Get Up & Move!

Physical Activity

Series 2: April

Frisbee Fanatics (20 minutes)

Items needed for this activity:
- Frisbees – 5-10 depending on the size of your group
- 3-4 large pieces of paper that can be taped to the wall to use as “targets” when practicing frisbee throw techniques
- Pictures of possible school supplies
- 8-foot basketball hoop, with NO net
- 3-5 markers, (small orange cones, pieces of rope, or paper grocery bags)
- Stopwatch or watch with a second hand
- 3 targets (hula hoops, laundry baskets, pieces of rope, or paper grocery bags)

Background information for presenter:
The frisbee was invented in the late 1940’s when Fred Morrison experimented with discs. Some of the discs were made out of metal while others were made of plastic – a fairly new material at that time. In 1955, the Wham-O Company purchased the rights and molds from Morrison and started manufacturing them. Public interest in the frisbee really took off in the 1960’s and as they say, the rest is history!

Step 1: Information to share with club members (4 minutes)
Why does a frisbee fly? There are actually two factors that influence the flight of a plastic disc, gravity and air. Gravity acts on all objects the same way, it pulls any mass toward the center of the earth. In opposition to that force, air influences the movement of the frisbee when lift is generated by the frisbee’s shaped surfaces as it passes through the air. The air moving over the top of the frisbee flows faster than the air moving underneath it, therefore it soars or flies. This is the same principle that allows airplanes to resist the force of gravity and fly through the air. The frisbee forces air down and the air forces the frisbee up. In addition, it is important to spin the frisbee when it is thrown. This gives the flying disc stability. Throwing a frisbee without any spin will cause it to fall to the ground without going very far. The momentum of the spin allows the frisbee to receive a steady lift from the air as it passes through it. The faster the frisbee spins, the greater its stability.

Safety Reminders – Always use caution when you throw a frisbee. Most frisbees are made of a tough plastic that can hurt someone if the disc hits another person. Be aware of where you are aiming and watch out for individuals who are walking near the playing area.

Step 2: Group Activity (10 minutes)
Prior to the activity, tape several large pieces of paper on a wall at one end of the playing area that can be used as “targets” so participants can practice throwing techniques. Divide participants into equal size groups so that all can practice throwing techniques.

While most of you have probably thrown a frisbee at some point in your life, there are really several different techniques you can use. We are going to start today by learning two of those techniques and giving everyone a chance to practice before beginning an activity.

Regular Backhand Throw – Using whichever hand you are comfortable with, hold the Frisbee with your fingers under the rim and your thumb on top of the disc. Stand sideways, facing the target, bring
your arm toward your body until the frisbee is almost touching your chest. Swing your arm back out, keeping your elbow fairly stationary, pivoting your lower arm until your arm is extended, at which point you release the frisbee toward the target. Just like a golf swing or throwing a ball, it is important to follow through with your arm movement. As you make more attempts, adjust the speed and the angle at which you tilt the frisbee. Tilting it slightly can make the disc fly level or tilting it to the side can make the flight pattern curve.

**Sidearm or Forearm Throw** – Hold the disc with two fingers under the rim, your thumb on top, and your wrist cocked backwards. You will swing from the same side of your body as the arm holding the disc. *For the regular throw, you swing your arm across your body, this time you keep your arm to the side of your body.* Swing your arm downward at about a 30 degree angle to your body. The leading or front edge of the disc should be tilted down. Instead of swinging your arm, this time you snap your wrist to propel the disc. You DO NOT use much force with your arm. It should be a snapping action that only involves your wrist. You may need to practice this throw several times to do it without moving your arm.

**Step 3: Group Activity Options (10 – 20 minutes)**

**Frisbee Basketball** – Get Up & Move frisbees were presented to club members who documented and submitted their monthly minutes of physical activity (minimum of five months of documentation) in 2005. Along with the reward of the frisbee, a request was made for 4-H members to create games or challenge courses using the frisbees. The following game called “Frisbee Basketball,” was submitted by Andrew Lagerhausen, a member of the Shumway Eagles 4-H Club from Effingham County.

The goal of frisbee basketball is to see who can score the most points during the 20-minute game time. The rules for the game are as follows:

1. Frisbee basketball is played using a frisbee and an 8-foot basketball hoop with NO net.
2. Playing time – four 5-minute periods.
3. Team composition – 6 players per team are on the court at a time.
4. Scoring system:
   - Regular basket – 3 points
   - Free throw – 2 points
   - Basket from 3-point line – 4 points
5. Work as a TEAM.
6. Have FUN!

Participants should be divided into teams. Identify one person to serve as the referee. The game should be “called” just as a regular basketball game, with the referee looking for fouls. The players may run with the frisbee, passing it to their teammates and/or shooting baskets. Since it is not an option to “dribble” the frisbee, there will be no traveling calls. In addition to the referee, another person should be identified as both the official timekeeper to time each 5-minute period, and also the score keeper. If there are more than six players on a team, substitutions can be made during play.

**Frisbee on the Move** – Prior to the activity, identify a large open area (preferably outdoors). Secure markers (small orange cones, pieces of rope to lay on the ground, paper grocery bags with some type of weight placed inside in case of windy conditions). Identify a starting line and a finish line. Then identify 3 more “marked” spots of fairly equal distance between the start and the end.

The goal of this game is for all team players to move from the start to the finish line, changing their method of movement at each marker, and throwing the frisbee to others on their team as they go.

Each team will consist of a group of 3-5 players, depending on the total number in the group. Only one team moves at a time, and all players move at once. The players should be spread out, having at least 10-12 feet between them. One person, who is not involved in the play, should be identified as the caller and the official timer.
Description of the play – when the caller says “start,” the timer will start, the first team will leave the “starting line” by walking rapidly, heading toward the first marker. As they are moving, they should throw the frisbee back & forth among their team, counting out loud the number of “caught” frisbees. Once they pass the first marker, they must begin hopping, still tossing the frisbee and counting the number of successful catches. NOTE – the caller may want to call out the new method of movement as the team passes the marker. Once they pass the second marker, they must begin skipping, still tossing the frisbee and counting the number of catches. Once they pass the third marker, they begin running toward the finish, still tossing the frisbee and counting the number of catches. When they ALL cross the finish line, the time is stopped. The caller should record the number of successful catches and add the following points for time:

- 5 points – under 30 seconds
- 4 points – between 31-45 seconds
- 3 points – between 46-60 seconds
- 2 points – over 60 seconds

Add the time score to the number of successful frisbee catches to identify the winning team.

Frisbee on Target! – Prior to the activity, set three different “targets” at varying distances from a designated tossing line. Some suggestions for the targets are hula hoops on the ground, laundry baskets, string or rope positioned in a circle, or large paper grocery bags used as upright targets that can be hit & knocked over.

Throwing a frisbee is fun and being able to throw a frisbee where you want it to go, can be a challenge! In this game, every participant will be attempting to accurately throw the frisbee. The goal is to have participants throw the frisbee (having multiple frisbees on hand will make the game go quicker), and keep track of how many of their throws hit the target. They will have three attempts.

To promote additional physical activity, after each person completes all of their frisbee throws, they should run to each of the targets to retrieve their frisbees. When they reach the targets, they should do the following:

- Target #1 – do 10 jumping jacks
- Target #2 – touch your toes 10 times
- Target #3 – run around target 10 times

When finished, run back to the throwing line and pass the frisbees on to the next participant.

Get Up & Move!