



# PE/Health Virtual Learning

**6th/PE Health  
Backhand Frisbee Throw**

**April 16th, 2020**



6th/PE/Health  
Lesson: [April 15th, 2020]

### **Objective/Learning Target:**

LT1- I can identify critical elements to improve performance in selected skills.

### **NASPE Standard:**

Demonstrates a mature throwing pattern for a modified target game such as bowling, bocce, or horseshoes. (S1.M18..6)



April 15, 2020

# Objective:

Students will perform a backhand Frisbee throw in three steps toward a target.



## Resources used in this lesson:

-You will need one Frisbee

-You will need your chromebook or computer at home to access video links for this lesson

-You will need an open space, backyard, driveway, front yard, football field, or soccer field for the activity

## Resources used in this lesson:

If you do not own a Frisbee, here are some other great alternatives to use for the backhand throw:

A ring



Dog toy disc



A lid on tupperware



A plastic plate





# Essential Question:

What are the three parts of performing a backhand Frisbee throw?

Step 1:

Grip the Frisbee with your preferred hand and place your thumb on top of the Frisbee, index finger along rim of the Frisbee, other three fingers on the bottom. **We will call this: "3 below"**

The "bowl" or bottom of the Frisbee should be facing down when your thumb is facing the sky. See picture examples for Step 1.





## Essential Question Continued:

What are the three parts of performing a backhand Frisbee throw?

Step 2:

Face your target so that your right foot and right hand are facing toward your target. OR if you are left handed, left foot and left hand facing target. See picture examples for Step 2. **We will call this "Side to target."**





## Essential Question Continued:

What are the three parts of performing a backhand Frisbee throw?

Step 3:

Bring your Frisbee disc back to your chest, extend arm and flick wrist to target. **We will call this "Chest flick."** Watch the following video to explore all three steps. The person in this video may give you an even BETTER visual as to how you should perform your backhand throw.

[Frisbee Backhand](#)

In the next slide you will begin your warm-up to start practicing your backhand throw!





## Practice: Warm-up

Warm-up by going to your backyard, field, or some open space. Practice throwing your Frisbee using the backhand throw **10 times**. If you would like to do this with someone at home you can as well.

Make sure you practice using different speeds. See what it feels like to throw hard, see what it feels like to throw soft. This is going to help you learn how to control your Frisbee later on to hit a target.

Remember your cues: **1. 3 Below**

**2. Side to Target**

**3. Chest flick**



## Practice: Backhand Throw

Now that you have felt what it is like to throw hard and soft try to focus on each cue to help control your throw.

1. 3 Below
2. Side to Target
3. Chest flick

**Challenge yourself:** Now try aiming toward a target-A spot on your fence, a spot on a tree, a spot on a field. **Do this 15 times.**



## Practice: Additional Resources

If you feel like you are mastering the backhand throw and successfully hitting your target, here is an additional video link to try a more DIFFICULT throw with a Frisbee.

[Forehand Throw](#)



## Self-Check

Think about what you learned today. If you had to teach someone how to perform a backhand throw with a Frisbee think about the three steps you would use to teach them.

Tell someone the first step to a backhand throw.

Tell someone the first and second step to a backhand throw.

Tell someone the first, second, and third step to a backhand throw.