



Grade 11 Sample Lesson Plans: Unit 1 – Frisbee Games

Description

Please see attached handout for a lesson submitted by a Virginia teacher

Source:

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Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

Frisbee

Ultimate Kan Jam

Game Objective: To be the first team to score 11 points playing by Kan Jam/Ultimate Frisbee rules

Equipment: Kan Jams (Buckets can used), Frisbee, cones for two entry areas, pinnies

Procedure:

1. Divide into two teams (3-6 per team)
2. R-P-S to decide who starts with the Frisbee
3. Player with Frisbee can only pivot but can toss to a teammate. Frisbee must be caught to retain possession.
4. Team attempts to advance closer to the Kan Jam by passing to their team.
5. A teammate may go unguarded in the entry area. A teammate will attempt to throw the Frisbee at the Kan Jam. The player in the entry area can redirect the Frisbee by hitting it out of the air.

Scoring:

- 1 point- hitting the Kan Jam with assistance
- 2 points- hitting the Kan Jam with no assistance
- 3 points- teammate hits the Frisbee in the Kan Jam or tosses in directly in the top of the

Kan Jam

Automatic winner if the player throws the Frisbee in the slot with or without assistance

Rules:

- If a team does not catch the Frisbee in the air it is a turnover to the other team
- You can play with or without defending the Frisbee thrower
- Only one offensive player in the entry area of the Kan Jam—no defenders in this area. They may guard outside of that cone zone.

Ultimate Frisbee Golf

The game is the same as Ultimate with the only variation being that to score you toss the frisbee into a disc golf net. You can find some inexpensive nets on Amazon for around \$50. I put a cone circle around the net to indicate a “no go” zone for the defense. This zone is about five feet from the goal.

Hot Box



Photo courtesy of Alex Simone

Players: 6-12

If you have ever been to an official Ultimate practice or a pickup game, you know that sometimes not everyone shows up. The worst is when 6 players are sitting there just praying for more to show to have enough for a game.. but nobody ever comes. Do we go home? Absolutely not. This is where hot box comes in. Start by setting up a 4'x4' square in the middle of the field or gym. This box is the end zone for both teams. The playing field is the entire area around the box. Set a passing-limit before a team can score (this makes the game more similar to Ultimate). In other words say "both teams have to complete 6 successful passes before you can score, and you cannot immediately pass it back to the person that passed to you." After 6 passes the little end zone becomes "unlocked," remember you can pass an infinite amount of times around the end zone but cannot score until at least the 7th completed pass. Also, make a rule that nobody can stand in the end zone, otherwise the other team clogs the box so you can't score. Stalling, pivoting, and all other Ultimate rules are still in effect. The pass count only resets if there is a turnover. If a team scores they still have possession. Hot Box is a fast-paced high-intensity game that is just as fun as real Ultimate.

Cross the River-

This game has similarities to Speedminton. To set the game up make two fairly large squares with cones. Make sure there is about 10-15 feet of space between the two squares. This is the river. The game can be played as 1v1 or 2v2. The object is to toss the frisbee from your square to the opponents square. If it lands on the ground within the opponents square then a point is awarded to the thrower. If the opponent catches the frisbee then no point is awarded for the thrower. The opponent who made the catch now throws it back with the intention to have it land in their opponent's square.

When a catch is made the thrower must throw it back from where they caught it. You cannot move with it. If the frisbee lands in the square then rolls out of the square it does not count as a point. If the frisbee lands out of bounds it is a point for the other team.

Variations: add a time limit for how long you can hold the frisbee once you catch it. This speeds the game up to make it more intense!

Pole Frisbee-

Position the two poles at least 20-40 feet apart, whatever is most comfortable based on your skill level. Place an empty bottle on top of each pole.

Scoring/Offense

The throwing team must throw the frisbee from behind the pole. The goal is to knock the bottle off the opponent's pole with the frisbee. You can score points in a few ways:

- If your opponent drops the frisbee, you score 1 point
- If you knock the bottle off the pole and it hits the ground, you score 1 point
- If you hit bottle directly, you score 1 point

The most you can score in one turn is 3 points. The first team to reach the predetermined total, usually 11 or 21, wins.

Defense

The receiving team must catch the throwing team's frisbee every time it is thrown. If the frisbee hits the ground, the throwing team earns a point. You are not allowed to catch the frisbee until it crosses the pole, so it is best to stand a step or two behind your pole. If the frisbee is touched before it crosses the pole, it is an automatic 3 points for the throwing team.

However, only catchable frisbees result in penalty points. What is considered catchable must be determined beforehand, but generally throws below the knee and throws out of reach without jumping are considered not catchable. Polish Horseshoes (aka Poleish Horseshoes, beersbee, or Frisbeer) is usually played with two teams of two players, although single players can also play. Each player should have a drink in one hand at all times, and throw/catch with the other.

Frisbee Team Keep away

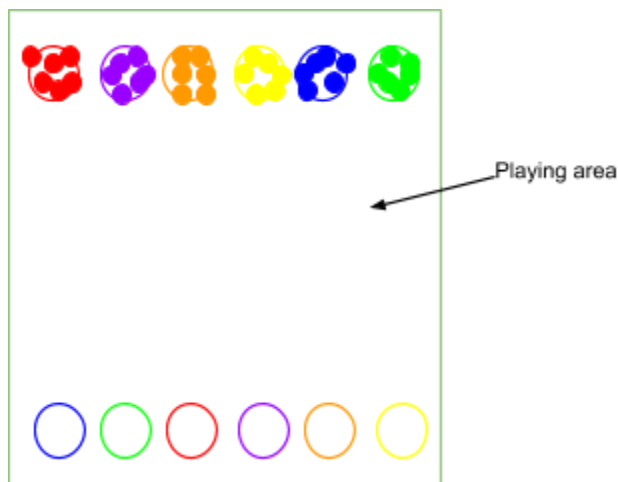
This is simply a 3v3 or 4v4 keep away game using frisbees. Once a team makes five successful passes in a row a point is scored and the other team gets possession of the frisbee. If a pass is dropped the other team gets possession of the frisbee. Play a timed round and then have teams play against another group.

6 Team Frisbee

Equipment needed

1. 12 hoops (preferably different colours). If you do not have 12 hoops you can use baskets/cones/polyspots as a home base
2. 6 frisbees per team (preferably different colours)

Set up



[Video Clip of 6 Team Frisbee in action](#)

Instructions

1. Split class into 6 teams
2. Instruct the class (or give them cards with instructions on) that their goal is to get all 6 frisbees from one hoop to the other **one at a time**
3. Each team member must have a turn at starting off a frisbee and finishing the frisbee pass into the hoop
4. The starter and finisher must have a foot in the hoop when starting/ finishing
5. If a frisbee is dropped, the team must restart the frisbee from the beginning
6. **Level 2:** Rules are the same but teams can now play defensively and knock down other teams frisbees

Frisbee Knockout-

Similar to the traditional basketball game but with frisbees. Hang or tape a hula hoop to a wall. Pick a decent distance away (about 20 feet). First person throws to the hoop. If it doesn't go through the hoop they go retrieve it but must attempt to throw the frisbee through the hoop from where they picked it up. You cannot run to the hoop with the frisbee. Once the first person has thrown the next person in line may throw in an attempt to toss the frisbee through the hoop before the person in front of them does. If the second person makes it first, the person ahead of them should do a reentry task then get in the back of the line to continue playing (do not play this game as an elimination game).

You can keep score. Every time you beat the person in front of you assign a point value. There is no need to penalize person who was defeated.

Frisbee Horseshoes/Bocce-

Each person gets a frisbee and each group gets a small type of ball (tennis ball, gatorskin, etc). This will be the target ball. Throw the target ball out in the distance and take turns throwing your frisbee to see who gets the closest. Create your own scoring system.

Variation: to increase activity, after everyone has thrown everyone sprints to their frisbee. The first person to their frisbee is awarded a bonus point.

HangTime-

Partner up with a friend. Each player needs a frisbee. The first player will throw their frisbee in an attempt to have it stay in the air for as long as possible. The partner will either have a stopwatch or just count out loud how long the frisbee is in the air. Once it hits the ground the next person throws their frisbee and their partner keeps time. Once the round is over sprint to your frisbees and then start a new round.

Frisbee Football-

Game is played just like the regular game except with a frisbee. Players can decide if they want to play a traditional game where the receiver can run once they catch the frisbee or if they want to play that once you catch the frisbee the play is dead and the new play will start from there.

Frisbee Bowling

Using bowling pins, cones, foam bricks, etc, have each person get into groups of two. Each person will stand a determined distance away from their partner with the pin standing up. The contest is to be the first person to knock down their opponent's pin.

Variation- add a scoring system in for opponent's to score if they catch their partner's missed attempt.

Groups of 3

Guard The Pin

Equipment: Foam Frisbees, poly spots, bowling pins

Organization: Scatter the Frisbees and poly spots around the gym. Place a bowling pin on each spot. Place a student at each bowling pin.

Activity: Students try to protect their bowling pin from falling down. They will throw the Frisbees at other students' bowling pins. When the pin falls down the student needs to perform an exercise before setting the pin up again to play.

Variation: If you have big classes (like me) create a line for students to wait their turn. When students playing the game pins fall down they will take it to the line.

Towers 2-8 (Accuracy skill)

Equipment: Frisbees, boxes

Organization: Create towers by stacking the boxes on top of each other. Scatter the towers around the gym. Students will need a partner and a Frisbee. Groups need to be on the sideline of the gym.

Activity: Students will take turns throwing the Frisbee at the towers to knock them down. The team that knocks over the last tower is winner. Set up the towers and play again.

Variation: FYI could get free boxes at local restaurants. Students wouldn't need a partner.

Crazy Cones

Equipment: cones, tennis balls, foam Frisbees, hula hoops

Organization: Scatter the cones around the gym with a tennis ball on top of each cone. Students will need a partner, a hula hoop and Frisbee. Place the groups on the sideline of the gym with the hula hoop on the floor next to the group.

Activity: Students will take turns throwing the Frisbee at the cones to knock the tennis ball off the cone. When the students knock the tennis ball off the cone, they will pick it

up and bring it back to the team and place it in their hula hoop. Game is over when all the tennis balls have been collected. The team with the most tennis balls is the winner. Set the tennis balls back onto the cones and play again.

Frisbee Flip-

Game is played with a group of three players inside a fairly large square so you will need to play this where there is a lot of space.

How to play-

One person is on the outside of the playing area and two people are in the middle. Each player will assume a head or tails assignment and then you will flip the frisbee. Once it is on the ground whoever won the toss gets to pick it up and attempt to make a successful throw to the person on the outside. The person who lost the toss immediately become defense and chases after the receiver in an effort to break up the pass. The receiver should become a moving target for the thrower so as to create an open passing lane for the thrower to throw through.

If the thrower and catcher are successful then they each get a point. If the defender breaks up the pass then the defender gets a point. Play as an everyone for themselves format and the first person to a designated total will win the round.

Variations: If the frisbee flipping is poor, then put frisbee on the ground and do rock, paper, scissors, then the winner picks up the frisbee.

Have hoops set out or make multiple catching zones which receivers must catch in.

Captain Disc

3 players; 1 disc; 3 cones

Line up in groups of six, have a disc placed 15 feet in front of the line, with the players facing it. The players need to be well-spaced, at least arms length apart. On "go!", the leftmost player runs out and picks up the disc. They pass it to the first (rightmost) player, who passes it back. Then to the second player and so forth until the end of the line is reached. When the last player catches the disc, they run out the front to become the captain and the previous captain runs to the right-hand end of the line to become the first receiver.

If a player has to retrieve a disc, they must return to their place before throwing the return pass. Continue until the original captain runs out the front again and the whole team sits down to finish.