

# Target Frisbee

by

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**Grade Level:** K-12

**National Standards:**

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

**Learning Objectives:**

- The student will practice throwing a Frisbee.
- The student will practice catching a Frisbee.
- The student will work cooperatively with a partner 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 pair of students.
- One (1) lollipop per pair of students.
- Two (2) rainbow sticks per pair of students (may use chalk or rope).

**Set-Up:**

- Place rainbow sticks on the ground on opposite sides of the lollipop.
- Place the lollipop 3-5 feet away from the rainbow sticks.
- Place all three objects in a straight line.
- Distance may vary depending upon skill level.

**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.
- Teacher verbally cues students to throw the Frisbee for the first and/or second round of throwing and catching.
- The students throw the Frisbee to one another through the lollipop, alternating turns.
- Students must use proper throwing pattern or the throw does not count.
- If the student steps on or over the rainbow stick, the throw does not count.
- The student is to throw the Frisbee through the lollipop so it hits their partner in the chest.
- Partner should practice catching the Frisbee correctly.
- May challenge students to see how many throws and catches they can do in a row.

**Authentic Assessment:**

- Teacher observation of students' social support and group cooperation working with their partner.
- 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.