

UNIT: FRISBEE

AGES: 8-14

OBJECTIVES
Sport skill development,
throwing for accuracy

EQUIPMENT
1 frisbee and 1 hoop/youth, music/whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-PARTNER DAY-</u>		
<p>Hoop de Hoop <i>Diagram on back</i></p>	<p><u>-Partners on a line.</u></p> <p>-1 frisbee per pair.</p> <p>-Partner A (thrower), stands with frisbee on a line.</p> <p>-Partner B (catcher), stands in 1st hoop 20 paces away from line.</p> <p>-2nd hoop is 40 paces away from line.</p>	<p><u>-The object is to make accurate passes to your partner standing in a hoop.</u></p> <p>-Partner B runs to 1st hoop.</p> <p>-Partner A throws to B who must catch it with at least one foot in hoop.</p> <p>-If successful, B throws back to A and runs to 2nd hoop.</p> <p>-If not successful, B stays at same hoop until a catch is made.</p> <p>-When catch is made at both hoops, switch roles.</p>
<p>Frisbee Golf (in pairs)</p>	<p><u>-Scattered in pairs, 1 hoop per pair.</u></p> <p>-During cool-down, discuss golf terminology: 1 shot: hole in one 2 shots: eagle 3 shots: birdie 4 shots: par 5 shots: bogey 6 shots: double bogey</p>	<p>-Pick up your hoop, safely toss it into open space.</p> <p>-Alternating tosses with your partner, see how many throws it takes to land the frisbee in the "hole" (hoop).</p> <p>-Once you complete the 1st "hole," pick up your hoop, safely toss it into open space, and begin your 2nd hole.</p> <p>-Tell me if anyone gets a "hole in one!" (Frisbee <u>completely</u> in the hoop.)</p>

HOOP DE HOOP

