Month : AUGUST

Theme: Competition: Lesson 31A

**I. Objective of lesson:**

1. Experience track and field activities

2. Stay active and healthy

3. Build relationships with peers

**II. Activities and Key learning points:** Time: 30 min

Red (Center based program)

1. Provide space so that nothing can be broken or hurt
2. Line everyone up so that they can see the demonstration how to throw a Frisbee
3. Staff demonstrate
   1. Grip Frisbee in your fist thumb on top, index finger on the edge and remaining fingers underside. Have everyone demonstrate. Assist as needed.
   2. Stand or pivot body at a 90º angle to a target. Dominant foot should be in front. Have everyone demonstrate. Assist as needed
   3. Curl wrist back and point your elbow toward the direction you want to throw.
   4. Move your arm fast by extending your arm and flicking your wrist. Your hand should be in the direction of your target
4. Once demonstrated, allow several practice opportunities assisting everyone as needed. Tip: Everyone throws on a count of three…no one will get hit.
5. One at a time, everyone should throw the Frisbee and mark where it lands. Continue one at a time down the line. Everyone should get 3 throws. Mark each thrower with a different color flag. Remove the 2 short throws.
6. The longest throw wins.
7. Targets can also be included (who is the closest wins)
8. Highly reinforce participation

Blue (Center/community based programs)

1. Provide space so that nothing can be broken or hurt (Gym)
2. Line everyone up so that they can see the demonstration how to throw a Frisbee
3. Staff demonstrate (Frisbee)
   1. Grip Frisbee in your fist thumb on top, index finger on the edge and remaining fingers underside. Have everyone demonstrate. Assist as needed.
   2. Stand or pivot body at a 90º angle to a target. Dominant foot should be in front. Have everyone demonstrate. Assist as needed
   3. Curl wrist back and point your elbow toward the direction you want to throw.
   4. Move your arm fast by extending your arm and flicking your wrist. Your hand should be in the direction of your target
4. Once demonstrated, allow several practice opportunities assisting everyone as needed. Tip: Everyone throws on a count of three…no one will get hit.
5. One at a time, everyone should throw the Frisbee and mark where it lands. Continue one at a time down the line. Everyone should get 3 throws. Mark each recipients throw with a different color flag. Remove the 2 short throws leaving the longest throw.
6. The longest throw wins.
7. Targets (cone) can also be included (who is the closest wins)
8. Highly reinforce participation

Green (Community Based)

1. Provide space so that nothing can be broken or hurt (outside)
2. Line everyone up so that they can see the demonstration how to throw a discus. No one gets a discus yet.
3. Staff demonstrate
   1. The stance: feet wider than shoulders and arms extended to full length. Bend knees and waist.
   2. Stand 90• angle (dominate hand direction) to a target area
   3. Grip the discus with the dominate hand. Palm down and fingers along the outer edge.
   4. Use the freehand to keep balanced
   5. Extend both hands out
   6. Swing your trunk in a relaxed motion. This will help stretch out.
   7. Once ready to throw, swing three times and release the discus toward your target
4. Once demonstrated, allow several practice opportunities without the discus, assisting everyone as needed
5. One at a time, everyone should throw the discus and mark where it lands. Continue one at a time down the line. Everyone should get 3 throws. Mark each recipients throw with a different color flag. Remove the 2 short throws leaving the longest throw.
6. The longest throw wins.
7. Targets (cone) can also be included (who is the closest wins)
8. Highly reinforce participation

Supplies needed

1. Frisbee (disc throwing)
2. 3 Discus
3. Different color Flags
4. Measuring tool
5. Cone

Feedback on Lesson what went right/wrong?

1.

2.

3.

Tips on signing ideas: