

FRISBEE

Lesson 2

Lesson #: 3 of 5 Topic: Throwing/Catching Frisbee Grade(s): 5 Materials/Resources: Discs, cones, pins, hula hoops, baskets	Learning objectives: TSWBAT... <ul style="list-style-type: none">- Consecutively throw the disc at a target and partner- Work as partners and develop strategies- Catch the disc and know where it will be going- Be able to execute proper grip- Hand-eye coordination- “Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments” BC Curriculum- Connection to Core Competencies	
Parts of the lesson Set up for me before class: <ul style="list-style-type: none">- Students in previous classes have been taught proper frisbee grips- Enough frisbees for half the class- 5 lanes of pins (set up after warm up)- Cones to outline starting point for both bowling and golf Activities: <ol style="list-style-type: none">1) Warm-up : Speed Flow2) Frisbee Bowling3) Throw and Go4) Culminating activity : Ultimate Frisbee	Time	Teaching Points <ul style="list-style-type: none">- Foster collaboration and community (checkpoint8.3) in UDL- Frisbee is all about communication and community as there is a great emphasis on the spirit of the game. You must be making eye contact and communicating with your partners/ teammates throughout these activities. There is no referee in ultimate frisbee so you must all be able to communicate appropriately if you feel something is unfair.
Lesson Description Net set up and arrival Warm-up - Speed Flow <ul style="list-style-type: none">- passing drill which was covered last class- Teacher reintiterates the skills required to hold the frisbee, and then explicit instruction is given for the different throw types and catches..<ul style="list-style-type: none">- Basic/backhand: Facing sideways to the target or your partner with, with the throwing side towards the receiver. The step and throw are with the same body side (if a student throws with their right hand, they will step with their left foot). Students cock the wrist and reach the Frisbee across the body to the opposite	5-8 min	<ul style="list-style-type: none">- Demonstrate what a proper throw looks like- Demonstrate what alligator and one handed catches look like- developments depending on student group ability- The smoother the motion, the better the throw- Arm gives distance, wrist gives spin and float- If your frisbee is wobbling you need more wrist snap

<p>elbow. The throw should be a long, flat smooth motion, ending with the index finger pointing towards the target.</p> <ul style="list-style-type: none"> - Forehand: opposite side shoulder facing the target. Imperative to keep the frisbee flat, with the release beginning at waist level or below, and the outside edge of the frisbee down. - The catch: there are two types of catches, the claw and the alligator. The claw is when you catch the frisbee with one or two hands, catching the edge of the disc. The alligator is where two hands clap the bottom and the top. - Teacher will set up cones to display the distance that students should be apart from one another - Partners will throw back and forth to see how many throws they can make in one minute 		<ul style="list-style-type: none"> - Frisbee must be released flat - Make sure that you don't over exaggerate your throw <ul style="list-style-type: none"> - Keep it smooth and relaxed - Like skipping a stone on a lake - Remember to keep eye contact with your partners - ADAPTATIONS <ul style="list-style-type: none"> - Distance can be set to match the skills and abilities of the group and individual students - Changes to the type and size of frisbees
<p>Bocci Frisbee</p> <ul style="list-style-type: none"> - 8 Hula Hoops are spaced out equally on the field. - Students get into groups of 3 and each grab a frisbee. After grouped up the students find an open hula hoop to stand by - One student rolls the hula hoop out in front of them and wherever it lands is the new target - Students then take turns throwing their frisbees - whoever's frisbee lands closest or inside of the hula hoop wins that round. 	<p>15 min</p>	<ul style="list-style-type: none"> - Students are working on their target practice as well as longer distance throwing. - Students are able to see how the frisbee will fly in the air and practice different techniques to get the frisbee to go where they want. - Remind students to release frisbee in the direction they want it to go and follow through after - Teacher is able to walk around and give feedback on technique. - ADAPTATIONS: <ul style="list-style-type: none"> - Teacher sets the distance of the hula hoops (further away or closer depending on skill level) -

<p>Throw and Go:</p> <ul style="list-style-type: none"> - Students get into partners and line up behind cones - Partners throw and catch down the field while “leapfrogging” past one another with each successful catch - If the frisbee is dropped it must be returned to the last spot it was thrown - Students see how far they can get down the field before the whistle is blown 	10 min	<ul style="list-style-type: none"> - Students should be working on closer distance tosses to their partner. - Students are working on quick but controlled passes - ADAPTATIONS <ul style="list-style-type: none"> - Students are not required to leapfrog, they can high-five or just pass the other student - If students are struggling, it does not have to be times or a race, they can just see how far they can get down the field
<p>Beginners Ultimate Frisbee:</p> <ul style="list-style-type: none"> - Students are split up into 4 teams. - Team one and two play each other on one half of the field while team three and four play each other on the other half. - One team starts as offence, while the other starts as defence - The defensive team throws the frisbee down the field to begin play by the offensive team <ul style="list-style-type: none"> - Where the frisbee is caught or picked up by the offensive team is where the play begins - Once a player picks up the frisbee, they can only pivot and make a throw to their teammates, with the goal being getting the frisbee up the field into their endzone - If the offensive team makes it to their endzone, without the frisbee being intercepted or dropped, they score a point and the frisbee is turned over for the other team to play. - If the frisbee is intercepted by the defensive team or dropped then the other team can now play the frisbee in offense 	20 min	<ul style="list-style-type: none"> - Students should be working on long and short passes, positioning on the field, strategy, team work, communication, and bodily awareness - Remind students on offensive team to indicate that they are open, and to call names to who they are passing to - Students should be working on defensive technique - Students need to be aware of where the frisbee is as well as aware of all the players on the field (don’t always be looking up in the air for the frisbee. You might bump into someone)

<ul style="list-style-type: none"> - When playing in defense players should be defending a particular player in hopes of intercepting passes by the opposing team - Defensive players need to be putting pressure on one player, whilst being aware of their surroundings and play at hand. This is a non contact sport, physical contact should always be avoided 		<ul style="list-style-type: none"> - Students should get into position to execute a fluent pass - Remind students that they are not supposed to run with the frisbee - Remind students that this is a non-contact sport. - ADAPTATIONS <ul style="list-style-type: none"> - Games can be split up so that there is a game with competitive players and non competitive players - Adjust the speed in which the game is played by changing the amount of passes that students need to complete before scoring - Changes in the size and type of frisbee depending on students ability - Change in the size of the field
<p>Closure</p> <p>Movement:</p> <ul style="list-style-type: none"> - What makes a good frisbee throw (direct and intentional throws) - How can we make better passes to teammates? - How can we make sure the frisbee goes in the direction we want it to go in? - READY POSITION: what does this look like? <p>Teamplay:</p> <ul style="list-style-type: none"> - What's important to do when working with other people playing frisbee? - Make sure you are always ready to receive a pass - Think about the amount of force needed and releasing the frisbee at the right point. - we will get deeper into positioning and offense/defense strategy next class when we start working towards a full size game of ultimate frisbee. 		

Diagrams: (football field for scale but can be modified to fit different fields as necessary)



