

Throw & Hit 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.
- One (1) cone per pair of students.
- One (1) rainbow stick per pair of students (may use chalk or rope).

Set-Up:

- Place rainbow stick on the ground 3-5 feet away from the lollipop.
- Place the cone 3-5 feet away from the lollipop.
- 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 student throws the Frisbee through the lollipop, and tries to hit the cone.
- 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 partner may catch the Frisbee only if it passes over the cone.
- Each time a student hits the cone, they earn one (1) point.
- Play to ten (10) points.
- May challenge students to see how many times they can hit the cone 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.