

Under the Net Frisbee

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) teams of students.
- Cones to designate the boundaries.
- One (1) net per court.
- Two (2) volleyball poles per court.

Set-Up:

- Place the cones around the edge of the playing area to designate the boundaries.
- Hang the net or tie the rope between the two volleyball poles.
- Height of net may vary depending upon skill level.
- Pre-design student pairs.

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 students in a pair, team of two (2).
- The first player, using proper throwing technique, throws the Frisbee to their partner, UNDER the Net.
- This teammate attempts to catch it using "pincher-fingers", and then throws the Frisbee back UNDER the net to their partner.
- Repeat the process.
- Pairs work together to have as many catches and throws in a row as possible.
- Rotate partners.

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.