

Content outline

This activity aims to develop basic throwing skills which can be applied to Ultimate Frisbee.

- Communication
- Hand-eye co-ordination
- Resilience



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



Space

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



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



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



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?