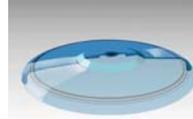
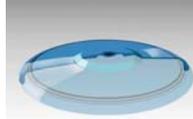


FRISBEE UNIT BLOCK OUTLINE

<u>Day 1</u>	<u>Day 2</u>	<u>Day3</u>	<u>Day 4</u>
<ul style="list-style-type: none"> • Introduction to Frisbee 	<ul style="list-style-type: none"> • Backhand throw 	<ul style="list-style-type: none"> • Backhand throw 	<ul style="list-style-type: none"> • Forehand throw
<u>Day 5</u>	<u>Day 6</u>	<u>Day 7</u>	<u>Day 8</u>
<ul style="list-style-type: none"> • Forehand Throw 	<ul style="list-style-type: none"> • Frisbee Bowl 	<ul style="list-style-type: none"> • Frisbee Bowl 	<ul style="list-style-type: none"> • Quick Throws • Long throws
<u>Day 9</u>	<u>Day 10</u>	<u>Day 11</u>	<u>Day 12</u>
<ul style="list-style-type: none"> • Quick Throws • Long throws 	<ul style="list-style-type: none"> • Frisbee golf 	<ul style="list-style-type: none"> • Frisbee golf 	<ul style="list-style-type: none"> • Catching
<u>Day 13</u>	<u>Day 14</u>	<u>Day 15</u>	<u>Day 16</u>
<ul style="list-style-type: none"> • Catching 	<ul style="list-style-type: none"> • Two handed Grab • Gator Grab 	<ul style="list-style-type: none"> • One hand Snag 	<ul style="list-style-type: none"> • Catching on the Move
<u>Day 17</u>	<u>Day 18</u>	<u>Day 19</u>	<u>Day 20</u>
<ul style="list-style-type: none"> • Catching on the Move 	<ul style="list-style-type: none"> • Throwing to a moving target 	<ul style="list-style-type: none"> • Trick Catch/ Frisbee Freestyle 	<ul style="list-style-type: none"> • Trick Catch/ Frisbee Freestyle
<u>Day 21</u>	<u>Day 22</u>	<u>Day 23</u>	<u>Day 24</u>
<ul style="list-style-type: none"> • Offensive movements 	<ul style="list-style-type: none"> • Defensive movements 	<ul style="list-style-type: none"> • Frisbee Basket-ball 	<ul style="list-style-type: none"> • Frisbee Basket-ball
<u>Day 25</u>	<u>Day 26</u>	<u>Day 27</u>	<u>Day 28</u>
<ul style="list-style-type: none"> • Olympic Frisbee 	<ul style="list-style-type: none"> • Olympic Frisbee 	<ul style="list-style-type: none"> • Ultimate Frisbee 	<ul style="list-style-type: none"> • Ultimate Frisbee
<u>Day 29</u>	<u>Day 30</u>		
<ul style="list-style-type: none"> • Ultimate Frisbee 	<ul style="list-style-type: none"> • Ultimate Frisbee 		



Frisbee Sports Syllabus

Instructors Information:

Name: Tyler Parsons and Tanner Williams

Contact: Parsonsty@cwu.edu, Williamsta@cwu.edu

Course Description: This course will teach teamwork, individual skills, coordination, and other basic movements. One of the best types of recreation is where you don't need a lot of people or equipment. Frisbee helps with student's coordination, balance, and cardio workout while still having fun. Frisbee is something that can be played for recreation or you can find yourself being in a league playing Frisbee on a competitive level as well even when out of school.

List of activities that will be learned in our Frisbee unit

- Backhand Throw
- Forehand Throw
- Quick tosses
- Long throws
- Catching with 2 hands / one hand
- Catching while Running
- Throwing while running
- Offensive Strategies
- Defensive Strategies
- Teamwork
- Frisbee Golf
- Frisbee Bowling
- Frisbee Basketball
- Frisbee Freestyle
- Ultimate Frisbee

How students will be graded:

- **Participation & Attendance** – Every day all students are expected to participate in all learning experiences. Being present in class but actively talking to friends will not count as participation. Students must be active in order to receive their full points for the day. If students are injured and must sit out from an activity **they must have a note from a parent or doctor**. Students will be graded on whether they come to class or not. This includes being dressed to participate. If students must miss class because of a school function, appointment, or family emergency they must bring me a note in order to be excused.

- **Assessments** – Students will be formally assessed on all skills that they learn. The students will have plenty of opportunities to practice each skill, along with knowledge as to what skills will be assessed and when the assessment will take place.
- **Sportsmanship** – Students will be assessed by their teacher and peers when it comes to the following: Team building, positive criticism, respect to teacher and classmates, and equipment.

Grading Scale:

- Attendance/Participation: 50 points
(Read speculations for attendance/participation)
- Sportsmanship: 30 points
- Assessments: 20 points

Percentages:

- 100-93 A
- 93-90 A-
- 89-83 B+
- 83-80 B-
- 79-73 C+
- 73-70 C-
- 69-63 D+
- 63-60 D-
- 59-below F

Questions or Concerns:

If you have any questions, comment, or concerns please feel free to call me at school.
The phone number is _____.

**Physical Education Teacher Education Program
Central Washington University
Frisbee Plan Throwing Lesson #3
Tanner Williams and Tyler Parsons**

Objectives

- A. Students:**1. By the end of class students will be able to throw their Frisbee 10 feet with the correct technique which is the following 1.) Thumb on Top 2.) Pointer finger on side, 3 fingers curled underneath. (NASPE 2, EALR 1.2)
- B. Teachers:**

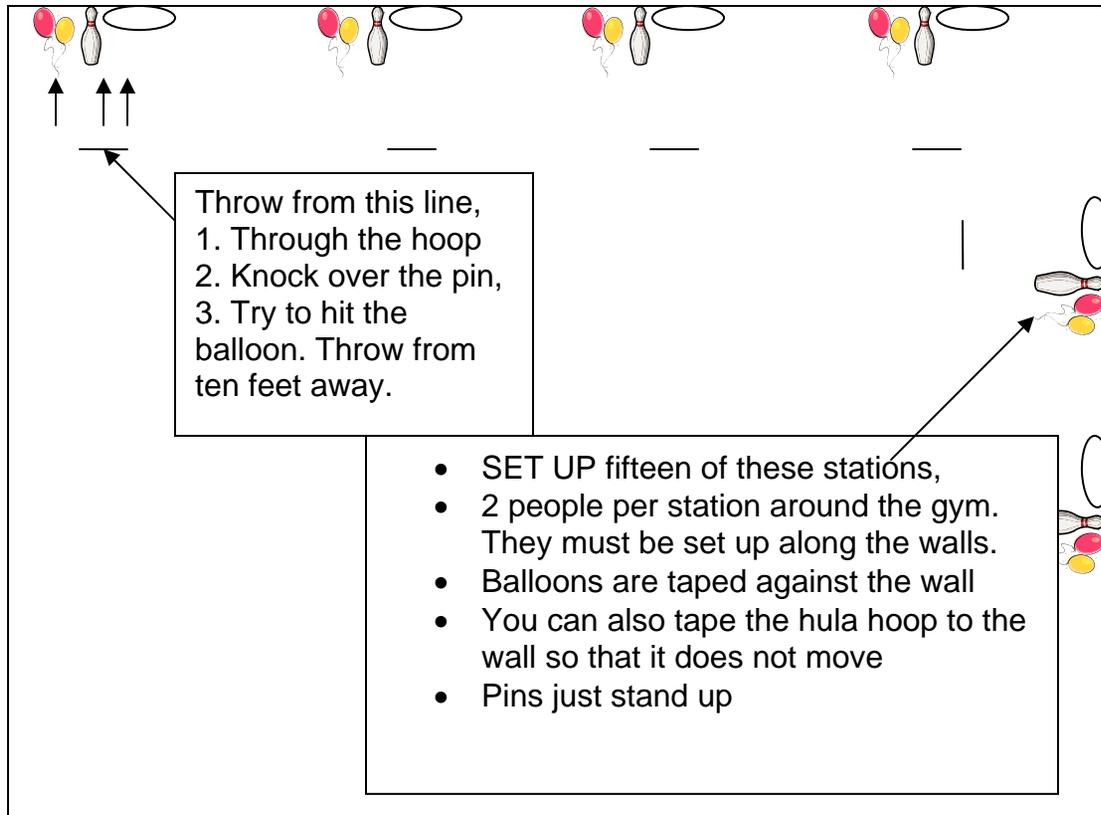
Instant Activity: (Builders and Bulldozers) Today we are going to be pretending half the class is bull dozers and the other half are construction workers. As you can see there are many cones spread out across the gym floor. Some are tipped over and some are not. (Split the class right down the middle) one half of you will be construction workers. Your job is to put up the cones so that they are standing up. The bulldozers job is to knock over the cones so that they are not standing up. Once the music starts you will run around from cone to cone either knocking them over, or standing them up. Once the music stops the goal is to have either more cones standing up or more cones knocked over depending on your job. **BULLDOZERS** your job is to knock over the cone by **TIPPING** it over not **THROWING** it or slamming it! We don't want cones flying around hitting people. Spread out across the gym once the music starts you may begin.

Set Induction: Imagine yourselves at the park with your family or friends and there is only a limited space to play Frisbee. You really want to play but you don't want any crazy throws because if it is off target you may hit one of the other families who are having a picnic and lying out. So your goal is to keep the Frisbee under as much control as possible. We practiced on the technique and some throwing yesterday and today we will be doing more of that with an emphasis on accuracy.

Equipment: (for a class of 30 students)

- 15 Hula hoops
- 15 inflated balloons and tape to tape them to a wall
- 15 bowling pins
- Masking tape to mark where they should throw from
(LOOK AT DIAGRAM FOR SET UP OF GYM)

Diagram for Throwing Activity in Gym



MAF/Instructional technique	Extensions	Refinements	Applications
<p>Informing Task: When I say go. Go! You are going to need a partner now for this activity, once you have found your partner you may come up and grab a Frisbee. Once you get a Frisbee I would like you to go and find a station and begin throwing the Frisbee back and forth to each other. As soon as I say Go, I would like you to begin throwing the Frisbee only at the Hula hoop.</p>			
<ul style="list-style-type: none"> • Have Music Going • Walk around and give feedback to students • Stop class to have a group demonstrate if they are doing well 		<ul style="list-style-type: none"> • Don't forget to plant your feet. If you are right handed your right foot should be pointed toward your target. Opposite if you are left handed • Follow through after you throw 	
	<ul style="list-style-type: none"> • If you feel comfortable move back a few feet and see if you can still throw it threw the hoop 	<ul style="list-style-type: none"> • Don't forget to plant your feet. If you are right handed your right foot should be pointed toward your target. Opposite if you are left handed • Follow through after you throw 	<ul style="list-style-type: none"> • See how many times you can get it through the hoop out of ten. • Then try to figure out your average by dividing the number of success over the amount of attempts. • For example 6 divided by ten is 60 therefore 60% of the time I can throw the Frisbee through the hoop.
<p>Informing Task: I would like you to begin throwing the Frisbee at the pin, starting again at 10 feet.</p>			
<ul style="list-style-type: none"> • Continue moving around gym and giving feedback to groups. Keep reinforcing the refinements to the class and individuals 	<ul style="list-style-type: none"> • Once you begin to get the accuracy down and are knocking the pin over • I would like you to move back a few steps and see if you can continue using the correct form while trying to knock over 	<ul style="list-style-type: none"> • The pin is lower so you will want to angle your throw closer to the ground • Try keeping your knees bent • Don't forget to plant your feet. If you are right handed your right foot should be pointed 	<ul style="list-style-type: none"> • See how many times you and your partner can hit the pin over out of 10 tries each. • For every shot I want the partner who is not throwing to observe the thrower and give one positive feedback for every throw. • Example: "Tristan you almost had that one instead of throwing the Frisbee so hard work on just the

	the pin	toward your target. Opposite if you are left handed <ul style="list-style-type: none"> Follow through after you throw 	accuracy, your form looks great.
Informing Task: You may now begin throwing at the balloon which is taped against the wall.			
<ul style="list-style-type: none"> Continue moving around gym and giving feedback to groups. Keep reinforcing the refinements to the class and individuals Stop the class if a group is doing well and have them demonstrate 	<ul style="list-style-type: none"> Now if you feel comfortable you may begin to move backwards. However if you see yourself missing the target by a large margin you may want to move closer. 	<ul style="list-style-type: none"> If you are throwing from a farther distance. Try to make sure you are using the correct technique and that your throw has enough strength to stay on 	<ul style="list-style-type: none"> Rapid Fire! See how many times you and your partners are able to hit the target in one minute. If you are throwing faster don't let it take away from your technique, ready? Set? GO!
Informing Task: Now I would like you to practice throwing at all 3 objects, the hoop, the bowling pin, and the balloon, all of the objects are at different heights so it will give you a good variation of target size and location to practice. If you knock over something run and pick it up so your partner does not have to wait. READY? GO!			
<ul style="list-style-type: none"> Make sure that kids are counting and keeping track Don't let the kids get out of control if you see them getting out of control have them simplify it. 	<ul style="list-style-type: none"> Try moving around from different angles and ranges 	<ul style="list-style-type: none"> Since your moving it's harder to stay balanced Make sure that your feet are planted when you throw 	<ul style="list-style-type: none"> Now we are going to try a point system. The Hoop is worth 1 point The bowling pin is worth 2 points The balloons are worth 5 points Try to keep track of your points over the next minute Tally up your points at the end! Ready? GO!
Closure:			
1. Have students go home and show their parents the proper way to throw a Forehand Throw, and have their parents sign the piece of paper saying they did it.			

**Physical Education Teacher Education Program
Tanner Williams and Tyler Parsons
Central Washington University
Frisbee lesson # 4
Forehand throw: Continued**

Objectives:

A. Students: By the end of class, students will be able to throw a forehand throw using the correct technique (make a peace sign, thumb goes on top of Frisbee, 2 fingers curl on the bottom) Throw with the Frisbee slightly slanting down and flick your wrist. (NASPE 1, EALR 1.1,1.2)

B. Teacher:

Instant Activity: “Frisbee Horseshoe” Cones (2 cones for each group of 2 or 4), Frisbees (1 for each player). This activity is similar to the game of horseshoes. Set up cones one per team with a poly spot that put where they must throw from (15 feet away). The student throwing the Frisbee closest to the cone gets 2 points; if a student hits the cone they receive 5 points. You can only throw from the designated area which is labeled by a poly spot, it is approximately 15 feet away, and we can adjust the length as the game goes on. Try to keep track of your points to see how well your team is doing! Encourage each other and let’s get started!

Set Induction: Picture yourself in a game of Frisbee tag like the other day, sometimes you can’t throw using the backhand throw because the position the defender is in is blocking you, so another throw you may use is the forehand which is much easier to use when being active.

Equipment: (for a class of 30 students)

- 30 bowling pins (2 students per partner) each group gets 2 pins
- 15 hula- hoops

MAF/Instructional technique	Extensions	Refinements	Applications
<p>Informing Task: When I say go. Go! I would like you and a partner to come up and grab one hula hoop but a Frisbee for each of you and find a spot along the gym wall and rest the hula hoop against it so that it is standing up. Now once you have done that. You may begin to throw the Frisbee trying to get it threw the middle of the hoop. Begin throwing the Frisbee from 10 feet away. Are there any questions? GO!</p>			
<ul style="list-style-type: none"> • Play music when they are throwing. Stop music when you need to talk. • Find a group of partners who are doing it correctly and have them demonstrate it to the class throughout the class, one every different informing task 	<ul style="list-style-type: none"> • Now if you feel you are getting the Frisbee through the hoop easily, you may step back 5 feet. GO! 	<ul style="list-style-type: none"> • Don't' forget to check your hand placement • Peace sign on the bottom and curled • Thumb on Top • Have the Frisbee pointed slightly down when throwing • Snap Wrist 	<ul style="list-style-type: none"> • GOOD JOB! Now try and see how many you and your partner can get in a row until I say freeze! GO!
<p>Informing Task: When I say go, I would like the partner who is oldest to come up and grab 2 bowling pins, once you get them I would like you to go back and set them up and begin throwing the Frisbee at them trying to knock them over from 10 feet away. Any questions? GO!</p>			
<ul style="list-style-type: none"> • PLAY MUSIC, walk around and check each group make sure they have the 	<ul style="list-style-type: none"> • Now if you feel comfortable you may step back up to 10 	<ul style="list-style-type: none"> • Don't' forget to check your hand placement • Peace sign on the bottom and curled 	<ul style="list-style-type: none"> • Now I would like you and your partner to throw the Frisbee at the pins 10 times each. Count how many pins you and your partner

correct form and check proficiency.	feet more.	<ul style="list-style-type: none"> • Thumb on Top • Have the Frisbee pointed slightly down when throwing • Snap Wrist 	were able to knock down.
<p>Informing Task: Now since you have been practicing on both the objects, you may now practice hitting any object you want, and you may throw up to 20 feet away. Try throwing it from many different angles and feet it is important to be able to throw accurately from all different ranges. Go!</p>			
<ul style="list-style-type: none"> • PLAY MUSIC and go around to check the creative ideas 	<ul style="list-style-type: none"> • Try to hit at least one target every time you throw the Frisbee 	<ul style="list-style-type: none"> • Don't forget to check your hand placement • Peace sign on the bottom and curled • Thumb on Top • Have the Frisbee pointed slightly down when throwing • Snap Wrist 	<ul style="list-style-type: none"> • See how fast you and your partner can throw the Frisbee moving around at a fast pace, but still trying to throw accurately. Do not sacrifice technique for speed. But try to be moving around. Ready?! GO!
<p>Closure: Partner up and demonstrate to your partner the proper way to throw a forehand throw, and then switch.</p>			

**Physical Education Teacher Education Program
Tanner Williams and Tyler Parsons
Central Washington University
Short Toss and Long Throw
Lesson Plan #8**

Objectives:

- A. Students:** 1. By the end of class, students will be able to give tips on how to throw a quick pass and also a long pass. (NASPE 2, EALR 1.2)
- B. Teachers:**

Instant Activity: We are going to do a review of our previous lesson in this game. We have been working on throwing with accuracy and that is going to be a huge part of our new lesson today. I would like you to get into 5 groups of 6 people. Once you find your groups please line up in a line spreading horizontally across the gym. Once you get in a line I will give each group one Frisbee and you may begin throwing the Frisbee down the line, the last person in the line will then toss the Frisbee going the opposite direction so it should go this way → then back ←. Once the last person in line has thrown the Frisbee the opposite direction they must sprint to the beginning of the line right afterwards, continue this instruction. Please be sure to be at least 5 feet apart from your partners. Any questions? Go

Set Induction: Ok so our accuracy is getting much better and we are working well with our form, however many times you are going to find yourselves in a game type situation when playing Frisbee to where you may need to throw a quick short toss, and even a very long throw. Picture a dog and his trainer, if you are close to the dog you cannot throw the Frisbee hard or fast you must do a nice toss so that the dog has enough time to react, in addition if you want the dog to go on a far run you must throw the Frisbee harder and straighter so that the Frisbee does not go off course and it is easier to track.

Equipment: (for a class of 30 students)

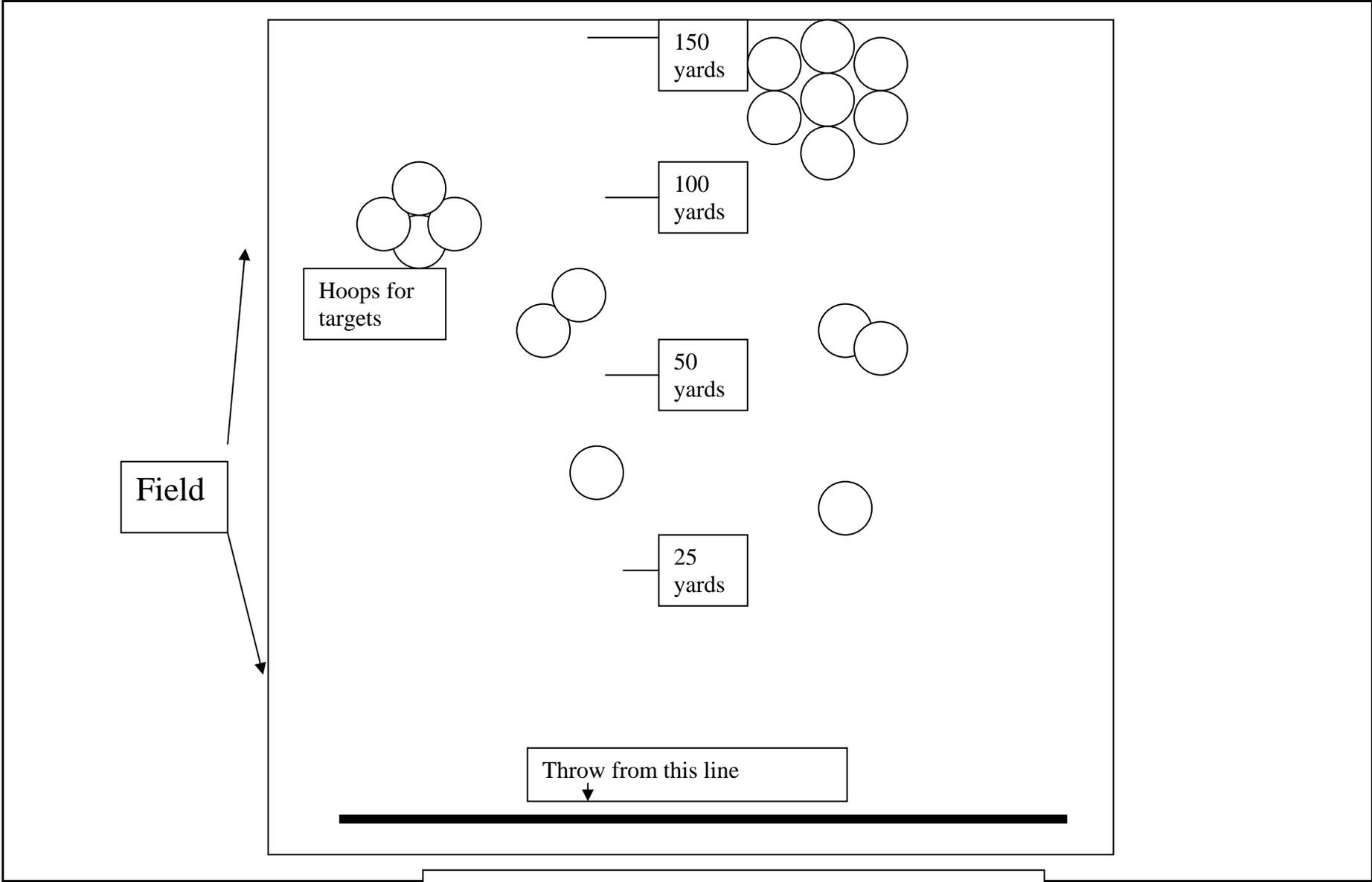
- 15 Cones short toss
- 75 poly spots (5 for each cone)
- 30 Frisbees
- 20 Hula Hoops
- 4 Cones for Long Toss

MAF/Instructional technique	Extensions	Refinements	Applications
<p>Informing Task: We will begin using the short quick toss, You need to find a partner, once you find your partners go and find one of the cones which have been spread across the gym floor with polyspots surrounding them. This drill is some what of a speed accuracy drill, one partner will be throwing the Frisbee, one partner will be moving around to the polyspots which have been spread out around the cones. The person who is not throwing is called the runner; he will be moving from poly spot to polyspot very quickly, the goal for the thrower is to be able to hit the runner right as he arrives at the polyspot. Once the thrower tosses it to the runner the runner can then toss it back to the thrower (See attachment for gym set up) Any questions? The person who is wearing the darkest shoes will be the thrower first.</p>			
<ul style="list-style-type: none"> • Add Music. • Have cones spread out across the gym, 15 all together, with 5 polyspots spread out at each cone no more than 10 feet away from cone. • Point out a group and have them demonstrate the activity if doing it correctly • Say rotate every couple minutes 		<ul style="list-style-type: none"> • Remember that this is a quick throw it's more a less a quick toss so a big wind up is not necessary try to make quick short throws straight to the partner. • 2 techniques, toss it, and throw it to the height of their shoulders 	<ul style="list-style-type: none"> • See how many times you can get it to your partner without having them move
<ul style="list-style-type: none"> • Walk around and get a feel for the level of skill your students are at. • Say rotate every couple minutes 	<ul style="list-style-type: none"> • Now let's try to speed up the process and see how quick you can get that Frisbee out of your hand while still making an accurate toss, runners let's make sure were making our throwers work. 	<ul style="list-style-type: none"> • Remember your throwing technique, don't forget you are tossing not throwing hard at your partner; • The objective is to make it catch able. 	<ul style="list-style-type: none"> • See how many polyspots you can move to and throw to accurately in one minute. GO!

Informing Task: Ok Great job now I would like everyone to huddle up in the middle of the gym, let's go over some basics for short throwing, lets review, 2 techniques for throwing would be (toss it make it catch able), (and throw about to the height of their shoulders so it's easy to see and track) Now we are going to work on our long throws. You will still be with your partners, only one partner will throw at the targets at a time. You will have 2 throws. The partner who is not throwing will be watching for technique and will be positive advice to help your throws. Once the first set of partners has all thrown twice you may run and grab your Frisbee's and then the other partner will throw. When I say go I would like you to come up and grab one more Frisbee and head out to the field where we will begin throwing at Targets. GO!

<ul style="list-style-type: none"> • See set up for long throw on graph, it would work best if out on a field. 	<ul style="list-style-type: none"> • You may throw to any targets however I would recommend starting at the 25 yard targets and working your way out. 	<ul style="list-style-type: none"> • Listen to what your partner is saying, and try to implement 	<ul style="list-style-type: none"> • See if you can get both of your throws to get within 5 feet of your target
<ul style="list-style-type: none"> • Based on what you seeing, if students are having problems with the height of their throws for example, move around to each group and give some one on one feedback. 	<ul style="list-style-type: none"> • Continue Throwing, if you are getting the targets around 25 yards try moving a little farther out to the 50 yards 	<ul style="list-style-type: none"> • Use your follow through • Watch the angle at which your release is at it should have a slight angle up, A SLIGHT angle 	<ul style="list-style-type: none"> • See if you can hit the 25 yard, and then the 50 yard.
<ul style="list-style-type: none"> • Keep encouraging kids on their throws; make sure they are adjusting to their throws. 	<ul style="list-style-type: none"> • Try throwing all the way to the 100 and 150 yard target zone 	<ul style="list-style-type: none"> • Try to adjust with every throw, the trick is to be able to see what is wrong and then adjust to it. 	<ul style="list-style-type: none"> • Try to get within 10 feet of the targets.

Closure: What are 2 ways to help you throw a short quick toss, and what are some of the things that you can adjust to better your throw when doing the long throw



Have students practice throwing Frisbees at hula hoops to better their long distance throwing, label the length by intervals of 25 yards so kids can have a measurement.

**Physical Education Teacher Education Program
Tanner Williams and Tyler Parsons
Central Washington University
Short Toss and Long throw continued
Lesson Plan #9**

Objectives:

- A. Students:** 1. By the end of class, students will be able to give tips on how to throw a quick pass and also a long pass. (NASPE 2, EALR 1.2)
- B. Teachers:**

Instant Activity: Frisbee Horseshoe (2 cones for each group they represent the steaks that horseshoes would try to ring around)

This activity is similar to the game of horseshoes. The student throwing the Frisbee closest to the cone gets 2 points; if a student hits the cone they receive 5 points. You can set the scoring points to fit your needs. The throwing distance is typically anywhere from 15-25 yards (It depends on the age and Frisbee throwing ability of the group.) The game can be played one-on-one or in pairs (two-on-two). Set as many playing areas up on the field as needed. Then place the students in pairs or groups. Assign them a playing area consisting of two cones marked at the instructors predetermined distance.

Set Induction: We are going to be working on the same thing as the last class to make sure we have our skills down and so we can be ready for Frisbee Golf next class.

Equipment: (for a class of 30 students)

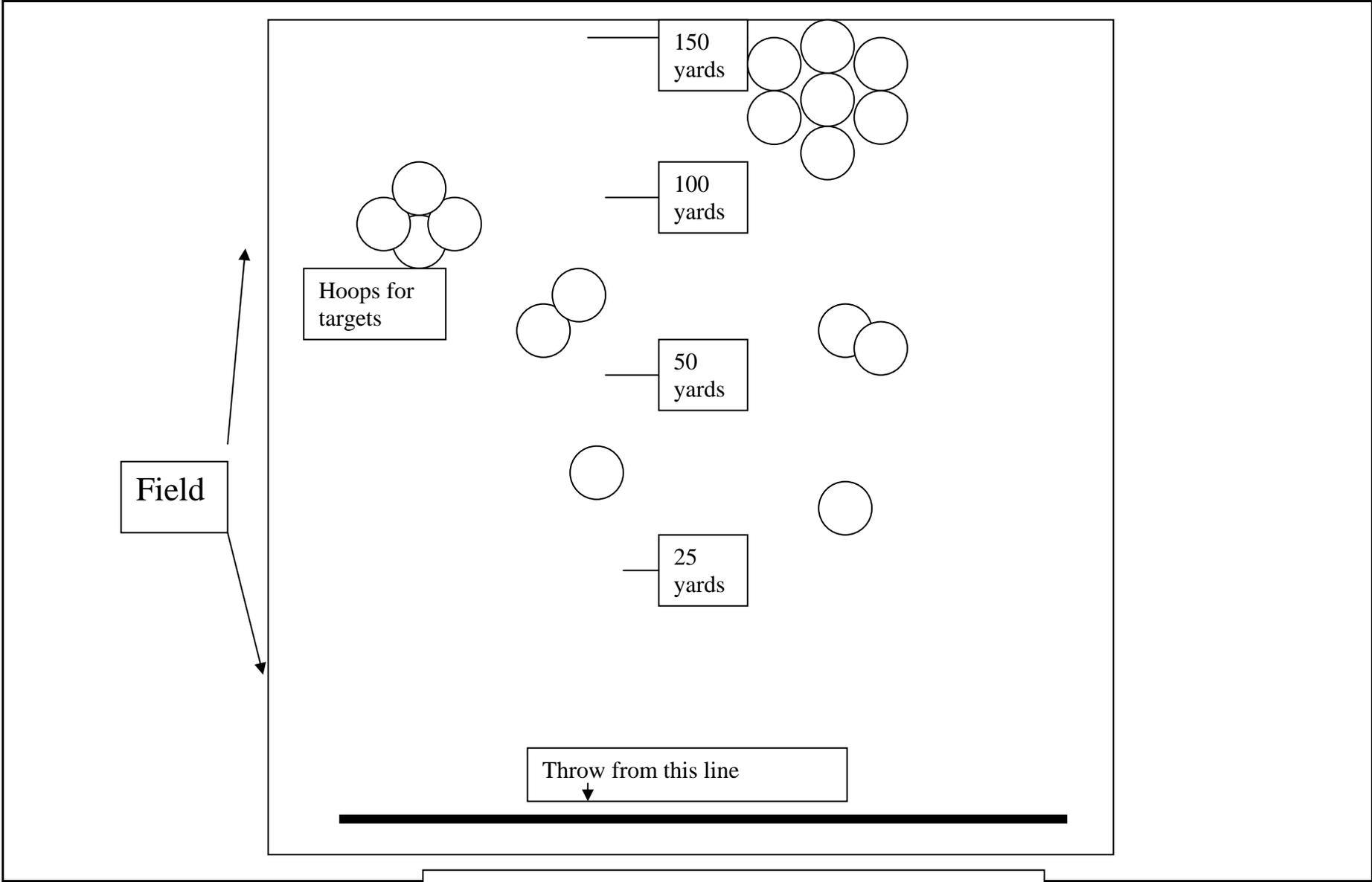
- 15 Cones short toss
- 75 poly spots (5 for each cone)
- 30 Frisbees
- 20 Hula Hoops
- 4 Cones for Long Toss

MAF/Instructional technique	Extensions	Refinements	Applications
<p>Informing Task: We will begin using the short quick toss, You need to find a partner, once you find your partners go and find one of the cones which have been spread across the gym floor with polyspots surrounding them. This drill is some what of a speed accuracy drill, one partner will be throwing the Frisbee, one partner will be moving around to the polyspots which have been spread out around the cones. The person who is not throwing is called the runner; he will be moving from poly spot to polyspot very quickly, the goal for the thrower is to be able to hit the runner right as he arrives at the polyspot. Once the thrower tosses it to the runner the runner can then toss it back to the thrower (See attachment for gym set up) Any questions? The person who is wearing the darkest shoes will be the thrower first.</p>			
<ul style="list-style-type: none"> • Add Music. • Have cones spread out across the gym, 15 all together, with 5 polyspots spread out at each cone no more than 10 feet away from cone. • Point out a group and have them demonstrate the activity if doing it correctly • Say switch every couple minutes 		<ul style="list-style-type: none"> • Remember that this is a quick throw it's more a less a quick toss so a big wind up is not necessary try to make quick short throws straight to the partner. • 2 techniques, toss it, and throw it to the height of their shoulders 	<ul style="list-style-type: none"> • See how many times you can get it to your partner without having them move
<ul style="list-style-type: none"> • Walk around and get a feel for the level of skill your students are at. • Say rotate every couple minutes 	<ul style="list-style-type: none"> • Now let's try to speed up the process and see how quick you can get that Frisbee out of your hand while still making an accurate toss, runners let's make sure were making our throwers work. 	<ul style="list-style-type: none"> • Remember your throwing technique, don't forget you are tossing not throwing hard at your partner; • The objective is to make it catch able. 	<ul style="list-style-type: none"> • See how many polyspots you can move to and throw to accurately in one minute. GO!

Informing Task: Ok Great job now I would like everyone to huddle up in the middle of the gym, let's go over some basics for short throwing, lets review, 2 techniques for throwing would be (toss it make it catch able), (and throw about to the height of their shoulders so it's easy to see and track) Now we are going to work on our long throws. You will still be with your partners, only one partner will throw at the targets at a time. You will have 2 throws. The partner who is not throwing will be watching for technique and will be positive advice to help your throws. Once the first set of partners has all thrown twice you may run and grab your Frisbee's and then the other partner will throw. When I say go I would like you to come up and grab one more Frisbee and head out to the field where we will begin throwing at Targets. GO!

<ul style="list-style-type: none"> • See set up for long throw on graph, it would work best if out on a field. 	<ul style="list-style-type: none"> • You may throw to any targets however I would recommend starting at the 25 yard targets and working your way out. 	<ul style="list-style-type: none"> • Listen to what your partner is saying, and try to implement 	<ul style="list-style-type: none"> • See if you can get both of your throws to get within 5 feet of your target
<ul style="list-style-type: none"> • Based on what you seeing, if students are having problems with the height of their throws for example, move around to each group and give some one on one feedback. 	<ul style="list-style-type: none"> • Continue Throwing, if you are getting the targets around 25 yards try moving a little farther out to the 50 yards 	<ul style="list-style-type: none"> • Use your follow through • Watch the angle at which your release is at it should have a slight angle up, A SLIGHT angle 	<ul style="list-style-type: none"> • See if you can hit the 25 yard, and then the 50 yard.
<ul style="list-style-type: none"> • Keep encouraging kids on their throws; make sure they are adjusting to their throws. 	<ul style="list-style-type: none"> • Try throwing all the way to the 100 and 150 yard target zone 	<ul style="list-style-type: none"> • Try to adjust with every throw, the trick is to be able to see what is wrong and then adjust to it. 	<ul style="list-style-type: none"> • Try to get within 10 feet of the targets.

Closure: Have the students repeat back to you the cues for a short toss and a long toss. Since we have been working on throwing short and long distances tomorrow we are going to put our skills to the test when we begin our Frisbee Golf unit.



Have students practice throwing Frisbees at hula hoops to better their long distance throwing, label the length by intervals of 25 yards so kids can have a measurement.

**Physical Education Teacher Education Program
Central Washington University
Frisbee Lesson Plan # 10
Frisbee Golf
Tyler Parsons and Tanner Williams**

Objectives:

A. Students:

1. By the end of class, students will be able to play and teach the game of bowling Frisbee by showing the teacher.

B. Teacher:

Equipment: (for a class of 30 students)

- 10 Frisbee's
- Field set up with cones

Instant Activity: Teachers Call-out- Have students pair up (if you have an odd number then a group of 3 will work) and find a good self space in the playing area. When the teacher says go, their job is to walk throughout general space but they have to match their movements exactly. That means their arms, head, and legs need to be doing the exact same thing. They are to move in unison. After they have "mastered" that make it a little harder. As they move call out the following directions: "**back**", "**forward**", "**side**", and/or "**other side**". When the students hear those words they are to change the direction they were going and move in the direction. For example, if the teacher called out "**back**" then the students are to stop their present course and start walking in a backwards direction in unison. "**Side**" means to go sideways and "**other side**" means to go sideways in the other direction. Vary it by adding other loco motor movements to make more difficult. Or add a third or fourth person for more of a challenge.

Suggestions: Make sure they are moving in unison before you add the other directions. Sideways is a tough challenge so be careful before moving to that challenge. Make sure they keep their eyes up so there are no accidents.

Set Induction: How has ever played golf? Anyone ever played ball golf? Well today is we are going to play a game that involves a Frisbee and golf. Anyone interested in playing?

MAF/Instructional technique	Extensions	Refinements	Applications
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Informing Task: When I number you off I would like your groups to sit around me in the corresponding numbers I give you. 1,2 -9 (Separate into groups of 9, corresponding to the hole they will start out on).

<p>For this game you should tape down the hula hoops. Also have the hole numbers easily seen so the next hole is easy to find. Have the scorecards laid out at the certain holes.</p>	<p>1. Frisbee golf is almost like ball golf: it's played on courses with 9 or 18 holes - a hole consists of a tee and a cup or in our case a hula hoop that is averaged at 80 meters apart. In stead of a whole set of golf clubs and balls you only use a Frisbee. Instead of a hole there is a hula hoop which the Frisbee shall end. All players in the group throw from the tee-path towards the corresponding hula hoop. The player, who is farthest away from the basket, throws again, and this way you continue till all players have their Frisbees in the basket. After this the group continues</p>	<p>Make sure to point the finger at your target (Point the gun) Don't break the glass Elbow against the hip Whip the pony</p>	<p>As a group get a total number as a team that your think you guys could reach and try to reach it.</p>
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	to the tee of the next hole. All throws are accumulated and the winner is the player with fewest throws when the round is done. You will all be given a scorecard and a group of 4 to start on a hole. I am going to number you off by 9's. 1,2-9. Go to your corresponding hole and begin golfing.		
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Closure/Assessment: Now since you guys have all got at least 2 games of bowling scores in now I have a assignment for you guys to do. In this assignment you will find out your mean of bowling. This is your Frisbee bowling average. Turn in a typed copy of what your scores were and what your average score was. So how many people would like to play Frisbee bowling again? Good class I will see you guys tomorrow.

**Physical Education Teacher Education Program
Central Washington University
Frisbee Lesson Plan # 10
Frisbee Golf
Tyler Parsons and Tanner Williams**

Objectives:

A. Students:

1. By the end of class, students will be able to play and teach the game of bowling Frisbee by showing the teacher.

B. Teacher:

Equipment: (for a class of 30 students)

- 10 Frisbee's

Instant Activity: On white poster board, write 5 or more exercises with a black marker for all students to see. For example, 1. Push-ups; 2. Crunches; 3. Jumping jacks; 4. Curls with Dynabands; and 5. Different inverted balances (must hold for 5 seconds).

Set up cones on the corners of a basketball court or other playing area. Display the poster board for all students to see when they enter the gym. Have students partner up. One partner starts on the inside of the cones and attempts to do as many push-ups as possible while their partner runs a lap. Note: Push-ups is the first exercise listed on the poster board. After the runner has completed a lap, the partners will give each other a high-five and then switch roles. The second time the student is inside the cones they will attempt to do as many crunches as possible while their partner runs a lap. Remember, each time a student enters the inside of the cones, he/she will perform the next exercise listed on the poster board. Have the students play the activity for 3-5 minutes. If partners finish all 5 exercises have them repeat the activity.

Teaching Suggestions:

- Use different exercises or movements in the activity. For example, balance on one body part, mountain climbers, squat jumps, etc.
- After the activity, have all students walk a lap or two to cool down. This is a good time to have students check their heart rate.
- Instead of running laps, have students walk, skip, gallop, etc.
- After completing a lap, have the runner find his/her partner inside the circle and then they can give each other a high-five to switch roles.

Set Induction: Today we are going to be doing Frisbee Golf again, let's see if we can beat our scores from last class!

MAF/Instructional technique	Extensions	Refinements	Applications
<p>Informing Task: When I number you off I would like your groups to sit around me in the corresponding numbers I give you. 1,2 -9 (Separate into groups of 9, corresponding to the hole they will start out on).</p>			
<p>For this game you should tape down the hula hoops. Also have the hole numbers easily seen so the next hole is easy to find. Have the scorecards laid out at the certain holes.</p>	<p>1. Frisbee golf is almost like ball golf: it's played on courses with 9 or 18 holes - a hole consists of a tee and a cup or in our case a hula hoop that is averaged at 80 meters apart. Instead of a whole set of golf clubs and balls you only use a Frisbee. Instead of a hole there is a hula hoop which the Frisbee shall end.</p>	<p>Make sure to point the finger at your target (Point the gun) Don't break the glass Elbow against the hip Whip the pony</p>	<p>As a group get a total number as a team that your think you guys could reach and try to reach it.</p>

	<p>All players in the group throw from the tee-path towards the corresponding hula hoop. The player, who is farthest away from the basket, throws again, and this way you continue till all players have their Frisbees in the basket.</p> <p>After this the group continues to the tee of the next hole. All throws are accumulated and the winner is the player with fewest throws when the round is done. You will all be given a scorecard and a group of 4 to start on a hole. I am going to number you off by 9's. 1,2-9. Go to your corresponding hole and begin golfing.</p>		
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Closure/Assessment: Now since you guys have all got at least 2 games of bowling scores in now I have a assignment for you guys to do. In this assignment you will find out your mean of bowling. This is your frisbee bowling average. Turn in a typed copy of what your scores were and what your average score was. So how many people would like to play Frisbee bowling again? Good class I will see you guys tomorrow.

**Physical Education Teacher Education Program
Central Washington University
Frisbee Plan Catching on the Move Lesson #16
Tanner Williams and Tyler Parsons**

Objectives: A. Student: Students will be able to demonstrate knowledge of catching on the move through an activity. (NASPE 1, EALR 1.2)

B. Teacher:

Instant Activity: This activity is based on the popular TV Show "Deal or no Deal". We have several envelopes labeled by their type of exercise such as "push-ups", "jumping jacks", "sit-ups, "mountain climbers", "jogging", etc. The teacher plays the roll of the banker and offers a "deal" to a selected student or group regarding the # of reps for a certain exercise. For example, the banker might say "I'm prepared to offer the class 7 push-ups, deal or no deal?" The student/groups either takes the deal by picking up the "deal" poster and does the 7 push-ups or chooses "no deal" by picking up the "no deal" poster. If they choose the "no deal" sign, the banker opens up the envelope for push-ups to see what number is on the index card. This # may be larger or smaller. That is how many reps the class must do. Then the banker moves on to a new exercise and repeats this process over again. We have between 10-12 envelopes of activities and change the index cards each day!

Variations: Instead of have one index card in each envelope, have several cards in each and let the students pick one out! Also, instead of "deal" or "no deal" posters, use something creative to signal deal or no deal such as popping a balloon by sitting on it!

Set Induction: Picture yourselves running in a park throwing the Frisbee: You notice someone in the park who you would like to impress, so you have your friend throw a really long throw and you are running after it to make a spectacular catch to impress this special person. However, as you are running you trip over your feet and tumble right in front of that special person as the Frisbee goes flying away. Part of your goal was achieved you got that person to notice you. Today we are going to work on catching on the move so hopefully next time you can catch the Frisbee.

Equipment: (for a class of 30 students)

- 15 Frisbee's
- 4 Cones

MAF/Instructional technique	Extensions	Refinements	Applications
<p>Informing Task: When I say go I would like you to grab a partner along with a Frisbee, spread yourselves out throughout the gym and begin tossing the Frisbee to each other jogging around the gym. Please jog and watch out for other people who are throwing</p>			
<ul style="list-style-type: none"> • Have music playing • Make sure they are using the whole gym 		<ul style="list-style-type: none"> • Make quick adjustments for an easier catch with your body • Keep your eye on the Frisbee 	
<ul style="list-style-type: none"> • Stop the class periodically and who some partners who are doing it well 	<ul style="list-style-type: none"> • Now I would like you guys to try and just catch using the gator grab • Try catching using the 2 handed grab 	<ul style="list-style-type: none"> • Keep adjusting your body to the Frisbee for an easier catch 	<ul style="list-style-type: none"> • Try to catch as many as you can without dropping the Frisbee
<ul style="list-style-type: none"> • Go around and continue to give feedback to partners • Make sure they are spreading out and being safe 	<ul style="list-style-type: none"> • Try the one handed snag • Try any catch you want • Lengthen your throws 	<ul style="list-style-type: none"> • As soon as you feel the Frisbee snatch your fingers closed (Try to anticipate it) 	<ul style="list-style-type: none"> • Try and see how accurate you and your partner can be so you never have to stop moving.

Informing Task: FREEZE! I would like everyone to huddle up in the middle of the gym. Ok now we are going to play a game of Frisbee tag, so that we can implement these skills we have been working on. There is going to be two taggers to start out with, they will be wearing pennies. The cones will be the out of bounds so try to stay within the perimeters. Once you are tagged you will be frozen the only way to get un frozen is for someone to throw you a Frisbee and you must catch it. If you get frozen with a Frisbee then that Frisbee is then eliminated from the game. So the objective is to continuously be throwing the Frisbee around so that you don't get caught frozen with it. The taggers may also bat down the Frisbee, and in that case the Frisbee is that eliminated from the game. More taggers will be implemented throughout the game. Any Questions. OK (pick two taggers or ask for volunteers and start the game. Start out with 10 Frisbee's.

- | | | | |
|---|---|---|--|
| <ul style="list-style-type: none"> • Set up the Cones to depending how big you want the area to be • Have music playing | <ul style="list-style-type: none"> • Try to continuously keep the Frisbee's moving • Now we will have 3 Taggers • Only 5 Frisbee's Now | <ul style="list-style-type: none"> • Adjust your body to the Frisbee | <ul style="list-style-type: none"> • Try and catch at least half of your attempts |
|---|---|---|--|

Closure: Call on random students and have them tell you one type of catch followed by one cue to help them with that catch. Call on at least 5 different students to check for understanding.

**Physical Education Teacher Education Program
Central Washington University
Frisbee Plan Catching on the Move Lesson #17
Tanner Williams and Tyler Parsons**

Objectives: Student: A. Students will be able to describe 2 cues to help them catch on the move at the end of class. (NASPE 2, EALR 1.2)

Teacher: B

Instant Activity: Octopus Tag, We are going to be playing a tag game and the boundaries will be from sideline to sideline. There will be 2 taggers in the middle of the court; they must be connected by hands at all times. The other students will be running from one side of the sideline to the other side. (All must run at the same time) The taggers must try to tag the runners who are trying to get to the sideline, if tagged; they must now connect themselves by hand to the taggers. The goal is to try to tag as many people, so that there are fewer runners every time they run from sideline to sideline. As you get more taggers they must not break hands, they must continue to stay connected.

Set Induction: Picture yourselves running in a park throwing the Frisbee: You notice someone in the park who you would like to impress, so you have your friend throw a really long throw and you are running after it to make a spectacular catch to impress this special person. However, as you are running you trip over your feet and tumble right in front of that special person as the Frisbee goes flying away. Part of your goal was achieved you got that person to notice you. Today we are going to work on catching on the move so hopefully next time you can catch the Frisbee.

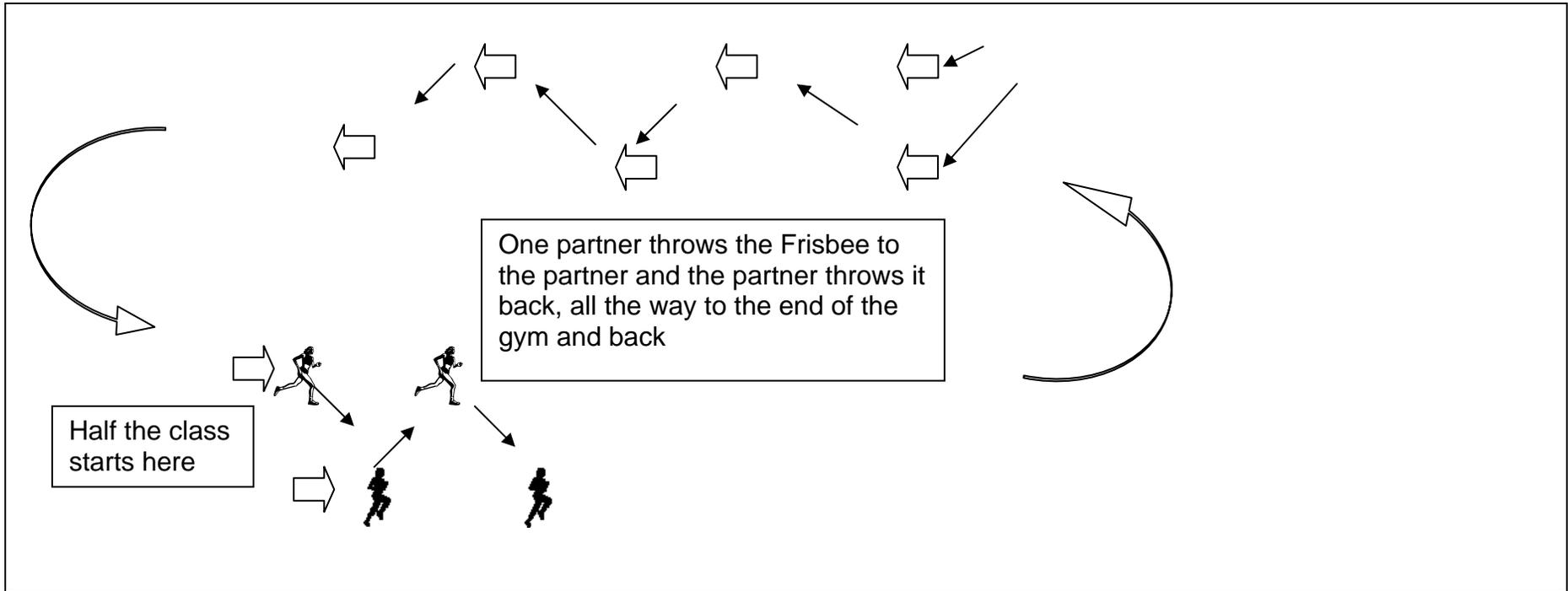
Closure:

Equipment: (for a class of 30 students)

- 15 Frisbee's

MAF/Instructional technique	Extensions	Refinements	Applications
<p>Informing Task: When I say go I would like you to grab a partner along with a Frisbee, spread yourselves out throughout the gym and begin tossing the Frisbee to each other jogging around the gym. Please jog and watch out for other people who are throwing</p>			
<ul style="list-style-type: none"> • Have music playing • Make sure they are using the whole gym 		<ul style="list-style-type: none"> • Make quick adjustments for an easier catch with your body • Keep your eye on the Frisbee 	
<ul style="list-style-type: none"> • Stop the class periodically and who some partners who are doing it well • Go around and continue to give feedback to partners • Make sure they are spreading out and being safe 	<ul style="list-style-type: none"> • Now I would like you guys to try and just catch using the gator grab • If you can catch the Frisbee while jogging 3 times in a row, then you can try the two handed grab • Once you catch 3 of those in a row you can use the one handed snag 	<ul style="list-style-type: none"> • Keep adjusting your body to the Frisbee for an easier catch • As soon as you feel the Frisbee snatch your fingers closed (Try to anticipate it) 	<ul style="list-style-type: none"> • Try to catch as many as you can without dropping the Frisbee
	<ul style="list-style-type: none"> • Once you catch 3 in a row with that you can try any catch you want 		<ul style="list-style-type: none"> • Try and see how accurate you and your partner can be so you never have to stop moving.

	<ul style="list-style-type: none"> • Once you are catching the Frisbee well while jogging try spreading out a little bit more throughout the gym and lengthen your throws 		
<p>Informing Task: FREEZE! I would like everyone to make four separate lines down around the baseline, one partner will need to be on the outside of the line and the other to the line next to it. (see diagram) Once you have gotten your lines together I would like the first 2 set of partners on the lines to run down the gym and back throwing the Frisbee back and forth, you may decide what catch to use. Ready? Go!</p>			
<ul style="list-style-type: none"> • Make notes on how the students are catching • And Play music 	<ul style="list-style-type: none"> • No extension (first time) • (Second time around) Try not to drop the Frisbee at all • Try and beat how many catches you caught in a row 	<ul style="list-style-type: none"> • Remember to adjust to the Frisbee • Keep your eye on the Frisbee • Clutch your fingers once the Frisbee hits you 	<ul style="list-style-type: none"> • Count how many times you can catch in a row • Continue counting and trying to beat your original score
<p>Closure: Rank your proficiency level for catching on the move out of 5 on a piece of paper, 5 being the highest 1 being the lowest.</p>			



**Physical Education Teacher Education Program
Central Washington University
Frisbee Lesson Plan #18
Throwing to a Moving Target
Tanner Williams and Tyler Parsons**

Objectives

A: Students 1. By the end of class, students will be able to demonstrate knowledge of how to throw to a moving target. (NASPE 2. EALR 1.1, 1.3)

B: Teachers

Instant Activity: “Perimeter Tag” The activity takes place on a track or around the outside perimeter of a gym. Two or three taggers start at one end of the track while the rest of the class starts at the opposite end. All students (including taggers) are instructed to run in one direction around the track. On the signal, the students begin to run. The taggers work to catch up with the rest of the students. Once a student is tagged, they turn and jog on the outer edges of the circle, running in the opposite direction of the students who have not been tagged yet. This allows them to stay safely out of the chase, and also allows everyone to see who is left to be tagged.

Eventually taggers and students lap each other, causing students to develop tactics for getting passed the tagger. Taggers are allowed to turn and tag someone behind them, but not run in the opposite direction.

It often gets interesting as one student will wait for another to be a decoy, then several students will race by the tagger. When only 2 or 3 students remain, they become the new taggers. The new taggers put the pennies on, and the game begins again. Often 2 rounds will last about 5 minutes and the students get a tremendous aerobic workout without feeling as though they've been made to run continuously for several minutes.

Set Induction: Today we are working on throwing to moving targets, picture yourself at a fair, and you decided to play a game. You have to hit clowns that are moving on a conveyor belt. You can't throw the ball where the clown is at that moment you have to throw to where he is going to be once you throw. That is what we will be working on

Equipment: (for a class of 30 students)

- 15 Frisbees

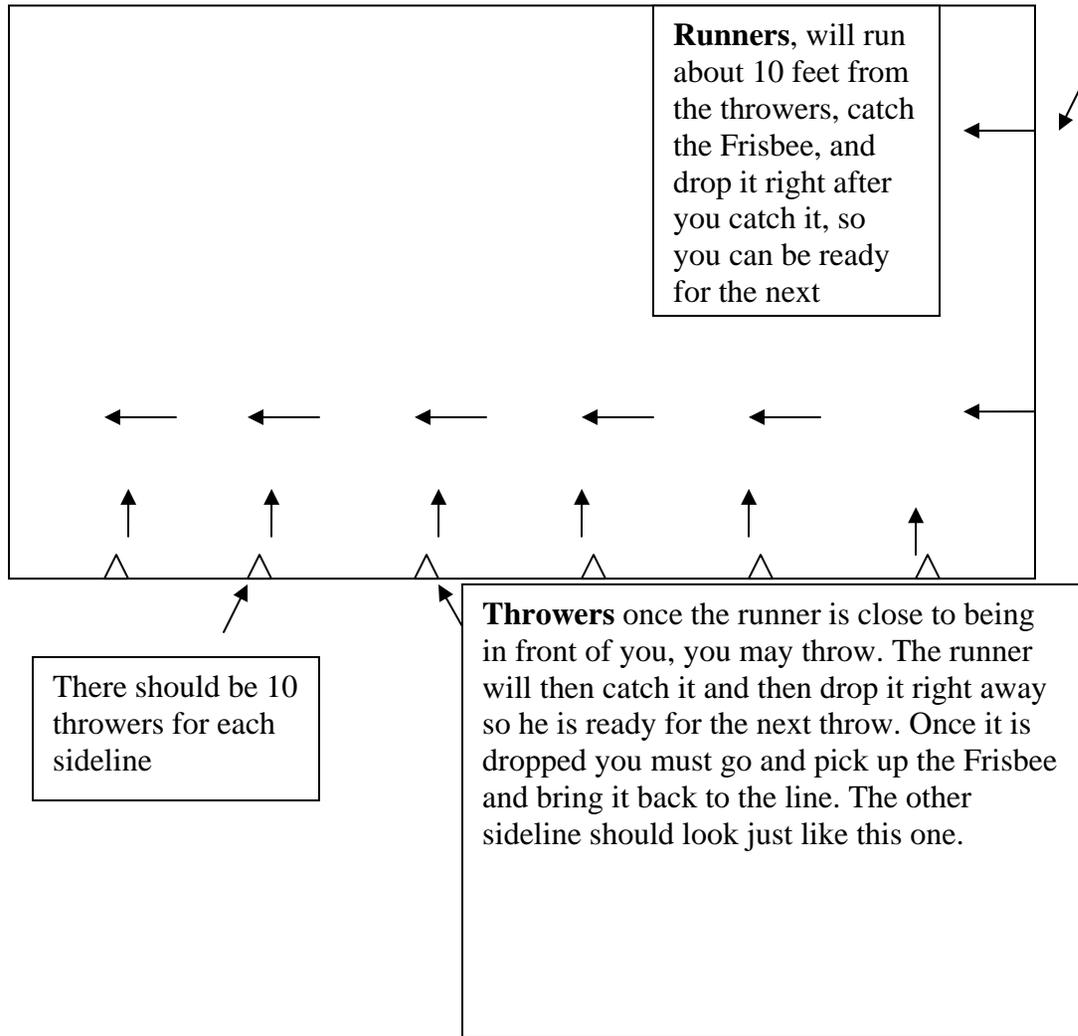
MAF/Instructional technique	Extensions	Refinements	Applications
<p>Informing Task: When I say go, I would like you and a partner to come up and grab a Frisbee have one partner set off on some kind of short simple route and try to throw the Frisbee to him while he is running. Let's First start off with a jog.</p>			
<ul style="list-style-type: none"> • Add Music • Have students demonstrate • Walk around give some personal feedback 		<ul style="list-style-type: none"> • Try throwing to where the runner is going to be. 	<ul style="list-style-type: none"> • Try to get the Frisbee to the runner so that he does not have to stop running in his motion.
<ul style="list-style-type: none"> • Make sure kids are not running into each other • Have the students switch after each extension. So that they each get a chance to be the runner and thrower with every extension. 	<ul style="list-style-type: none"> • Have the runner speed up 	<ul style="list-style-type: none"> • Because he is moving faster you must anticipate where he will be when you throw 	<ul style="list-style-type: none"> • Try to get the Frisbee to the runner so that he does not have to stop running in his motion.
	<ul style="list-style-type: none"> • Make your routes a little longer so that the throws are going a longer distance 	<ul style="list-style-type: none"> • Because the runner is farther away you will have to throw even more ahead of the runner 	<ul style="list-style-type: none"> • Try to beat your last record when doing this task
<p>Informing Task: Split the class in half, have half the class spread out across one of the sidelines all the way down the gym. Have the other half of the class do the same down the other sideline. Pick 5 students from each sideline and have them go down to the baseline of the gym, (they will be the runners). Have the other students spread out evenly across the sideline. You should have 5 runners for one side of the gym and 5 for the other side. The throwers will be the students on the sideline, have one runner from each side run down the gym, the throwers</p>			

must anticipate the runner and where he will be, there job is to throw the Frisbee to the runner on their side, after they throw they must go and pick up the Frisbee and bring it back to the sideline. The runners will catch the Frisbee and drop it right after they catch it because another person will be throwing to them right away. Once all 10 runners have gone just rotate more down the line and the runner's then become throwers to fill the spots. Start out with a slow jog.

<ul style="list-style-type: none"> • Add music 	<ul style="list-style-type: none"> • They should be jogging 	<ul style="list-style-type: none"> • Anticipate where the runner will be 	<ul style="list-style-type: none"> • Try to get your Frisbee in to the runner so he does not have to stop running to catch it.
	<ul style="list-style-type: none"> • If students are becoming successful at this then they can begin to speed up. 	<ul style="list-style-type: none"> • Anticipate where the runner will be, if they are running faster you will have anticipate even more. 	<ul style="list-style-type: none"> • Try to be accurate with your throwing

Closure: Have the kids explain to there partners what the main cue is to help throw to someone on the move: Answer: Anticipate where that runner will be and throw to them

Diagram for gym set up for the second informing task:



Informing Task: Split the class in half, have half the class spread out across one of the sidelines all the way down the gym. Have the other half of the class do the same down the other sideline. Pick 5 students from each sideline and have them go down to the baseline of the gym, (they will be the runners). Have the other students spread out evenly across the sideline. You should have 5 runners for one side of the gym and 5 for the other side. The throwers will be the students on the sideline, have one runner from each side run down the gym, the throwers must anticipate the runner and where he will be, there job is to throw the Frisbee to the runner on their side, after they throw they must go and pick up the Frisbee and bring it back to the sideline. The runners will catch the Frisbee and drop it right after they catch it because another person will be throwing to them right away. Once all 10 runners have gone just rotate more down the line and the runner's then become throwers to fill the spots. Start out with a slow jog.

<ul style="list-style-type: none"> • Add music 	<ul style="list-style-type: none"> • They should be jogging 	<ul style="list-style-type: none"> • Anticipate where the runner will be 	<ul style="list-style-type: none"> • Try to get your Frisbee in to the runner so he does not have to stop running to catch it.
	<ul style="list-style-type: none"> • If students are becoming successful at this then they can begin to speed up. 	<ul style="list-style-type: none"> • Anticipate where the runner will be, if they are running faster you will have anticipate even more. 	<ul style="list-style-type: none"> • Try to be accurate with your throwing

Closure/Assessment:
 What is one cue that will help you throw to a moving target. ANSWER: Anticipate where the runner will be and throw to that area.

**Physical Education Teacher Education Program
Central Washington University
Frisbee Basketball Lesson Plan #23
Tanner Williams and Tyler Parsons**

Objectives:

A. Students: 1. By the end of class, students will be introduced to Frisbee basketball of which they will learn what skills are necessary for that game. (NASPE 1, 2 EALR 1.1, 1.2)

B. Teacher:

Instant Activity: Balls, cones and other objects are scattered on the field or court. Students are divided into groups (snakes) and are in single file behind the leader (size of groups can be determined by the teacher). The leader is the snake's head, and last person is the tail; all other members are the body. The last student in line (the tail) has the ball bag.

- Groups must travel around the field or court in single file holding onto the person in front of them by a shirt, shoulder, or hand. Each group must pick up as many items as possible within the time limit (30 sec - 120 sec).
- Only the head of the snake can guide the body (group) and only the head can pick up the items (one at a time) and pass them back through the body of the snake (group). The items must be passed to each group member down the line (as in relay) to the tail where the items are collected in the snake's stomach (ball bag).
- The method of passing the objects can be specifically designated by the instructor to increase the difficulty level. For example: using left hand only, passing to the rear over the head, under the legs, etc...
- Teaching Suggestions: Begin with small groups and slowly add students to each "snake." Make harder or easier by shortening or lengthening the playing field or include more balls.

Set Induction: Today we are going to putting all of our work of throwing on the move and catching on the move to work. You will need to work as a team to play this game! We will be playing Frisbee Basketball

Equipment: (for a class of 30 students)

- Colorful Tape to make a Goal on the wall of the gym
- 2 Frisbees

Instant Activity Materials:

- Up to 30 balls, 15 small cones, or various objects that students can easily pick up, 1 ball bag per team.

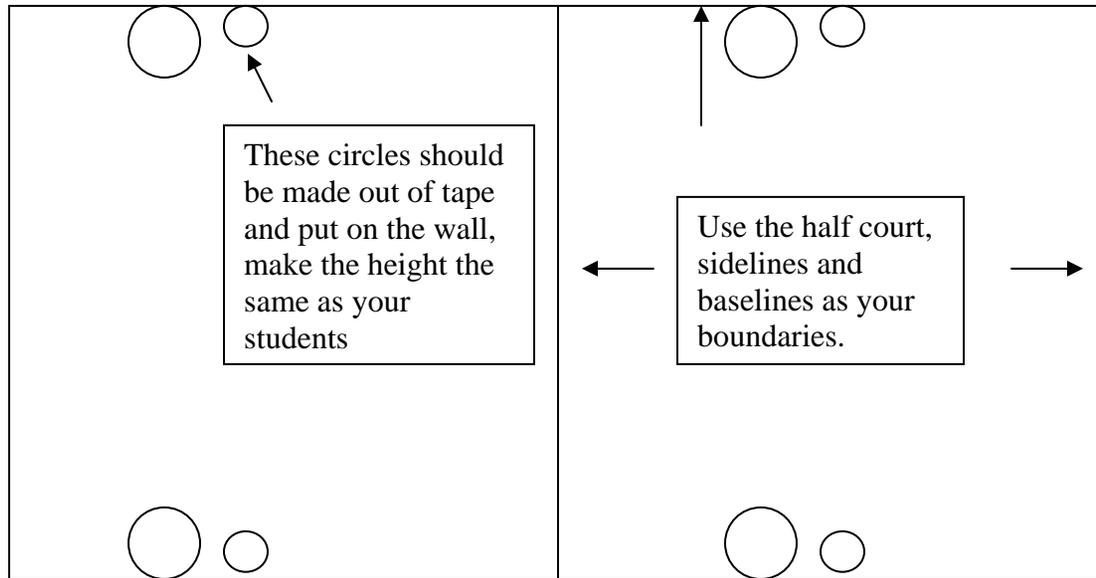
MAF/Instructional technique	Extensions	Refinements	Applications
<p>Informing Task: We are going to count to class off by 4's, there will be 4 different teams which means 2 games will be going on at once. Once you know your number try to find everyone else with the same number for this will be your team for today. You may come up with a team name as well, school appropriate of course. Once you have your whole team together I would like you to sit down in a circle so that I can see your teams. Now this is how you play, You will have to goals at each end of the court, one is big the other small, the big one is worth 1 point, the smaller one is worth 2 points. You must remain 3 Feet from someone holding a Frisbee so that they will always have room to throw. Once you have a Frisbee in your hand you are only aloud 3 steps once you have caught the Frisbee. If your teammate throws the Frisbee in the air and it is batted down or dropped, it is an automatic turnover and the other team gets the Frisbee. You may intercept passes, bat them down but if someone has a Frisbee remember you must give them 3 feet of space. A trick to this game is try and always be moving around, short passes usually work well. Are there any questions? (Split the teams up and have them go to their designated courts.)</p>			
<ul style="list-style-type: none"> • Split the gym up in half so that two games can be played • There will be 2 goals at each end, one will be big and the other smaller, Big is worth 1 point small is worth 2 • Make the Goals about as tall as the kids are. • Have Music Playing 	<p>Try to incorporate all of the different types of throws and catches such as:</p> <ul style="list-style-type: none"> • Backhand • Forehand • Gator Grab • One hand Snag • 2 hand grab 	<ul style="list-style-type: none"> • Remember quick short throws work best • Keep moving • Don't just stand there 	<ul style="list-style-type: none"> • Try and use as many different skills as possible
<ul style="list-style-type: none"> • Each Game should take about 15 minutes, try and get two games in. • If you see a team 	<ul style="list-style-type: none"> • 5 extra points will be added to the team with the most team spirit. 		<ul style="list-style-type: none"> • Encourage your teammates!

struggling go up and talk them and try to help them out.

- Feel free to play in some games not for the whole time, but have fun with your kids!
- Be sure to emphasize the importance of safety. Which is why we have the 3 feet rule, so no one gets clobbered in the face with a Frisbee

Closure: I would like one piece of paper from each team, Please write down your team name and everyone who is in your group. Write down all the different skills that you used today in the game and how it helped you or maybe did not help you and why.

DIAGRAM FOR FIELD SET UP



**Physical Education Teacher Education Program
Central Washington University
Frisbee Basketball Lesson Plan #24 continued
Tanner Williams and Tyler Parsons**

Objectives:

A. Students: 1. By the end of class, students will be familiar with Frisbee basketball and they will know what skills are necessary for this game. (NASPE 1, 2. EALR 1.1, 1.2)

B. Teacher:

Instant Activity: 4-6 players on a team

Each team forms a wall on the line, shoulder to shoulder, with their teammates (using the tape as a line marker). The two teams face each other with about 3-5 yards of distance between each team. Both teams get in a push up position. From the pushup position, their hands should be placed on the floor just in front of the line.

Begin the game with one ball then add more to allow more students to be active in the game. The object of the game is to push the ball to the other team, in hopes of getting the ball to cross their line. Players have to support their body with one hand while trying to push the ball or stop the ball. (Encourage students to use whichever hand is closest to the ball). Students enjoy trying to push the ball or stop the ball while trying to support themselves in a push up position. Students may take no more than a 10 second break (placing knees on the floor-modified pushup position). But they may not push the ball in this position. If they try to stop the ball while knees are on the floor-it is a point for the opposing team.

Variations:

Allow students to use the modified pushup position (knees on the floor).

Set Induction: Last Class you learned about Frisbee Basketball today we are going to get better at it and more familiar using our same teams!

Equipment: (for a class of 30 students)

- Colorful Tape to make a Goals on the wall of the gym
- 2 Frisbees

Instant Activity:

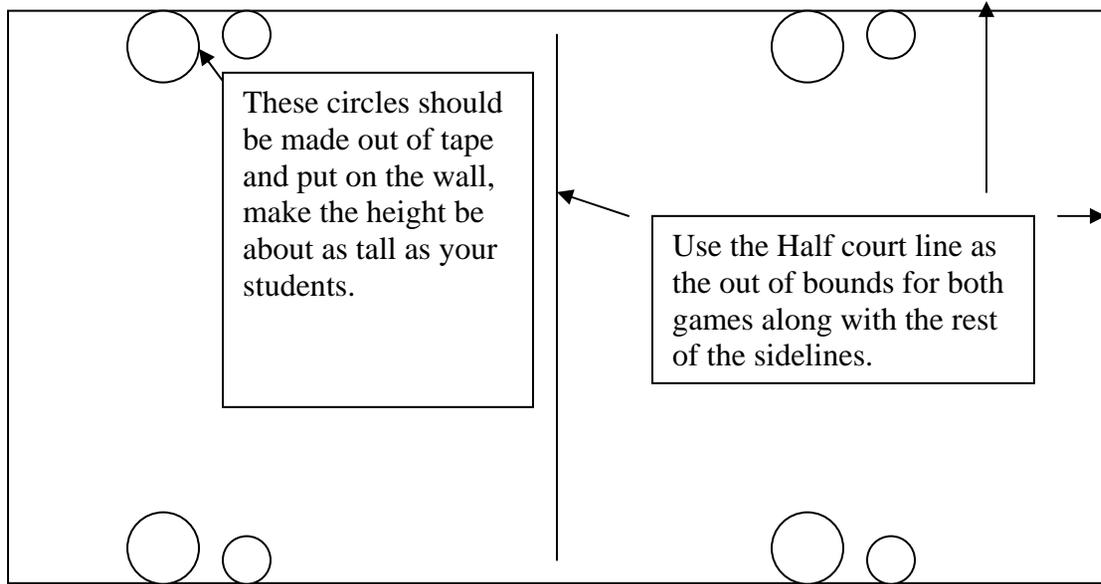
- 1 to 3 softy-balls,
- tape to use as line marker

MAF/Instructional technique	Extensions	Refinements	Applications
<p>Informing Task: When I say Go! I would like you to find your teammates and sit down when everyone is there. We will follow the same rules as last time. Goals are worth the same, 1 point for the big goal, 2 points for the smaller goal. Give 3 feet of space to anyone who has a Frisbee in their hand. A dropped pass or a deflected pass is still a turnover. I will be handing out extra points to add to the score to the team with the most sportsmanship. So encourage one another you will play better for it!</p>			
<ul style="list-style-type: none"> • Split the gym up in half so that two games can be played • There will be 2 goals at each end, one will be big and the other smaller, Big is worth 1 point small is worth 2 • Make the Goals about as tall as the kids are. • Have Music Playing 	<p>Try to incorporate all of the different types of throws and catches such as:</p> <ul style="list-style-type: none"> • Backhand • Forehand • Gator Grab • One hand Snag • 2 hand grab 	<ul style="list-style-type: none"> • Remember quick short throws work best • Keep moving • Don't just stand there 	<ul style="list-style-type: none"> • Try and use as many different skills as possible
<ul style="list-style-type: none"> • Each Game should take about 15 minutes, try and get two games in. • If you see a team struggling go up and talk them and try to help them out. 	<ul style="list-style-type: none"> • 5 extra points will be added to the team with the most team spirit. 		<ul style="list-style-type: none"> • Encourage your teammates

- Feel free to play in some games not for the whole time, but have fun with your kids!
- Be sure to emphasize the importance of safety. Which is why we have the 3 feet rule, so no one gets clobbered in the face with a Frisbee

Closure: Today I would like you to write down 3 different situations where you could use this game outside of school. Be creative, just because you don't have walls doesn't mean you can't use something else for a goal. If your situation is not in a building give me another way you can make goals.

DIAGRAM FOR FIELD SET UP



Closure/Assessment:

Today I would like you to write down 3 different situations where you could use this game outside of school. Be creative, just because you don't have walls doesn't mean you can't use something else for a goal. If your situation is not in a building give me another way you can make goals.

**Physical Education Teacher Education Program
Central Washington University
Olympic Frisbee Lesson Plan #25
Tanner Williams and Tyler Parsons**

Objectives:

A. Students: By the end of class, students will learn be able to demonstrate knowledge of why sportsmanship is essential to a team. (NASPE 1, 2.EALR 1.1, 1.3)

B. Teacher:

Instant Activity: Ball Tag

Two students will be designated as taggers, and be given pennies. Out of the remaining students, half will be given balls, and half will not. The taggers can only tag a student who has a ball, or “cookie”. To keep from getting tagged, the students must throw the ball to a student who is in open space and who does not have a ball. If the ball is dropped while being thrown, both the thrower and the student to whom the ball was thrown to must do 5 jumping jacks. If a student with a ball gets tagged, they must also do 5 jumping jacks. You cannot throw it back to the person who threw it to you. Change taggers often.

Set Induction: When I say Go! I would like you to find your teammates and sit down when everyone is there. We will follow the same rules as last time. Goals are worth the same, 1 point for the big goal, 2 points for the smaller goal. Give 3 feet of space to anyone who has a Frisbee in their hand. A dropped pass or a deflected pass is still a turnover. I will be handing out extra points to add to the score to the team with the most sportsmanship. So encourage one another you will play better for it!

Equipment: (for a class of 30 students)

- 5 Hula Hoops
- Tape to tape Hula Hoops to wall
- 3 Frisbees
- 4 Cones to mark Yard Intervals for Long Throw

- Instant Activity:
- Two pennies,
- gatorskin balls

MAF/Instructional technique	Extensions	Refinements	Applications
<p>Informing Task: Congratulations you are now in the Olympics, you will be split into 6 teams of 5 people per team, each team will need a name, and each team member must do at least one event. Here are the different events we will be doing: An accuracy challenge, a long distance throw challenge, a trick catch challenge, A catch your own throw challenge, A Speed Catching Challenge, and finally 5 on 5 Ultimate Frisbee Games, this will be going on for 2 class periods. Sportsmanship will be needed during these events for your team to do well, so cheer your teammates on because it does count for points in the end. I am now going to count randomly from 1-5, find people with the same number and first come up with a team name. Second I need a piece of paper with your Team name, a roster of all your team, next to your name you may pick a challenge to do, remember each team member must do at least one event. When you are done with this turn it into to me and we can let the games begin. The First Challenge will be an accuracy challenge. Over on one of the walls there is 5 hula hoops taped to the wall ranging from all different heights, your goal is to try and throw the Frisbee through as many of those as possible, so whenever you are ready please have your accuracy challenger step forward. One team will go at a time, and PLEASE CHEER ON YOUR TEAM, you will be throwing from the line marked by tape, it is 15 feet away from the targets.</p>			
<ul style="list-style-type: none"> • Write all the Challenges on a board or poster so students know what they will be signing up for • Set up for the first day: • Accuracy challenge, Tape 5 Hula Hoops against a gym wall, all having different heights to them, use duck tape or some type of strong tape for this. • Long distance Challenge: Preferably done outside, have markers from 25, 50,100, 150 yard intervals • Trick Catch Challenge: You will 	<ul style="list-style-type: none"> • Throw the Frisbee through the hoops staying behind the marked line. 	<ul style="list-style-type: none"> • You may go as slow or as fast as you would like, • Don't forget to aim and follow through if it helps. 	<ul style="list-style-type: none"> • Try and get the Frisbee through as many hoops as possible

<ul style="list-style-type: none"> only need 1 Frisbee Catch your own Throw Challenge: Preferably done outside, 1 Frisbee We Will Now do the Long Distance Challenge so follow me outside with your teams 			
<ul style="list-style-type: none"> Call the Long Distance Throwers Up! 	<ul style="list-style-type: none"> For this Challenge you will need to throw the Frisbee as Far as you Can and we will measure how far it goes 	<ul style="list-style-type: none"> Try not to let the angle get to steep when you throw or it may just sail high and not far 	<ul style="list-style-type: none"> Throw as far as you can!
<ul style="list-style-type: none"> I would like all the trick catchers to step forward now (you may stay outside or go back inside) HAVE THE TEAM CHEER FOR THEIR CHALLENGER 	<ul style="list-style-type: none"> For this challenge you are to give us your best trick catch, you have one of your teammates throw you the Frisbee, you will get three tries 	<ul style="list-style-type: none"> Remember all the different types of trick catches we tried, it may be easier to try one of those 	<ul style="list-style-type: none"> Try to catch a trick catch!
<ul style="list-style-type: none"> I would like all the Catch your own Throw Challengers to step forward 	<p>You are going to throw the Frisbee in the air and try to catch your own throw, the goal is to see how long you can throw and still catch it</p>	<ul style="list-style-type: none"> The Higher the throw the more time you will have to catch it 	<ul style="list-style-type: none"> Try and Catch your own throw! CHEER YOUR TEAM ON!

Closure: Have the teams bring up three things they can do to help their teamwork.

**Physical Education Teacher Education Program
Central Washington University
Frisbee Lesson Plan Olympic Frisbee Continued
By Tanner Williams and Tyler Parsons**

Objectives: A. Students:

1. By the end of class, students will demonstrate knowledge of working as a team (NASPE 1,2, EALR 1.1,1.2)

B. Teacher:

Instant Activity: Musical Aerobics

Students pair up with a partner and face them. Make sure they are at least 5 feet apart. When the music starts, they have to do a specific exercise the teacher has assigned (for example, hop on one foot, tuck jumps, or jumping jacks). When the music stops, the first person to sit down, scores one point. **Make sure to tell the students to sit safely and not fall to the ground with their bottom resulting in an injury.**

The possibilities are endless as far as fitness activities go. This game is similar to musical chairs in that there is movement going on while the music is on, and you have to sit when the music goes off.

➤ **Teaching Suggestions:**

Stress that the students to sit down quietly and safely. Demonstrate the incorrect way of sitting fast and falling to the ground resulting in injury.

➤ **Variations:**

Try more difficult fitness moves with the older students, change fitness moves often!

Vary the time that the song plays. Great suspense by pretending you are going to push the pause button.

- **BONUS ROUNDS!** Have bonus rounds, where if you sit down first, you get 5 points. Often it is good to pair the harder moves with more points. This also gives students an opportunity to catch up.

Set Induction: Today we are going to be finishing up our Olympic Frisbee tournament with some 5 on 5 games with your teams!

Equipment: (for a class of 30 students)

- 3 Frisbee's 1 Per Game
- Cones for Boundaries and Goals (24) total

Instant Activity

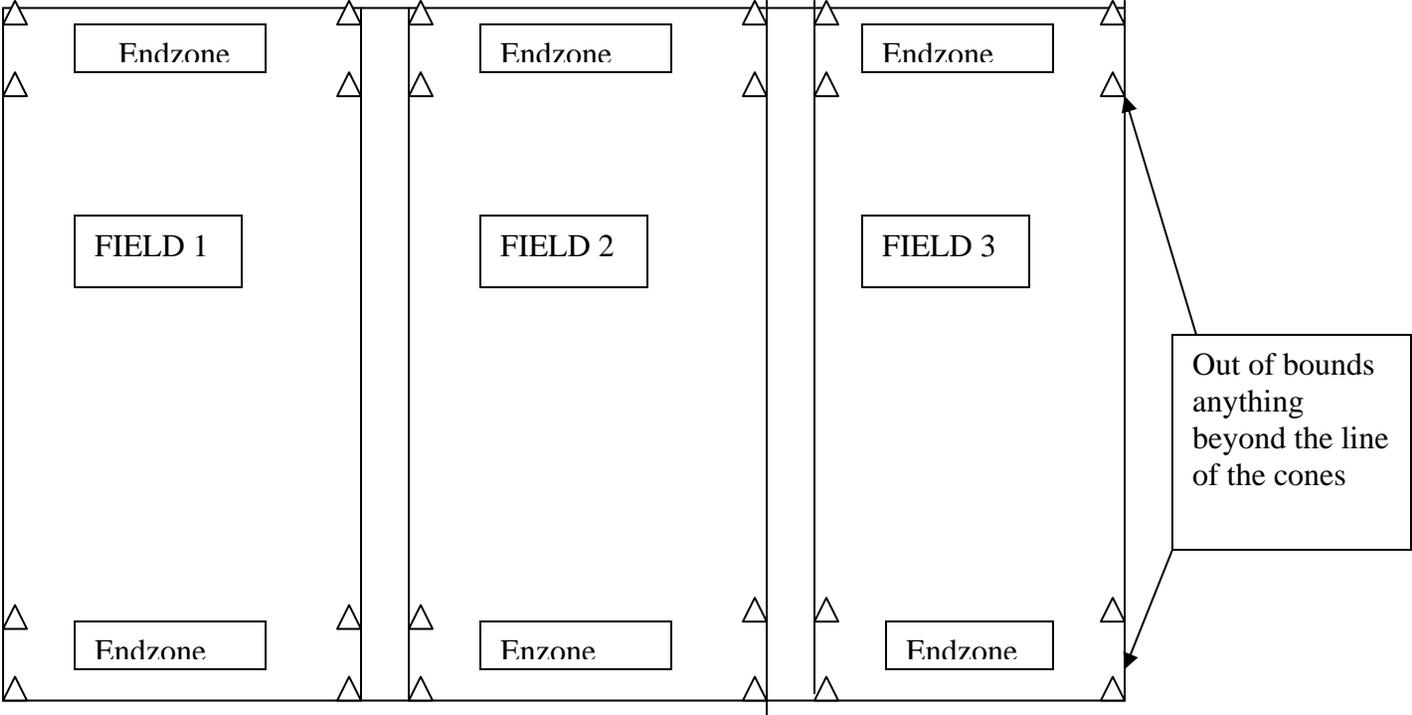
- Music and personal space

MAF/Instructional technique	Extensions	Refinements	Applications
<p>Informing Task: When I say go I would like you to get into your Olympic Teams and sit in a circle; (HAVE THE RULES WRITTEN ON A BOARD) We will be playing with the same rules as Ultimate Frisbee. To score you must catch the Frisbee on the other end of the field in the end zone which is marked by cones. To start the game there will be a kick off just like football, except you will throw the Frisbee instead of kicking it. Once you catch the Frisbee you cannot take anymore steps, you catch, you throw, you catch you throw, that's how you move up and down the field. If the Frisbee is deflected or dropped then it is automatically a turn over and the other team gets the Frisbee. If the Frisbee goes out of bounds that is also a turn over. The team that uses their whole team will be the most successful. Any questions? I will be giving each team a piece of paper. You are to write your team name on it, fold it up and hand it to me. (You are going to place the folded pieces of paper into either a bucket, a hat, or something that you can draw out of) Once everyone has given their pieces of paper to me, I will then draw from the hat which will decide who is playing whom first! (Draw the first team they will play at field 1, second draw will be at field 2, and the third draw will be at field 3. YOU GUYS READY!!! HERE WE GO!</p>			
<ul style="list-style-type: none"> • Set up the Fields • Have the Fields Numbered 1,2,3 • Assign which teams are playing at what field • Keep an eye on the time and stop the game after 10 minutes and switch teams • Whoever wins moves to the left 	<ul style="list-style-type: none"> • Use your whole team so that you spread out the defenders 	<ul style="list-style-type: none"> • Remember all the different ways to catch • Use whichever works best for you 	<ul style="list-style-type: none"> • Try and get all of your teammates to touch the Frisbee before you get a touchdown

<ul style="list-style-type: none"> • TRY TO WATCH EACH TEAM and give FEEDBACK 			
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Closure: I would like each team to write down on one piece of paper 3 things they learned that will help them work in groups in the future.

DIAGRAM OF FIELD



**Physical Education Teacher Education Program
Central Washington University
Frisbee Lesson Plan 27
Ultimate Frisbee
Tanner Williams and Tyler Parsons**

Objectives: A. Students:

1. By the end of class, students will demonstrate knowledge of working as a team (NASPE 1,2, EALR 1.1,1.2)

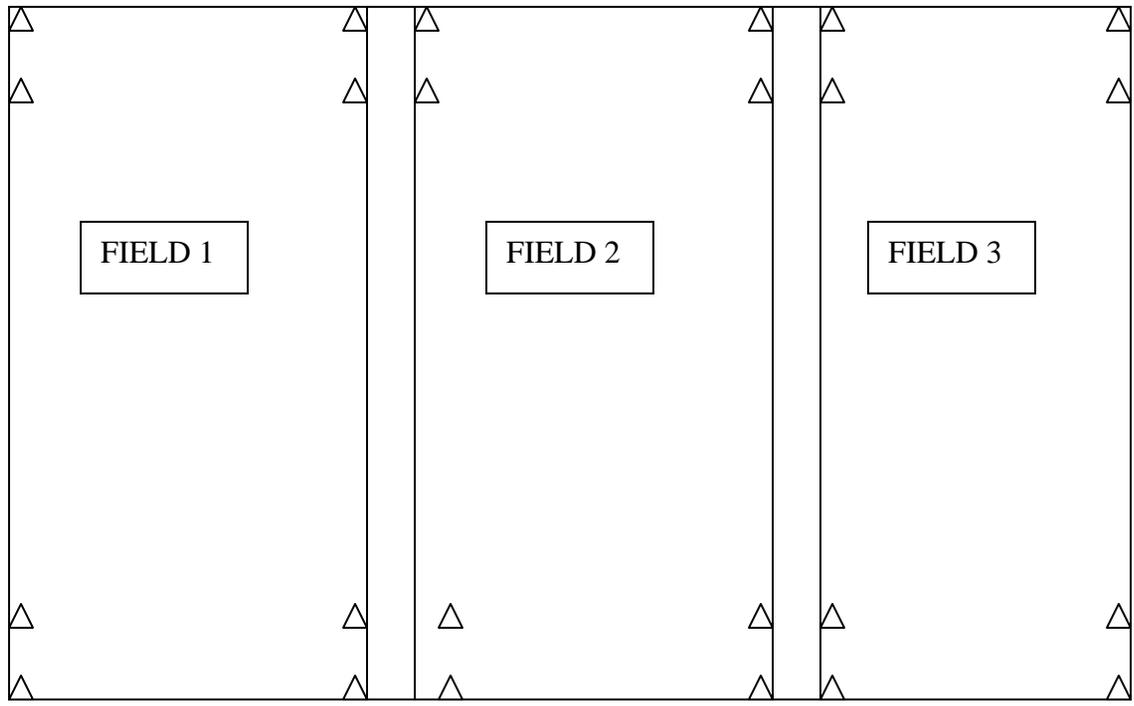
B. Teacher:

Instant Activity: Get together with your team. Begin running around the perimeter of the field together while a throwing a frisbee to your teammates. Try to incorporate strategies that you will be using in your game today example: Cutting Juking, Jump catches, quick throws, long throws, different kind of throws.

Set Induction: Equipment: (for a class of 30 students)

- 3 Frisbee's 1 Per Game
- Cones for Boundaries and Goals (24) total

MAF/Instructional technique	Extensions	Refinements	Applications
<p>Informing Task: When I say go I would like you to get into your Olympic Teams and sit in a circle; (HAVE THE RULES WRITTEN ON A BOARD) We will be playing with the same rules as Ultimate Frisbee. To score you must catch the Frisbee on the other end of the field in the end zone which is marked by cones. To start the game there will be a kick off just like football, except you will throw the Frisbee instead of kicking it. Once you catch the Frisbee you cannot take anymore steps, you catch, you throw, you catch you throw, that's how you move up and down the field. If the Frisbee is deflected or dropped then it is automatically a turn over and the other team gets the Frisbee. If the Frisbee goes out of bounds that is also a turn over. The team that uses their whole team will be the most successful. Any questions? I will be giving each team a piece of paper. You are to write your team name on it, fold it up and hand it to me. (You are going to place the folded pieces of paper into either a bucket, a hat, or something that you can draw out of) Once everyone has given their pieces of paper to me, I will then draw from the hat which will decide who is playing whom first! (Draw the first team they will play at field 1, second draw will be at field 2, and the third draw will be at field 3. YOU GUYS READY!!! HERE WE GO!</p>			
<ul style="list-style-type: none"> • Set up the Fields • Have the Fields Numbered 1,2,3 • Assign which teams are playing at what field • Keep an eye on the time and stop the game after 10 -15 minutes and switch teams • Whoever wins moves to their left 	<ul style="list-style-type: none"> • Use your whole team so that you spread out the defenders 	<ul style="list-style-type: none"> • Remember all the different ways to catch • Use whichever works best for you 	<ul style="list-style-type: none"> • Try and get all of your teammates to touch the Frisbee before you get a touchdown
<p>Closure: I would like one piece of paper per team, and I would like you as a group, discuss 3 things you did well, and 3 things you could improve upon and how it would help. Have all of your names written on it once you turn it in you can leave.</p>			



**Physical Education Teacher Education Program
Central Washington University
Frisbee Lesson Plan 28 continued
Ultimate Frisbee
Tanner Williams and Tyler Parsons**

Objectives: A. Students:

1. By the end of class, students will demonstrate knowledge of working as a team (NASPE 1,2, EALR 1.1,1.2)

B. Teacher:

Instant Activity: Noodle Tag

1. Choose 1 or more students to be the taggers.
2. Taggers use the swim noodle "taggers" in which to tag (or touch) other students.
3. Disperse the beanbags to the other students.
4. The taggers count down for 5 seconds before starting.
5. Taggers may tag anyone.
6. If a student is tagged, they are frozen and can only become unfrozen if a beanbag is thrown TO them, NOT at them. If the bean bag is caught, the student becomes unfrozen (or is free). If the beanbag is dropped, and falls to the floor, the frozen student CANNOT pick it up. (This is done to prevent the student from going down to get the beanbag while a tagger is attempting to intercept it). If a tagger picks up a dropped beanbag or catches one thrown in the air, then the beanbag is given to the teacher and taken out of circulation.
7. Students with beanbags are given immunity from being tagged or frozen. Students who have a beanbag must get their beanbag to "frozen" students or any student being pursued by a tagger (beanbag must be airborne, not handed off!) in a reasonable amount of time (10-30 seconds).
8. Alternate taggers every couple of minutes.

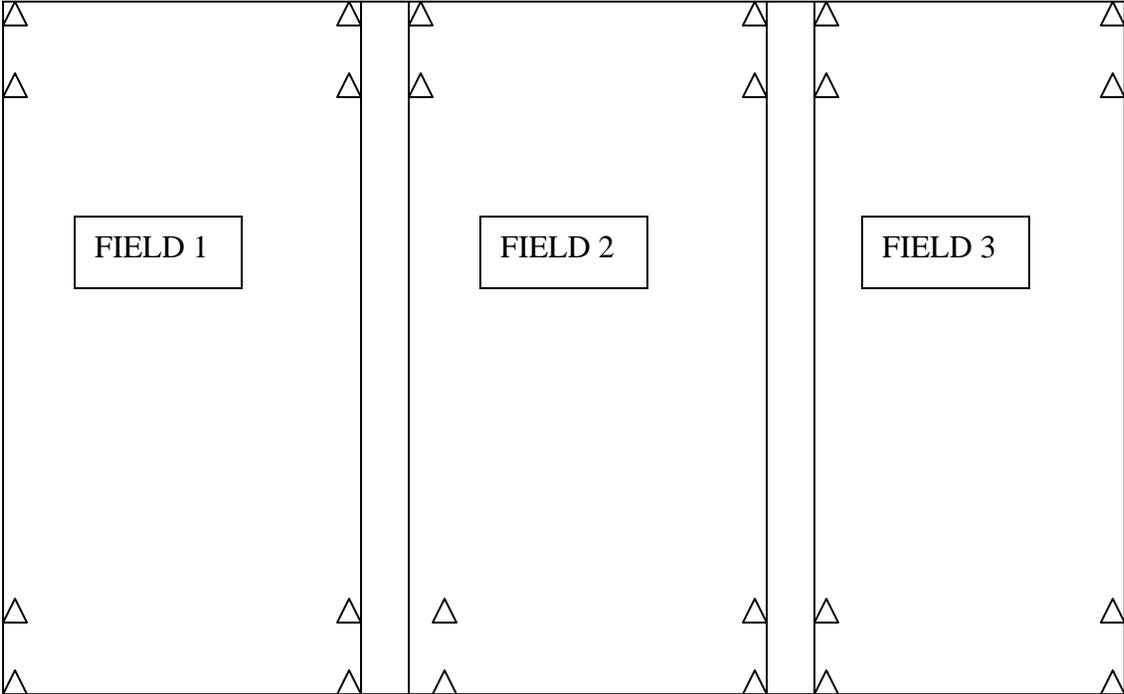
Set Induction: Today we are going to be playing 5 on 5 once again, so that we can try to improve on our team work skills. Today I will not be grading your team work, but your teammates will, so be sure to be working on it.

Equipment: (for a class of 30 students)

- 3 Frisbee's One Per Game
 - Cones for Boundaries and Goals (24) total
- Instant Activity
- 1 or more "taggers" (made from swim noodles)
 - 7 bean bags

MAF/Instructional technique	Extensions	Refinements	Applications
<p>Informing Task: I am going to count the class out by 5's, whatever your number is that will be your team for today. Once you have your number find the rest of your teammates and sit down in a circle. Once everyone has there team I will assign which team you will be playing first. There will be six different teams so we will be having 3 games going on at one time. We will be playing with the same rules as ultimate Frisbee. To score you must catch the Frisbee on the other end of the field in the end zone. To start the game there will be a kick off just like football, except you will throw the Frisbee instead of kicking it. Once you catch the Frisbee you cannot take anymore steps, you catch, you throw, you catch you throw, that's how you move up and down the field. If the Frisbee is deflected or dropped then it is automatically a turn over and the other team gets the Frisbee. If the Frisbee goes out of bounds that is also a turn over. The team that uses their whole team will be the most successful. Any questions? OK I will now tell you what team you will be facing and what field you will be playing on, after 10 minutes I will stop the game and have you switch fields to play another team.</p>			
<ul style="list-style-type: none"> • Set up the Fields • Have the Fields Numbered 1,2,3 • Assign which teams are playing at what field • Keep an eye on the time and stop the game after 10-15 minutes and switch teams • Winners will stay team that loses will rotate one to the right • TRY TO WATCH EACH TEAM and give FEEDBACK 	<ul style="list-style-type: none"> • Use your whole team so that you spread out the defenders 	<ul style="list-style-type: none"> • Remember all the different ways to catch • Use whichever works best for you 	<ul style="list-style-type: none"> • Try and get all of your teammates to touch the Frisbee before you get a touchdown
<p>Closure: I would like everyone to write their names on their own piece of paper. I would like you then, to write down all of your teammates names on it and give them a grade for team work for the day, 1 is the worst 5 is the best, explain your reasoning for your grade.</p>			

DIAGRAM FOR FIELD SET UP



Lesson 7

Frisbee Bowling

Bowling Scores

Name _____

Date _____

Write down both of your scores (or however many scores you bowled).

Take the scores above and all them up. Next, take the number you just added up and divide it by how many games you bowled. (This is your average bowling score)

What do you think about your average? Like it or don't like it? Why?

Lesson 3

Frisbee Backhand

Frisbee Backhand

Names _____

Date _____

Write down the three cues we learned today and draw a picture of what the cues are.

1.

2.

3.

Frisbee Backhand

Answer Key

Names _____

Date _____

Write down the three cues we learned today and draw a picture of what the cues are.

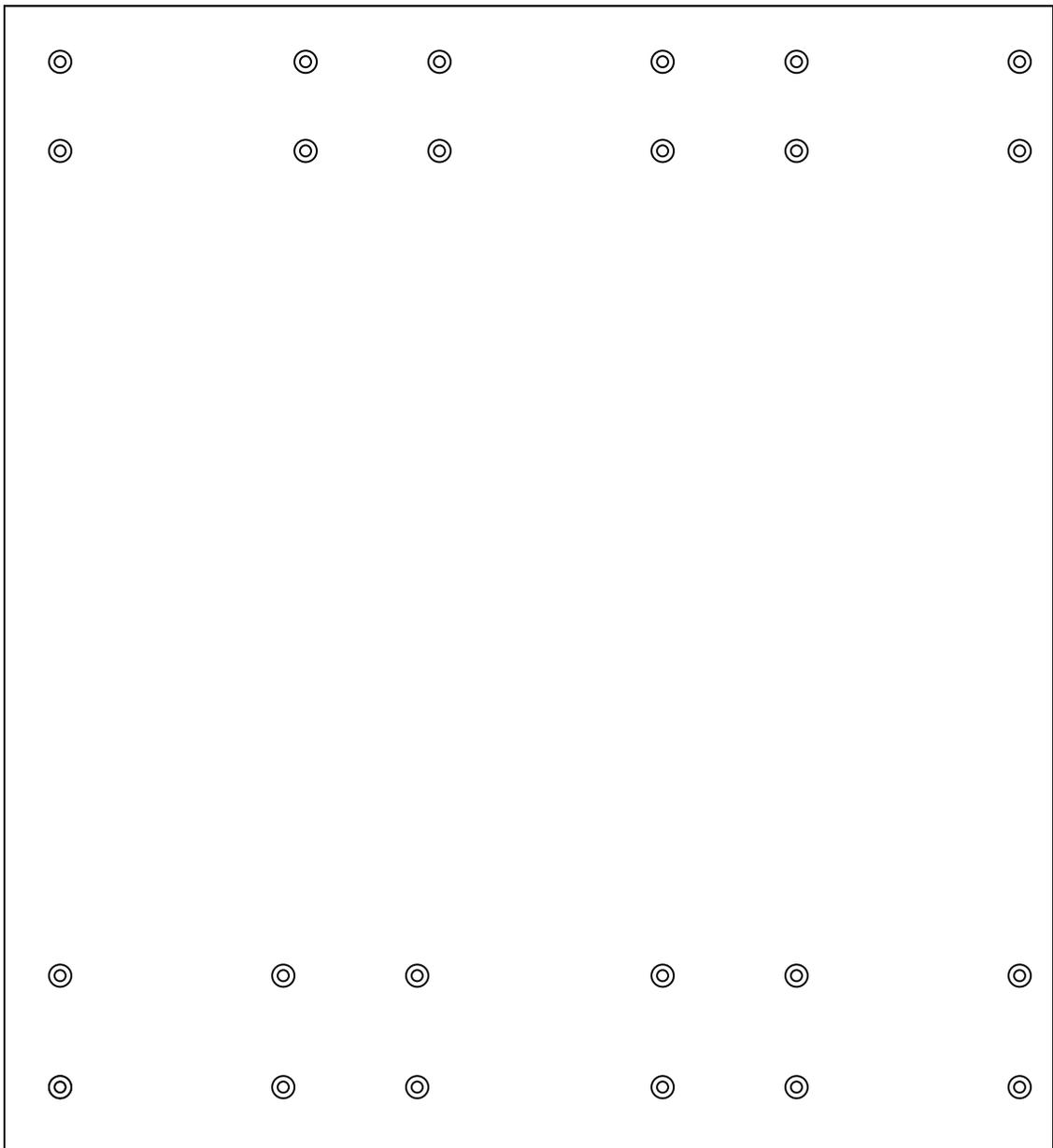
1. Thumb on top of Frisbee
2. Index finger on side of Frisbee
3. Fingers curled underneath

Diagram

Court 1

Court 2

Court 3



Lesson 5

Frisbee Forehand

Frisbee Forehand

Name _____

Date _____

Circle Yes or No to the following questions.

Yes / No Did your child show you a grip for a forehand?

Yes / No Did your child show you a demonstration?

Yes / No Were you able to perform the forehand throw?

What were the cues they told you to help you throw a Frisbee?

- 1.
- 2.
- 3.

Parents Signature _____

Lesson 11

Frisbee Golf

Frisbee Golf

Name _____

Date _____

Write down all of the total round scores you completed.

Add them up.

Divide them by how many rounds you played.

Put your score out of course Par score.

Assessment 17

Catching On The Move

Self Assessment

Name _____

Date _____

Rank your proficiency level out of 5. "5 being the highest, 1 being the lowest" Also underneath your score list one thing you can improve on to help you catch on the move.

1. I do not understand and have troubles catching on the move.
2. I somewhat understand and still has trouble catching on the move.
3. I understand and am sometimes proficient at catching on the move.
4. I understand well, and am proficient at catching on the move.
5. I understand very well, and am very proficient at catching on the move.

Lesson 1 Assessment

Syllabus Signature

Syllabus Signature

Name _____

Date _____

Dear Parents: Would you please look at the syllabus and sign this piece of paper saying that you read it, thank you very much.

Signature x.....

LESSON 20

Trick Catches

TRICK CATCHES

Name _____

Date _____

Under the station you enjoyed the most and least, give an example why for each. In addition, At the very bottom of the page circle yes or no, on whether or not you would like to have an after school program for Frisbee freestyle.

Station 1

Station 2

Station 3

Station 4

Station 5

Station 6

Station 7

Frisbee Freestyle After School: YES NO

BACKHAND GRIP

- Curl Fingers around Frisbee with pointer finger straight along the edge
- Thumb on top



BACKHAND PASS

- Point to target, step with the same side as your throwing hand
- Snap the wrist, release, and follow through



FOREHAND GRIP

- Spread pointer and middle Fingers underneath Frisbee
- Thumb on top of Frisbee



- Elbow should be waist height
- Snap with wrist, and have the Frisbee pointed very slightly downward



BETWEEN THE LEGS CATCH

- Bend knees so that you are lower to the ground
- Bring dominant catching arm behind the leg and try to track the Frisbee with your eyes
- Hands should be palms up, fingers spread, and thumb on top



BEHIND THE BACK CATCH

- Track the Frisbee with your eyes
- Once the Frisbee is close enough to catch. Bring dominant arm around your back, move body to better position your hand
- Catch waist height



BEHIND THE HEAD CATCH

- Track the Frisbee with your eyes
- Once Frisbee is close enough to catch, bring dominant catching arm around your head
- Move head to better position your arm, usually to the side of the arm that your are catching with
- Because your head will be moving you probably will not be able to see the Frisbee so you must predict where the Frisbee is going to be when you try to catch it



TOE KICK

- Drop the Frisbee chest height
- Focus on the middle of the Frisbee
- Kick in the center of the Frisbee
- Try to kick it straight up so you catch it



AIRBRUSHING

- Strike Frisbee on outside edge
- Keep palm flat
- Strike the outside of the Frisbee in the same direction



FRISBEE SPIN JAMMING

- Spin Frisbee horizontally
- Continue Spinning like a basketball
- Make sure your finger is in the middle of the Frisbee



TWO HAND GATOR GRAB

- Open hands wide to clamp down on Frisbee
- Focus on catching the Frisbee in the middle
- Make your hands big (Spread Fingers)



ONE HANDED SNAG

- Have fingers spread open
- Thumb down
- Cushion the catch



TWO HANDED CATCH

- Thumbs down
- Fingers spread wide
- Cushion the catch



Frisbee Sports

Skill Charts

By: Tyler Parsons and
Tanner Williams

Station 1. Frisbee Spin Jamming

TASK

1. Spin the Frisbee horizontally in the air (1 to 2 feet in the air) and catch it on your finger.
2. Once Frisbee has been on your finger begin to start spinning the Frisbee.

- Spin Frisbee horizontally in the air, once it comes back down try to catch it with your pointer finger.
- Continue spinning Frisbee just like you would a basketball on your finger

Challenge: Having the Frisbee stay on your finger for longer than 10 seconds. Or Try between then legs while still spinning the Frisbee.



Station 2. Frisbee Spin to a toe kick and catch

TASK

1. Begin by spinning the Frisbee on your finger.
2. Toss the Frisbee off your finger down to your foot and kick the middle of the Frisbee upwards.
3. Catch back on your finger and begin spinning again.

- Spin Frisbee on your finger drop it down to the tip of your toe and kick it back up and try to catch it.

Challenge: Try to toe kick the Frisbee and catch it 3 times while still keeping it spinning.

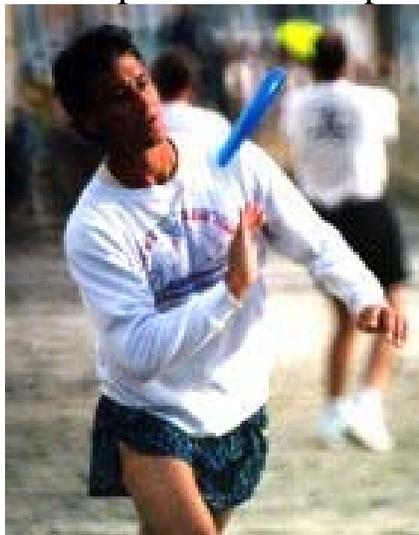


Station 3. Airbrushing

TASK

1. Each person has his/her own Frisbee
 2. Spin the Frisbee first on its side 1-2 feet in the air
 3. Try to keep the Frisbee spinning in the air by striking it on the edge in the direction that it is spinning, (This is called air brushing).
- Striking the disc tangentially on the outside rim while it is floating in the air, usually to add spin.
 - By adding spin, the flying disc will remain aerodynamically stable.
 - Airbrushing is normally done with the palm or fingers of the hand, but the foot, knee, leg and arm are also effective tools for an airbrush. Airbrushing is one of the most prevalent things you will see at a freestyle tournament, show or casual jam.

CHALLENGE: Try to keep the Frisbee spinning for 5-7 seconds



Station 4. Under the leg Catch

TASK

1. Begin throwing to your partner trying to catch the Frisbee between your legs
2. Throw 10 to 15 feet away

- Line up your catch normally
- At the last second lift up leg without letting your eye off the Frisbee
- Catch the Frisbee

CHALLENGE: Try the under the leg catch going under your left and right legs.



Station 5. In between the Legs Catch

TASK

1. Begin throwing to your partner trying to catch the Frisbee between your legs
 2. Throw 10 to 15 feet away
- The throw must be low enough so that you can catch it between both legs
 - You will need to bend your knees, and reach with your catching hand around the back of your legs.
 - The wider your legs are the easier it will be to catch
 - Keep hand level with Frisbee with your palms up

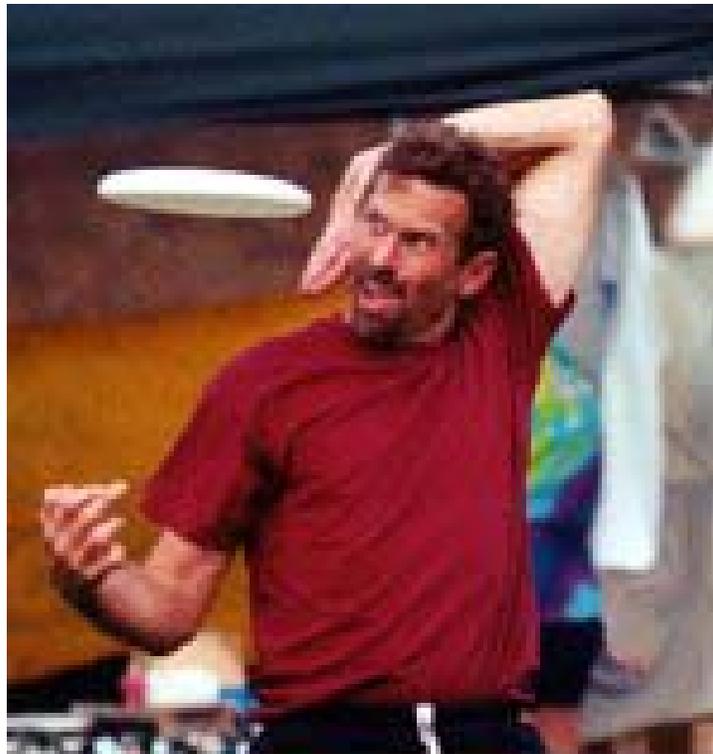


Station 6. Behind the Head Catch

TASK

1. Begin throwing to your partner trying to catch the Frisbee between your legs
2. Throw 10 to 15 feet away

- The throw must be about shoulder height
- You will need to bring your arm up and around your head
- It will help if you move your head to the side of whatever arm you are using to catch with.
- Fingers facing Down and clamp your hand when you catch



Station 7. Behind the Back Catch

TASK 1. Begin throwing to your partner trying to catch the Frisbee behind your back.

2. Throw 10 to 15 feet away

- Line up your catch normally
- Pretend like you are holding a tray like a waiter, palms should be up, thumb up, and fingers spread out
- Keep hand level with the Frisbee
- Move body forward and move hand behind your back
- Keep Hand at the same level as the Frisbee
- Turn your body so that you can catch the Frisbee.

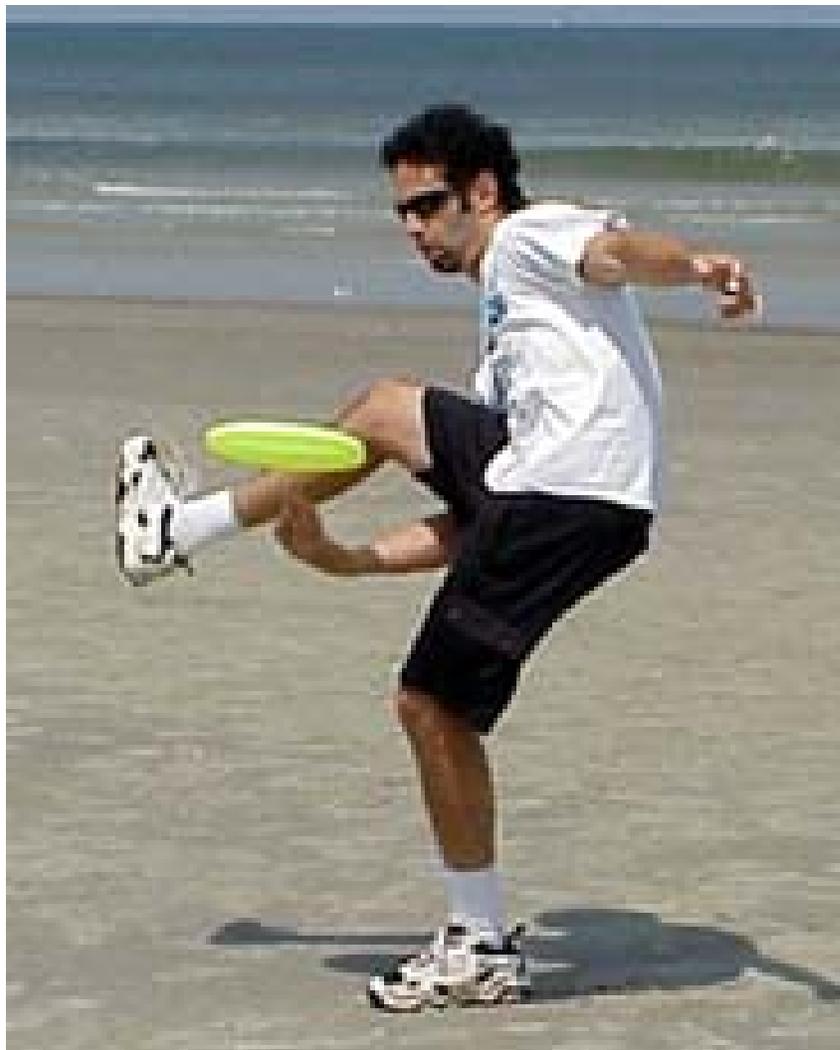


Station 8. Create your own

TASK

1. Try to combine two tricks together.
 - Create your own routine using your imagination and the skills you already

Challenge: Combine two or more tricks together.



Station 9: Creativity

TASK

1. With a partner, try to combine 2 tricks together

Challenge: Combine the two tricks and end it with a trick catch.



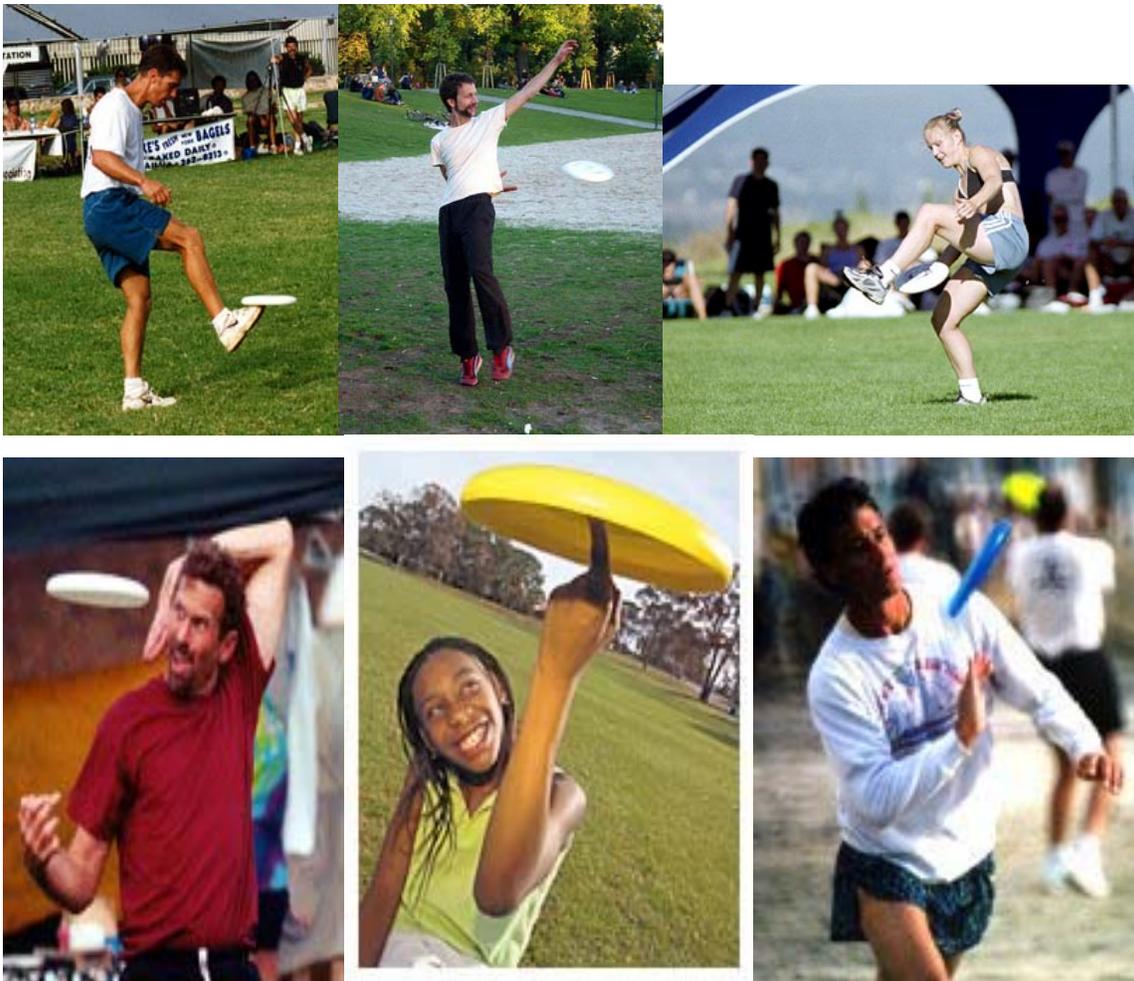
Station 10: Creativity and Teamwork

TASK

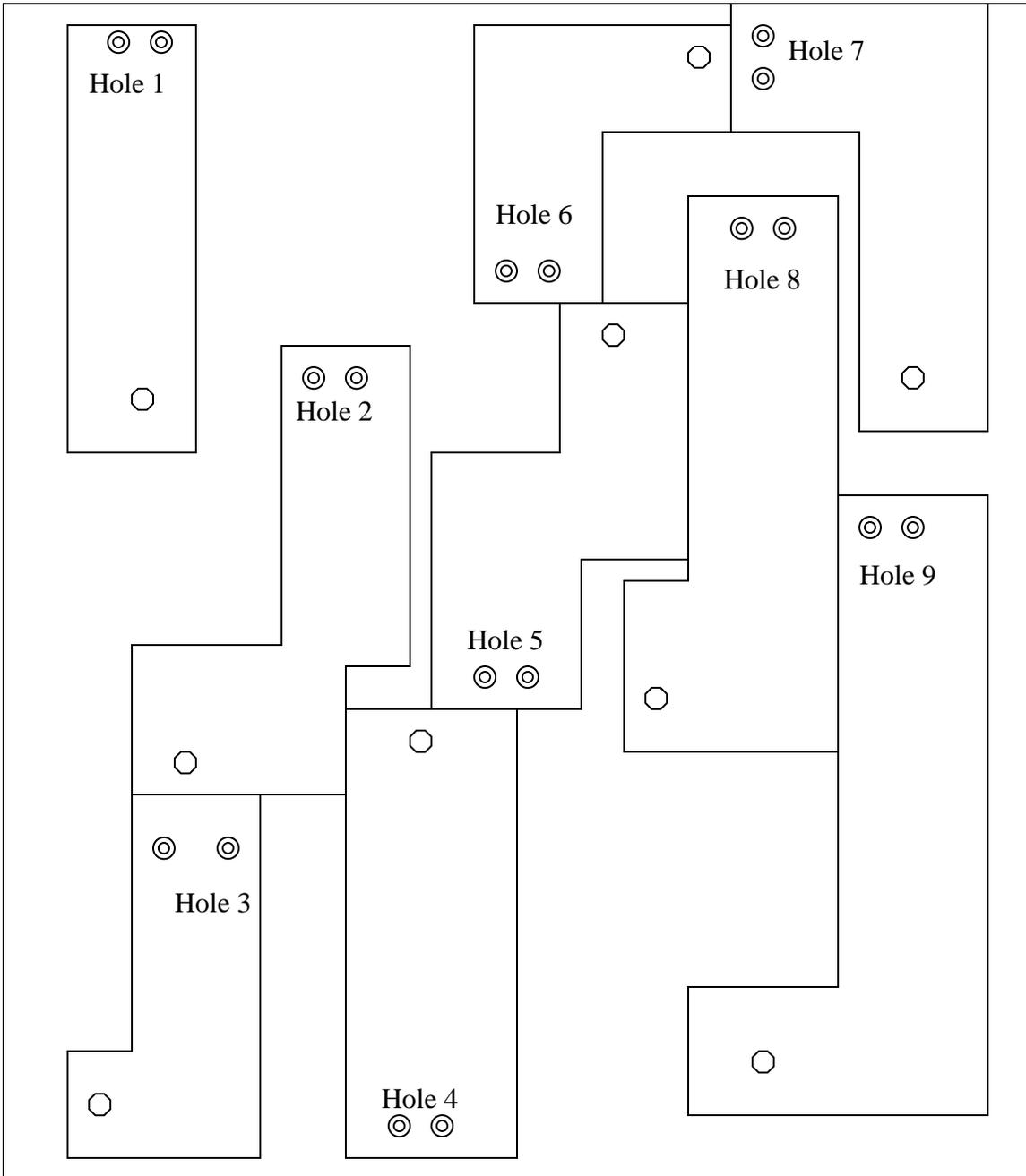
1. In groups of 3 or more try to implement tricks we have learned and come up with a routine.

Challenge: Finish your routine with a trick catch.

HARDEST CHALLENGE: Combine every trick learned in your routine.



Course



Score Card

Hole 1	Hole 2	Hole 3	Hole 4	Hole 5	Hole 6	Hole 7	Hole 8	Hole 9	Total
Par 3	Par 4	Par 5	Par 30						



RESOURCE SHEET

<http://www.upa.org/>

- Great website about tournaments, leagues, and instructional DVD's

<http://www.ultimatehandbook.com/uh/home.html>

- This is a great instructional website for learning how to do plays, it has animated play books, and also instructional cues on how to throw and catch a Frisbee.

<http://www.cs.rochester.edu/u/ferguson/ultimate/ultimate-simple.html>

- This website lists 10 simple rules for the game concerning sportsmanship, fouls, field set up, scoring, substitutions, change of possession etc. Good rules can be modified depending on grade level being taught.

<http://www.youtube.com/watch?v=augGozAKmBQ&mode=related&search=>

- Just to get kids to play you, this is a guy who can really jump, you can show this to students to pump them up.

<http://www.youtube.com/watch?v=oZTbMGNxNSM>

- Video clip on ultimate Frisbee games. This shows good teamwork and Frisbee movements.

<http://youtube.com/watch?v=-mGVE7PRAk4>

- Frisbee freestyle video clip...amazing! You will want to send this to all your friends! It makes you want to just grab a Frisbee!
- <http://youtube.com/watch?v=gNNOXGgNEME> This is another video of kids more your students age.



EQUIPMENT

- **FRISBEE'S** (Freestyle)  (Ultimate Frisbee) 

- **FRISBEE JAMMER** (It has a divot in the middle of the Frisbee to make it

easier to spin)



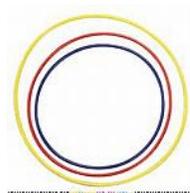
- **FRISBEE DISCS** (for Frisbee Golf)



- **BOWLING PINS** (for targets)



- **HULA HOOPS** (for targets)



- **BALLOONS** (for targets)



