



# Physical Education Virtual Learning

## 7th/8th PE

## Frisbee

**April 21, 2020**



7th/8th Physical Education  
Frisbee Hammer Throw: **April 21nd, 2020**

**Objective/Learning Target:**

Executes at least 2 of the following to create open space during modified game play: pivots, fakes, jab steps, screens.

NASPE Standard (S1.M6.8)

# Throwing A Frisbee

Performing the Hammer Throw

7th/8th Grade PE

# Objective

Student will be able to understand and practice the correct way to throw a Hammer throw in frisbee while using all 4 cues correctly and accurately.

# Essential Question

What are the 4 cues I can use in order to throw a frisbee using the Hammer throw at a target correctly and accurately?

# Standards

ISD LT 1.1: I can perform selected hand/eye skills with the correct critical elements in a modified game setting.

NASPE Standard #1: The physical literate individual demonstrates competency in a variety of motor skills and movement patterns.

# Warm Up---Video

Watch the following video. While you are watching, think about the 4 main cues you need to focus on while performing the Hammer throw.

Pay attention to the: GRIP, OVERHEAD, STEP, ARC

Hammer Throw Technique

# Warm Up---Cue Breakdown

The 4 Cues:

GRIP

OVERHEAD

STEP

ARC



# Warm Up---Cue Breakdown

**GRIP:** Make a peace sign with your throwing hand. Place the middle and pointer finger on the bottom rim of the frisbee, thumb on top.

**OVERHEAD:** Hold the frisbee above your head. (The motion you will make if you were hammering a nail into a wall)

**STEP:** Take a step toward your target with the foot on the same side of your body you are throwing with. (Right hand, right foot. Left hand, left foot).

**ARC:** When releasing the frisbee, throw the frisbee up into the air so it peaks (think about the frisbee making a rainbow). Also on the release, turn your hand out away from your body so it will force the frisbee to spin upside down.

# Practice---Perform the Skill

You can use any of the following to practice with:

- Frisbee
- Paper plate
- Ball small enough to hold in one hand
- Wad of paper
- Nothing (you can still practice the cues without actually throwing anything)

# Practice---Perform the Skill

Face your target. Your target could be another person, a trash can, a wall, a fence or anything you can appropriately hit with the equipment you have chosen.

-Make a peace sign with the hand you are throwing with. For the **GRIP**, place the middle and pointer finger on the bottom rim of the frisbee, thumb on top.

-Bring the frisbee **OVER** (your) **HEAD**, with your arm and hand in a position like you were hammering something.

-Take a **STEP** toward your target with the foot on the same side of your body you are throwing with. (Right hand, right foot. Left hand, left foot)

-When you release the frisbee, make it **ARC** in the air. You want it to go high to a peak and then come down to your target upside down. Control this by flipping your hand away from your body when you release it.

# Practice---Perform the Skill

Stand 5 feet from your target.

-Throw at your target using the cues: GRIP, OVERHEAD, STEP, ARC. When you have hit your target 5 times, take a few steps back.

-Throw at your target from this distance using the cues: GRIP, OVERHEAD, STEP, ARC. When you have hit your target 5 times, take a few steps back.

-Repeat the process. If you get to a distance that you cannot hit the target, step closer to your target.

**MAKE SURE TO USE THE CUES, SAY THEM OUT LOUD TO HELP!**

# Self Assessment

-Stand at the distance you feel most comfortable with away from your target.

-Throw the Hammer throw 5 times from this distance but do NOT say the cue words out loud.

-Throw the Hammer throw 5 times from this distance, making sure to SAY THE CUES OUT LOUD. (Grip, Overhead, Step, Arc)

-Were you more or less successful when you said the words out loud?

-Why do you think this was true?

# Thinking Critically

-In the game of Ultimate Frisbee, when would the Hammer throw be the best choice of throw to use?

# Additional Resources

Need simpler steps to follow?

Watch the following video:

[Simple Hammer Throwing Technique](#)

Want to see the Hammer throw using a different technique?

Watch the following video:

[Advanced Hammer Throw Practice](#)