## Content outline

This activity aims to develop basic throwing skills which can be applied to Frisbee Golf. This activity also develops creativity and problem solving, whilst exploring basic rules.

- Hand-eye co-ordination
- Resilience
- Creativity
- Problem solving

### Task

- Selecting appropriate distances to throw and catch the disc in relation to the ability of the people taking part
- Different target sizes can be used to adapt the task – smaller targets will increase the difficulty
- Introduce additional rules to increase difficulty (Eg. Can you create a water hazard?)
- You could apply handicap scoring to make a competition even between two players

### 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
- Use landmarks in the space to act as additional challenges (Eg. Pavement = water hazard)

### 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 accuracy when performing a throw

### Personal:
- Resilience
- Creativity
- Problem solving

### 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?
- How many different ‘holes’ can you create within your playing area?

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#ThisIsPE
Frisbee Golf
SECONDARY KEY STAGE 3 PE /// TARGET GAMES

This resource and supporting video have been created by:
Graeme Richardson, Thetford Academy

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

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