

Fun Frisbee Fitness

IHT Spirit Lesson | March | Teacher Guide

Stage 3: Learning Plan (Activity)

Lesson Goals:

By incorporating movement and teamwork to basic throwing and catching skills, **Fun Frisbee Fitness** encourages students to work together to complete an exercise session that elevates heart rate into the target heart rate zone for the bulk of a class period. High school students learn a game that enables them to use a childhood toy to work on fitness both in school and on their own time.

Upon completing this IHT Spirit lesson, students will be able to create and safely follow an effective cardiovascular exercise program outside of school.

Student Objectives and Standards:

National Standards:

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- S1.M1.2: Refines activity-specific movement skills in 1 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games, or target games).

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

- S2.M2.2: Describes the speed/accuracy trade-off in throwing and striking skills.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- S3.M3.2: Applies rates of perceived exertion and pacing
- S3.M10.2: Adjusts pacing to keep heart rate in the target zone, using available technology (e.g. pedometer, heart rate monitor) to self-monitor aerobic intensity.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

- S4.3.2: Assumes a leadership role (e.g. task or group leader, referee, coach) in a physical activity setting

Equipment and Instructor Notes:

- Frisbees (1 frisbee for every 2 students)
- 24-36" tall cones (1 cone for every 2 students)
- Jerseys/Pinnies of the same color (1 for every 2 students)
- Open area (gymnasium or field are ideal)
- Frisbee Toss Rubric (displayed or printed for each student)
- Frisbee Catch Rubric (displayed or printed for each student)
- Projector/Display Device (optional if displaying rubrics)
- Heart Rate Target Zone Chart (optional)

This lesson is designed for the 55-minute secondary physical education class where the students are allowed 5 minutes at the beginning of the hour and the end of an hour to change. Teachers should make any necessary age-appropriate modifications including throwing/catching standards, activity duration and ability of students to self-assess heart rate.

Fun Frisbee Fitness

Attendance:

- Students either check in or align to their attendance lines as they enter the gym (1 minute)

Dynamic PYFP/FitnessGram® Warm-up

- Perform each exercise for the width of a basketball court (7 minutes)
 - Walking Knee Pull to Chest
 - Glute Kicks
 - Monster/Frankenstein Walk
 - Knee Up and Out
 - Twisting Lunges
 - Side lunge (down)
 - Side Lunge (facing same direction) (back)
 - Shuffle
 - Carioca
 - 10-10-10 (push ups, sit ups, squats)
 - (as a group) 3 Pacer Runs (length of court)

Skill Progression: Heart Rate Training Zone

Introduction (5 minutes)

- Purpose: (Talking Points)
- One of the critical keys to feeling good is exercising and when you exercise to work at the correct intensity.
- What happens when our workout is too hard? We stop from exhaustion or injury and are less likely to repeat the activity.
- What if our workout is too easy? We get bored, don't see improvements and have a higher risk of acquiring a disease/illness
- So we need to continually monitor our heart rate so we can work hard, feel good and stay free of injuries and illnesses

Calculate (Calculate or Display Chart)

- Max Heart Rate (MHR)* = $208 - .7(\text{age})$
- Target Heart Rate Zone minimum = $\text{MHR} \times .6$
- Target Heart Rate Zone maximum = $\text{MHR} \times .9$

Practice

- My Healthy Fitness Zone: HFZ Low _____ HFZ High _____

Application - Self Measure HR

- 1st measurement (prior to session) _____
- 2nd measurement (following session) _____

Skill Progression: 2-handed Frisbee Catch

Introduction (8 minutes)

- Display Rubric with projector/print and display

Practice

- Partner hand off. Students pair up and hold out the frisbee to a partner and they practice the 2-handed catch. Complete 3 times.

* IHT subscribes to AD Mahon's formula to determine MHR in adolescents.
<https://www.tandfonline.com/doi/abs/10.1080/02701367.2010.10599707>

Application - Students apply catching application during partner toss practice

- Catch-race: Divide/align the students into two single-file lines (or use attendance lines) and hand one frisbee to the first person in each line. They are to turn and hand the frisbee to the person behind them. The person is to "catch" it using 2 hands, turn and hand it to the next person. The group who gets the frisbee to the last person first using good form wins. Repeat 3 times.

Skill Progression: Frisbee Toss

Introduction (20 minutes)

- Display Rubric with projector/print and display
- Verbal cues: "Stance," "Hip to Point," "Palm Up"

Practice

- Partner Toss and Catch at 10 feet (Teacher provides specific feedback)
- Partner 1-step game - Game is similar to a traditional egg toss where students are lined up 10 feet apart (transition from partner toss and catch) and each partner tosses and then catches by taking one step or fewer. If the frisbee is caught, each student takes a step backward. If the frisbee is not caught, the team jogs to the teacher and explains one benefit of exercising in a healthy fitness zone.

Application - Frisbee Jam

- Modified "Can Jam." Students are in pairs with one frisbee per pair. Students are 15 feet apart with one student behind a cone. The student with the frisbee throws it at the cone. The student at the cone retrieves the frisbee and the students switch places. Repeat after each toss. Each round lasts 30 seconds. After three rounds, students find their HR. Repeat until 20 minutes are up.
- Scoring as follows determines winners:
- Student catches frisbee and taps cone: 1 point
- Student redirects frisbee into cone with "palm bump": 2 points
- Tossed frisbee hits the cone unassisted: 3 points

Cool down into closure (4 minutes)

- 2nd measurement HR check

Essential Questions Addressed in this Lesson:

- Review Catching cue words
- Review Tossing cue words
- Name 2 reasons why we measure our heart rate

Instructional Tips/Strategies/Notes

- Review process to manually calculate heart rate
- Provide essential/necessary rubrics to maximize student understanding



Frisbee Toss Skill Rubric

Benchmark: Throw frisbee with good form from 15 feet to a partner where the partner does not need to take a step to catch the frisbee 3 of 4 attempts.

Cue Word(s)	Description	Image
<i>Stance</i>	<ul style="list-style-type: none">• Staggered with dominant foot forward• Eyes Forward• Claw Grip on Frisbee• Balanced On Forefoot	
<i>Hip to Point</i>	<ul style="list-style-type: none">• Curl arm/disc back to hip• Step dominant foot toward target• Straighten Arm and Release• Point Toward Target	
<i>Palm Up</i>	<ul style="list-style-type: none">• While Pointing Toward Target• Palm up and Flat• Eyes Follow Disc	

Frisbee Catch Skill Rubric

Benchmark: Catch a thrown frisbee from 15 feet with good form 3 of 4 attempts.

Cue Word(s)	Description	Image
<i>Stance</i>	<ul style="list-style-type: none">• Square with feet under shoulders• Eyes Forward• Hands in Front	
<i>Open</i>	<ul style="list-style-type: none">• Hands Overlap Each Other• Palms Face Each other with Fingers Separated• Hands are about 12 inches apart	
<i>Close</i>	<ul style="list-style-type: none">• As Frisbee enters Hands, Close Together, Palms first• Eyes Follow Disc• Rotate Hands To Throwing Grip	