

#ThisIsPE

Frisbee Golf

SECONDARY KEY STAGE 3 PE /// TARGET GAMES

Content outline

This activity aims to develop basic throwing skills which can be applied to Frisbee Golf. This activity also develops creativity and problem solving, whilst exploring basic rules.

- Hand-eye co-ordination
- Resilience
- Creativity
- Problem solving



Space

- Increase the distance from your target (to make it harder)
- Decrease the distance from your target (to make the task easier)



Task

- Selecting appropriate distances to throw and catch the disc in relation to the ability of the people taking part
- Different target sizes can be used to adapt the task – smaller targets will increase the difficulty
- Introduce additional rules to increase difficulty (Eg. Can you create a water hazard?)
- You could apply handicap scoring to make a competition even between two players



Equipment

- Use different household items (Eg. Sweet tin lid, piece of cardboard) to catch during activities
- Change the size of the disc – experiment with different sizes or items
- Use different items as targets - smaller targets will increase the difficulty
- Use landmarks in the space to act as additional challenges (Eg. Pavement = water hazard)



People

- If you have another person in your house, ask them to compete with you
- Challenge a friend online – who can hit an agreed target from the furthest distance?

Learning intention

Physical:

- To improve basic hand-eye co-ordination skills
- To develop accuracy when performing a throw

Personal:

- Resilience
- Creativity
- Problem solving

Learning questions:

- How did you throw the disc?
- Where were you looking when performing a throw?
- Name the different types of throw
- When were you most successful during the task? And why?
- What coaching points would you identify from this activity?
- How many different 'holes' can you create within your playing area?



This resource and supporting video have been created by:

Graeme Richardson, Thetford Academy

This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education