

Disc-go-here, Disc-go-there!

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Frisbee throws to learn –

- ❖ **backhand** (traditional) with finger on edge/thumb on top
- ❖ **sidearm** with thumb on top and lead edge of disc pointed down
- ❖ **thumber** with palm up/thumb under edge/outside edge down
- ❖ **inverted or knife** released perpendicular to the ground
- ❖ **skip** hitting on 10 o'clock for righties, 2 o'clock for lefties

Catches to learn –

- ❖ **“C”** catch with one or two hands
- ❖ **pancake** between 2 hands

Games

1. *Frisbee horseshoes*-2 teams of 2 play against each other trying to land Frisbee in hula hoop. 2 points if all the way in, 1 point if touching the hoop. Can put cone in hoop for target.
2. *Slam Disc*-A game that incorporates team work into a Frisbee throwing game. First team to 15 wins.
3. *Frisbee golf*-Students will play Frisbee Golf around 20 “holes” set up on playground and field area. Targets will be objects, cones, or hula hoops. Students will be in groups of 4. Math will be integrated in calculating scores. Also, students will have to read the map to know where to go for the next hole. The student with the lowest score will be the most accurate on that hole.
4. *Ultimate*-Traditional Frisbee game, similar to football. Teams try to pass a Frisbee to teammates down the field to try to score a touchdown in the end zone. Any Frisbee hitting the ground changes possession to the other team. Many varieties can be played including multiple Frisbees, freezing or running until tagged with Frisbee, or like touch football.
5. *Team Slam Disc*-Played like traditional Slam Disc but in a team format moving down the floor. Play with multiple Frisbees.
6. *Frisbee challenge*-Two teams are trying to move their Frisbees to the opposite team's end zone for a touchdown. Players can throw/catch or play defense. A dropped Frisbee has to be run “home” before it can be thrown again. All throws/catches can be utilized.

Players holding a “live” Frisbee may not run with it. Guarding must be an arms distance away. Team getting all Frisbees to opposite end zone first wins.

RAIN MODIFICATION INDOORS: Students will be broken into fewer teams and utilize sideline players. Foam rings or Frisbees can be used to play.