



Physical Activity Lesson Plan- Frisbee Knock Down

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

This is a fast-paced game in which students will work on throwing a frisbee, accuracy, defense and reaction time.

Group Size: 30+

Location: Gym

Estimate Time for Lesson: 30 minutes

Estimated Time for Planning: 15 minutes

- Subject(s) Check all that apply:
 - Healthy Eating and Physical Activity (HEPA)

Other:

- Grade(s) Check all that apply:
 - Kindergarten
 - 1
 - 2
 - 3
 - 4
 - 5

Materials/Resources Needed:

4 Cones per court

1 Frisbee or tennis ball per cone

1 foam "soft" frisbees per court (you can use foam balls if you don't have frisbees)

Pinnies for at least one team on each court

Hula Hoops-1 per cone (optional)

4 low-profile cones to mark boundaries; can also use floor tape or lines already marked on the court (ex. badminton courts)

Lesson Objective #1:

To improve accuracy when throwing at a target and to work on defensive skills.

Lesson Objective #2:

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

Coaches can set-up a cone with a frisbee or ball on top of it. Throw a frisbee at the cone and try to knock the object off. Hopefully you get it on the first try and they will be really excited!

Instructions:

SET-UP:

1. Place 4 low-profile cones around the playing area; rectangular shape. Put 4 cones (stand up) within the area, and place a ball or frisbee on top of the cone. If you have enough, place a hula hoop around the cone. No one can go inside the hoop.
2. Split group into teams of 5-8. Give each team their own color pinnies.
3. Make as many playing areas around the floor as you need.

RULES:

1. One team will begin on offense (red.)
2. Offense must make passes and then try to hit the cones or object on the cone and knock it off.
3. If a person has possession of the frisbee, they cannot move their feet except for a pivot foot. They can only pass the frisbee to another teammate.
4. The other team (green) will be on defense. They try to guard their cones so that they don't get knocked over.
5. All players must stay an arms-length away, on offense and defense.
6. Encourage short passes until students get the hang of the game.
7. If red player drops a frisbee, they just pick it up and continue play.
8. Continue play for a set time or until they reach a set number of knock downs, then switch. (green on offense, red on defense)
9. After both teams have played, rotate teams to play other teams.

ROUND 2:

1. Play is similar, except now play with ultimate rules. Once a team drops it or shoots and doesn't knock it down, the other team is now in possession of the ball. (Only use this for advanced groups who are very competitive and fully understand the concept of ultimate games.) There can also be multiple throwing items going at the same time, so it is always changing.

Checking for Understanding:

Observe game play to make sure players are following rules and concepts.

Lesson Adaptations

Time Adaptations:

Play timed games in order to be in more control of how long games will last. Remember, each team on a court will need a timed amount to play before switching to play another team.

Location Adaptations:

This can be played inside or outside in any open location.

Age Adaptations:

K-1: Only let them play round 1, where they stay on either offense or defense. I would also start them on offense without a defense. Let one team try to pass the ball, moving around and knocking down all 4 items off the cones. Then switch and give the other team a try. Once both teams understand offense, try adding defense.

You can also use foam balls for this age. They may not be very comfortable with frisbees.

Learning Style Adaptations

Describe any adaptations for Visual Learners, Auditory Learners, Kinesthetic Learners, Advanced Learners, Special Needs Learners, ESL Students, At-Risk Students: