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

Content outline
This activity aims to develop basic throwing skills which can be applied to Ultimate Frisbee.
- Communication
- Hand-eye co-ordination
- Resilience

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 disc – experiment with different sizes or items
- Use different items as targets - smaller targets will increase the difficulty

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
- Different target sizes can be used to adapt the task – smaller targets will increase the difficulty

People
- If you have another person in your house, ask them to compete with you
- Challenge a friend online – who can hit an agreed target from the furthest distance?

Learning intention
Physical:
- To improve basic hand-eye co-ordination skills
- To develop throwing skills related to Ultimate Frisbee, including throwing different distances

Personal:
- Resilience

Learning questions:
- How did you throw the disc?
- Where were you looking when performing a throw?
- Name the different types of throw
- When were you most successful during the task? And why?
- What coaching points would you identify from this activity?
- What do the terms ‘Flexion’ and ‘extension’ mean?

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