



Health Education Today



Summary:

The Frisbee Freestyle lesson emphasizes on improving manipulative skills and the students' creativity. The students will learn to control the Frisbee using different body parts, like the feet and hands, performing tasks such as catching, throwing and balancing the Frisbee. Further, the lesson brings to light the necessity of fostering respect for individual differences in physical abilities and teaching students about teamwork values.

Equipment:

- 1. Frisbees (one for each student)**
- 2. Pylon Cones**
- 3. Safety boundaries markers**

Warm Up:

Instruct the students to conduct a 5-minute warm-up comprising of light jogging, star jumps, and dynamic stretching like leg swings and arm circles. This activity will help prepare their bodies for further physical exercise.

Introduction:

- **Begin the lesson by engaging students in a simple and brief discussion about frisbees, its basic handling, throwing and catching techniques. [(WikiHow link: <https://www.wikihow.com/Throw-a-Frisbee>)].**
- **Once done, demonstrate a basic Frisbee freestyle maneuver such as a finger flip or body roll to captivate their interests. [[WikiHow link](#)]**
- **After the demonstration, ask the students to mimic the demonstrated tricks to familiarize them with these skills.**

Activity:

- **Divide students into pairs.**
- **Ask each pair to spread out and stand at a specific marker.**
- **Instruct each pair to practice passing and catching the Frisbee while stationary, then practice while being mobile.**
- **Encourage creativity in their throws such as using different body parts to pass it.**
- **Then, request the pairs to add in their own freestyle moves as they get comfortable.**

Quick Game:

- **Arrange a "fast-catch" game where pairs toss the Frisbee to each other as quickly as possible without dropping it.**
- **Points can be earned for every successful catch and minus points for every drop.**
- **Enhance the challenge by saying a particular freestyle move must be performed before the toss.**
- **Allow each group to compete for a designated time. Then, announce the pair with the maximum score as winners.**

Fun Game:

"Rock, Paper, Scissors, Evolution"

- Instruct students to spread out and play Rock, Paper, Scissors with their partner.**
- Following the rules of the game, the losers become the winner's fan while winners move on to challenge other winners.**
- Continue this game until you have two final winners and the class is divided into two cheering sections.**

Cool Down:

Have the students form a circle and guide them through a series of slow stretch exercises focusing on the arms and legs, leading into a moment of reflection about what they have learned.

Standards:

The following SHAPE America National Physical Education standards are applied in this day's lesson:

- Standard 1: Demonstrate competency in a variety of motor skills and movement patterns.**
- Standard 2: Apply knowledge of concepts, principles, strategies and tactics related to movement and performance.**
- Standard 3: Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.**
- Standard 4: Exhibit responsible personal and social behavior that respects self and others.**
- Standard 5: Recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.**