

SHAPE Standards:

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DPE Outcomes:

- I can throw a Frisbee to a partner demonstrating three of four cues.
- I can catch a Frisbee while moving using three of four cues.
- I can identify physical activities that include Frisbee skills.

Equipment:

- Frisbee (one for each pair of students)
- Scorecards
- Clipboards
- Hoops
- Bowling pins
- Cones

Instructions**Throwing the Disk****Backhand Throw**

The backhand grip is used most often. The thumb is on top of the disk, the index finger along the rim, and the other fingers underneath. To throw the Frisbee with the right hand, stand in a sideways position with the right foot toward the target. Step toward the target and throw the Frisbee in a sideways motion across the body, snapping the wrist and trying to keep the disk flat on release.

Underhand Throw

The underhand throw uses the same grip as in the backhand throw, but the thrower faces the target and holds the disk at the side of the body. Step forward with the leg opposite the throwing arm while bringing the Frisbee forward. When the throwing arm is out in the front of the body, release the Frisbee. The trick to this throw is learning to release the disk so that it is parallel to the ground.

Catching the Disk**Thumb-Down Catch**

The thumb-down catch is used for catching when the disk is received at waist level or above. The thumb is pointing toward the ground. The Frisbee should be tracked from the thrower's hand. This clues the catcher about any tilt on the disk that may cause it to curve.

Thumb-Up Catch

The thumb-up catch is used when the Frisbee is received below waist level. The thumb points up and the fingers are spread.

Throwing and Catching Activities:

- Throw the Frisbee at different levels to partner.
- Throw a curve--to the left, right and upward. Vary the speed of the curve.
- Throw a bounce pass--try a low and a high pass.
- Throw the disc like a boomerang. Must throw at a steep angle into the wind.
- Throw the Frisbee into the air, run and catch. Increase the distance of the throw.
- Throw the Frisbee through a hoop held by a partner.
- Catch the Frisbee under your leg. Catch it behind your back.
- Throw the Frisbees into hoops that are placed on the ground as targets. Different-colored hoops can be given different values.

Throw through your partner's legs.

- Frisbee bowling--One partner has a bowling pin which the other partner attempts to knock down by throwing the Frisbee.
- Play catch while moving. Lead your partner so he doesn't have to break stride.
- See how many successful throws and catches you can make in 30 seconds.
- Frisbee Baseball Pitching--Attempt to throw the Frisbee into your partner's "Strike Zone."

Teaching Hints

Use the following instructional cues to improve skill performance:

- Release the disk parallel to the ground. If it is tilted, a curved throw results.
- Step toward the target and follow through on release of the disk.
- Snap open the wrist and make the Frisbee spin.

If space is limited, all Frisbees should be thrown in the same direction. Students can line up on either side of the area and throw across to each other. Most activities are best practiced by pairs of students using one disk.

Youngsters can develop both sides of the body by learning to throw and catch the disk with either hand. Design the activities so that youngsters get both right-hand and left-hand practice.

Since a Frisbee is somewhat different from the other implements that children usually throw, devote some time to teaching form and style in throwing and catching. Avoid drills that reward speed in throwing and catching.