



PE/Health Virtual Learning

**7th & 8th PE/Health**  
**Throwing a Frisbee**

**April 07, 2020**



## 7th & 8th Grade Personal Fitness

### Lesson: [April 7th 2020]

#### **Learning Target:**

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.

# Throwing a Frisbee

Performing the Forehand Flick

7th/8th Grade PE



# Objective

Student will be able to understand and practice the correct way to throw the FOREHAND FLICK in frisbee while using all 3 cues for accuracy.

# Essential Question

What are the 3 cues I can use in order to throw a frisbee using the FOREHAND FLICK at a target correctly and accurately?



# Warm Up---Video

Watch the following video. While you are watching, think about the main ideas he tells of how to accurately flick the frisbee.

Pay attention to his grip, elbow and stepping motion.

Forehand Flick Video

# Warm Up---Cues

Here are the three main ideas to focus on in order to be successful when throwing a Forehand Flick.

**GRIP:** Make a peace sign. Pointer and middle finger on bottom rim, thumb on top.

**STEP:** Step with the same foot you are throwing with. (Right hand, right foot. Left hand, left foot.)

**ELBOW:** Let your elbow lead your throw. Flick your wrist.

# 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 at all (you can actually practice the steps without throwing anything)



# Practice---Perform the Skill

Face your target. A target could be: another person, a fence, a trash can, a net or anything that you can hit with the equipment you are using.

-Make a peace sign with the hand you are throwing with. **GRIP** the frisbee with the peace sign. Middle and pointer fingers on the bottom rim, thumb on top.

-Take a **STEP** with the foot that is on the same side of your body the frisbee is on. (Right hand, right foot. Left hand, left foot.)

-Bring the frisbee back, as you flick/throw, make sure your **ELBOW** passes your body first. Followed by the rest of your arm, allowing your wrist to flick.

# Practice---Perform the Skill

Stand 5 feet from your target.

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

-Throw at your target from this distance using the cues: **GRIP, STEP, ELBOW.** 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

-What cue word (GRIP, STEP, ELBOW) was the easiest for you to perform when you practiced?

-What cue word (GRIP, STEP, ELBOW) was the hardest for you to perform when you practiced and how can you improve it?

# Thinking Critically

-In the game of Ultimate Frisbee, what is one scenario you would use a Forehand Flick throw?



# Additional Resources

**Beginners:** Watch the following video to make sure you are performing the GRIP correctly.

[Grip Technique](#)

**Intermediates:** Watch the following video if you are wanting more detailed information on how to throw a Flick.

[Flick Technique Broken Down](#)

**Advanced:** Watch the following video, if you are wanting to challenge yourself and have more power for a longer distance Flick.

[Power Flick](#)