

S:1 H: 1 GLO: 9-12 Spark Frisbee

OKLAHOMA ACADEMIC STANDARDS: Physical Education

Source: http://www.sparkpe.org/wp-content/uploads/fundamentals-jigsaw_hs.pdf

<u>Objectives/ Student Targets</u>	<u>Equipment & Technology Needed:</u>
<u>Cognitive:</u> The students will explain which skill is most effective in achieving distance.	-5 cones for each station
<u>Affective:</u> The students will learn to cooperate, develop leadership skills, and accept challenges.	-1 Frisbee per 2-3 students
<u>Psychomotor:</u> The students will be able to throw backhand and forehand and demonstrate the 2 catching techniques.	-5 <i>Ultimate Content Cards</i> : backhand throw; forehand throw; clap catch; 'C' catch; observer's signals
Academic Vocabulary: Forehand Throw, Backhand Throw, Clap Catch, C Catch	
<u>Introduction / Anticipatory Set:</u> Explain to the students that we will be working with frisbees today. Frisbees are used in a variety of different sports as well as for recreation and leisure. The most popular sports using frisbees are Ultimate Frisbee and Disc Golf. In order to be able to play both of these exciting games, you must know how to properly grip, throw, and catch the frisbee. It is also very important to be aware of the safety issues when using frisbees. Students need to be aware of their surroundings because while they are not comfortable with throwing the frisbees, they can be a hazard in the air. Keep your eyes up, be aware, throw straight, and be smart.	<u>Classroom Layout:</u> An open area, preferably a gym. Enough room for frisbees to be thrown and 5 stations.
<u>Instant Activity:</u> Students will need a partner (either their choice or the teacher picks before class) and to make two lines, facing their partner. Make sure there is enough room in between students for performance error. Instruct the students to practice the backhand and the two different catches with a partner, about 5-10 yards apart. After a few minutes, have them switch to the forehand while still practicing the two catches.	

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Fitness Development:

Muscular Endurance and Cardiorespiratory Endurance will be developed through extended games.

Flexibility will improve through a daily dynamic warm-up and static stretching during the cool down.

Lesson Focus:

Teaching the skill or concept activities

Have groups of 4-6 already chosen for the students. Have 5 stations set up with one *Ultimate Content Card* at each station. The five stations are *Backhand Throw, Forehand Throw, Clap Catch, 'C' Catch, and Observer's Clinic*.

Today is going to be a jigsaw activity. Each group decides among themselves which learning station each student will go to. On command, the students go to their chosen station, look over the *Ultimate Content Card*, and learn the skill that is posted.

On your signal, the students will go back to their original groups, each with a new learned skill. They will take turns teaching each other what they learned. By the end of the class, all students will be familiar with each skill.

Use time at the end of class for the students to get back together with their partner and practice the forehand, backhand, and catches with the new skills and information they have learned. Can add a competitive edge by having the students take a step back every time there is a successful catch.

Teaching Cues:

Focus

Use Time Wisely

Note It

Snap (the wrist)

Parallel (to the ground)

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Assessment:

Use the instant activity as a time to pre-assess their frisbee throwing skills.

Evaluate their skills on throwing (forehand and backhand) and catching (clap catch and 'C' catch) using the following scale.

- 1- Does not understand and cannot demonstrate any component of the 2 throws or the 2 catches.
- 2- Demonstrates basic form when throwing and catching, but needs practice. Still does not hit key components. (i.e. throws the frisbee towards their partner, but does not put the correct foot forward or snap the wrist at release)
- 3- Demonstrates proper form on 2 out of the 4 throwing and catching skills learned in today's lesson.(i.e. can demonstrate clap catch and backhand well, but unable to properly demonstrate 'C' catch or forehand throw)
- 4- Demonstrates proper form and execution in all skills; forehand, backhand, clap catch, and 'C' catch.

Closure:

Review what was learned at each station:

Forehand:

- Hold frisbee in your nondominant hand. On dominant hand, put pointer and middle fingers together and out straight with thumb up.
- Put middle finger along the rim on the bottom side of the frisbee, ring finger will be on the other side of the middle finger. Thumb goes on top of the frisbee. Other two fingers rest on the outside of the frisbee.
- During a forehand throw, you will bring the frisbee out to the dominant hand's side of the body, keeping your forearm and the frisbee parallel to the ground.
- Non dominant foot is in front, body open towards the dominant hand's side of the body turning forward and stepping with dominant foot as you throw and release.
- Throw the frisbee, releasing in front of the body.
- Stress that a frisbee throw is mostly in the wrist. You want to "snap" your wrist at the release.

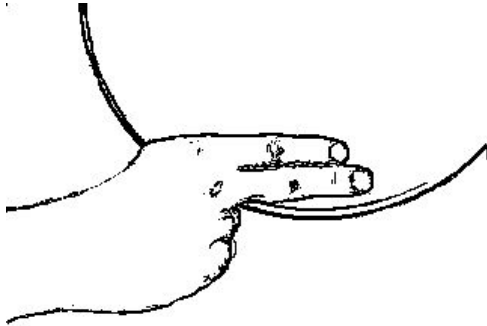
Modifications:

- Can use a soft disc if safety becomes an issue or for the adapted classes.
- Decrease distance to make it easier.
- Have a student that is excelled partner with a student that is still learning.

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Backhand:

- Hold frisbee in nondominant hand. Put palm of dominant hand against the side of the frisbee with thumb comfortably on the top of the frisbee. Other four fingers are underneath the frisbee. Tips of pinky and ring finger are tight against the rim, middle finger and index finger are resting underneath for support.
- Another option is to put the index finger along the rim of the frisbee on the outside.
- When you throw the frisbee, step forward with the foot on the same side of your dominant hand, bend your wrist and bring the frisbee towards your chest.
- When you release, straighten your arm, snapping your wrist at release. The harder the snap, the less wobbly the frisbee will be as it is traveling through the air.
- Keep the frisbee parallel with the ground throughout the throw.



Next, go over the basic ways the catch a frisbee.

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Clap Catch:

- Put hands out in front of your body, palms facing each other, like you are going to do an up and down clap.
- Keep hands relatively close together, about a foot to a foot and a half.
- When the frisbee gets to you, clap your hands together catching the frisbee in between your palms.
- Need to time it just right!

'C' Catch:

- Create a 'C' with each hand. Fingers on top and thumbs on bottom.
- Keep fingers and thumbs a few inches apart.
- When catching a frisbee, move both hands to where they are in the direct path of the frisbee. Then close fingers around the disc.

Thought Questions:

1. How is Frisbee effective in achieving teamwork?
2. Which skill was the most difficult to learn?
3. Do you think you would enjoy Ultimate Frisbee and/or Disc Golf?