



PE/Health Virtual Learning

**7th/8th PE**

**Frisbee Golf**

**May 21, 2020**



Grade/Course

Lesson: May 21, 2020

**Objective/Learning Target:**

**Participates in a self-selected lifetime sport, dance, aquatic or outdoor activity outside of the school day.**

**NASPE (S3.M5.8)**

# Lesson Objective/Essential Question

**EQ:** What are the rules, strategies, and skills used to play frisbee golf?

**Objective:** Students will practice their frisbee throw and then use those skills on the frisbee golf course.

# Warm-Up Activity

Warm-up by doing a light jog for 1 minute. After one minute of jogging, walk 1 minute. Repeat this 2 more times. Extend the jogging or walking time as needed

10 [Burpees](#)

10 [Jumping Jacks](#)

# Practice

How to Properly throw a Frisbee:

## Critical Elements

- Have a good base, feet shoulder width apart with lead foot toward target
- Wind up wrapping the Frisbee around your body
- Unwind keeping the Frisbee flat and release in front of you
- Extend the follow through pointing at your target.

[Throwing a Frisbee](#)

# Practice

Find a net, big trash can, bucket, or pole.

Before going out to a frisbee golf course, set up some targets around your yard or open area. Practice throwing the frisbee at those items from various distances. Count how many throws it takes to hit a given target.

Do this until you feel comfortable or confident enough to take your skills to the course.

# Practice

Either go to an open park where there is a frisbee golf course set up, or set up your own using targets.

Basic Rules of Frisbee golf:

- One throw (stroke) is counted each time the disc is thrown
- The goal is to play each hole in the fewest strokes possible
- You start your next throw from where your previous throw lands
- You continue throwing at the same hole until you hit the target or net
- The player with the lowest total strokes for the entire course wins

[Basic Rules of Disc Golf](#)

# Self-Reflection

How difficult was it to throw the frisbee straight?

What Adjustments did I need to make to hit my target?

## Critical Thinking

- What other sport does Frisbee Golf mirror? Are there more than one activities you can use Frisbee Golf Rules for?



# Additional Resources/Ideas

[Different ways to throw a Frisbee](#)

[Disc Golf Hole in One](#)

[Disc Golf Highlights](#)