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| **Frisbee Throwing and Catching Guided Discovery Task Sheet** |

**Objective:** The student will discover how to pass and catch a Frisbee, guided by the task sheet questions during the lesson focus portion of the class.

**Organization:** Student will go toe-to-toe to get into pairs.

**Equipment:** Frisbees, Cones, and Whistle

**Discovery Questions:**

1. With your partner, demonstrate how you can get a Frisbee back and forth to each other. Try several different ways. Which is the best way?

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*Answer: Passing the Frisbee with one hand, thumb up, index finger at the edge of the Frisbee and the other fingers under the Frisbee.*

1. When catching a Frisbee above the waist, what is the best way to catch the Frisbee? Try the different ways.

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*Answer:* *Catching the Frisbee with one hand thumb down.*

1. When catching the Frisbee below the waist, what is the correct way to catch the Frisbee? Try several ways.

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*Answer: Catching the Frisbee with one hand thumb up.*

1. What changes can you make to get the Frisbee as accurately as possible to your partner? Try different angles and different grips on the Frisbee.

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*Answer: Passing the Frisbee with your thumb on top, your index finger on the edge of the Frisbee, the rest of the fingers at the bottom, bending your elbow, and releasing towards your partner*.

1. How can you pass and catch the Frisbee using another part of your body and your hand? Try different body parts.

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*Answer: When passing, throw the Frisbee from under your leg; to catch it, lift your leg up and catch the Frisbee from under your leg.*

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