; snap wrist; follow through with fingers pointing to the target.
- Place each pair of students with another pair making up the foursome; one on each side of a cone.
- Team 1, player 1, throws the Frisbee, using proper throwing technique, from behind the rainbow stick (throwing line), trying to hit the cone; runs to where it lands; picks it up; throws it back to their partner, who catches it; and then 1st player runs back behind the rainbow stick.
- The partner repeats the same process.
- At the same time the other team is doing the same thing.
- Repeat this process until one team either hits the cone five (5) times or until each player has ten (10) throws.
- May play with four (4) students on each team.

Authentic Assessment:

- Teacher observation of students' social support and group cooperation working with a small group.
- Students give themselves an assessment regarding how they interacted with their partner.
- Instructor may use a skills checklist to determine skill level of each student, for throwing and catching a Frisbee.