**Introduction to Frisbee Golf**

**Grade Level:** 4th-5th Grade

**OBJECTIVE:**

Day #1 – Summer is just around the corner, and with a few days left of school I thought I would introduce how to hold a Frisbee, throw a Frisbee, and practice throwing a Frisbee at various holes (hula-hoops/cones) at a variety of distances.

Day #2 – Having made a Frisbee nine-hole Frisbee golf course on the football field before the class the students will now continue the practice of throwing accurately a Frisbee and also learn with their partner how to record their scores at each hole.

**NATIONAL PE STANDARDS ADDRESSES IN LESSON**

NPES #1 – Throwing for accuracy

NPES #2 – Cardiovascular fitness

NPES#5 – Cooperation, sportsmanship

**EQUIPMENT NEEDED**

One Frisbee per partner group, two sets of cones with numbers on them, hula-hoops set up with varying distances behind each.

1. Meet your students in the gym, and already have partners listed on a flip chart, and give each group a number.
2. Walk out to the football field and have each partner get a Frisbee and line up behind their cone. Have one of their partners throw a Frisbee with the correct form, run and get it, and bring it back to their so they can have a turn throwing the Frisbee. Do this for about five minutes.

10ft. 20 ft. 30 ft. 40 ft. 50 ft. 60 ft.

|  |
| --- |
| #1  #2  #3  #4 |

1. Call them in, and explain the next step
2. The object is to see how few throws it takes to land the Frisbee in the “hole”.
3. You and your partner throw the discs toward the hoop taking turns until you throw the disc into the hoop. After that move on to the next hole.

FOOTBALL FIELD

|  |
| --- |
| #1 O  #2 O  #3 O  #4 O    #5 O  #6 O  #7 O |

4. Call them in and do a summary of the points in throwing a Frisbee.

Day #2

Equipment needed: Set up the same courses again, make score sheets, Frisbees.

1. Come on into gym. Teach how to do a score sheet, and the goal is for you and your partner combined to get the lowest score.
2. Start at the same number that you did in the last PE class and do the course again.
3. 5 minutes before class is done come in and add up points for partners, evaluate which hole was the most difficult, easiest.
4. Hand in the score sheets.

**FRISBEE GOLF SCORE SHEET**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| NAMES | #1 | #2 | #3 | #4 | #5 | #6 | #7 | TOTAL |
|  |  |  |  |  |  |  |  |  |

**FRISBEE GOLF SCORE SHEET**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| NAMES | #1 | #2 | #3 | #4 | #5 | | #6 | #7 | TOTAL |
|  |  |  |  |  | |  |  |  |  |