#ThisIsPE
Ultimate Frisbee — Catching
SECONDARY KEY STAGE 3 PE /// TARGET GAMES

Content outline
This activity aims to develop basic catching skills which can be used when being thrown a disc – and applied to Ultimate Frisbee.
• Communication
• Creativity
• Hand-eye co-ordination
• Personal reflection

Learning intention
Physical:
• To improve basic hand-eye co-ordination skills
• To develop catching skills related to Ultimate Frisbee, including catching at different heights

Personal:
• Creativity
• Reflection

Learning questions:
• How did you catch the disc?
• Where were you looking when performing a catch?
• Name the different types of catch
• When were you most successful during the task? And why?
• What coaching points would you identify from this activity?

Space
• Increase the distance from your target (to make it harder)
• Decrease the distance from your target (to make the task easier)

Equipment
• Use different household items (Eg. Sweet tin lid, piece of cardboard) to catch during activities
• Change the size of the items – smaller items are harder to catch

Task
• Selecting appropriate distances to throw and catch the disc in relation to the ability of the people taking part
• Distances being used can be different, Eg. If you are working with someone younger – they can use shorter distances
• The speed of the throw can be increased / decreased to change the difficulty of the task

People
• If you have another person in your house, ask them to throw you the disc
• Challenge a friend online – who can catch the disc from the furthest throw?

This resource and supporting video have been created by:
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This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education

More resources
www.youthsporttrust.org/free-home-learning-resources-secondary