

Frisbee for Fun and Fitness

History:

Frisbee started by Santa Monica man who threw pie tin plates on the beach in 1939 and dubbed it the Pluto Platter. Then in 1957 MIT students threw pie tin plates at the Frisbie Pie Tin company, and the name Frisbee caught on. They designed a B and Wham-o bought the patent. It was flown off the moon on the first landing which shows its popularity in the 60's.

Sizes:

160, 175, 200 grams are best sizes to use in PE. The newer disc golf B's are much smaller and can also be used for PE classes. Disc golf B's come in a variety of sizes for drives, chips, putts, etc.

Grips:

backhand, forehand, discuss, hammer, and the thumber should all be taught and can be seen on You-tube/Google.

Skills:

teach the grips and emphasize technique not brute strength pass in pairs teaching in the gym to avoid any wind factor on day #1 after teaching the pancake catch and two hand V catch and one hand v catch boomerang throw for most time aloft competition or MTA distance throws comp -it's where it lands not rolls accuracy throws through hoola hoop tied to goal post or to partner standing inside a grid or hoola hoop relay throws- line up single five 5-20 meters apart depending on skill level and pass ten B's from one end to the next. errant throws must be picked up by receiver who runs to his spot again and then makes the next throw guts game: two lines face each other and you throw 10 yards apart as hard as ya can using any grip; B must be caught if not a point is awarded; errant throw that are uncatchable result in no points for either team; B's caught result in a point awarded. play to ten; take turns being the attacker who throws

skips: teach how to skip in the gym which is the best surface only once nice of the left side of the b touches the floor as the b is tilted to skip to receiver

Tricks: catch behind the back, between the legs, tip a floater throw to yourself and catch it; throw behind your back; boomerang throw which can be finished with a behind the back catch; frisbee tennis: set up a grid with multiple defenders protecting their zone to not allow B to touch the ground B soccer: advance like ultimate but shoot at goals rather than to a mate in endzone

ultimate: see google for rules but do not allow players to guard the thrower to encourage more accurate throws-eventually could remove this modification as they progress

Frolf: B golf-set up a nine hole course all over your campus aiming at targets bought from Gopher or just aim for light poles, trees, garbage cans, etc drills; like soccer and football you pass to a space where they will be not where they are so have them run button-hooks, fly patterns, down and outs etc so they use those in ultimate and soccer B games

Most info these days can be seen on a website so just Google what you need more info on and it will be available; be creative and invent new games for your PE classes