

Content outline

This activity aims to develop basic catching skills which can be used when being thrown a disc – and applied to Ultimate Frisbee.

- Communication
- Creativity
- Hand-eye co-ordination
- Personal reflection



Space

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



Equipment

- Use different household items (Eg. Sweet tin lid, piece of cardboard) to catch during activities
- Change the size of the items – smaller items are harder to catch



Task

- Selecting appropriate distances to throw and catch the disc in relation to the ability of the people taking part
- Distances being used can be different, Eg. If you are working with someone younger – they can use shorter distances
- The speed of the throw can be increased / decreased to change the difficulty of the task



People

- If you have another person in your house, ask them to throw you the disc
- Challenge a friend online – who can catch the disc from the furthest throw?

Learning intention

Physical:

- To improve basic hand-eye co-ordination skills
- To develop catching skills related to Ultimate Frisbee, including catching at different heights

Personal:

- Creativity
- Reflection

Learning questions:

- How did you catch the disc?
- Where were you looking when performing a catch?
- Name the different types of catch
- When were you most successful during the task? And why?
- What coaching points would you identify from this activity?



This resource and supporting video have been created by:

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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