

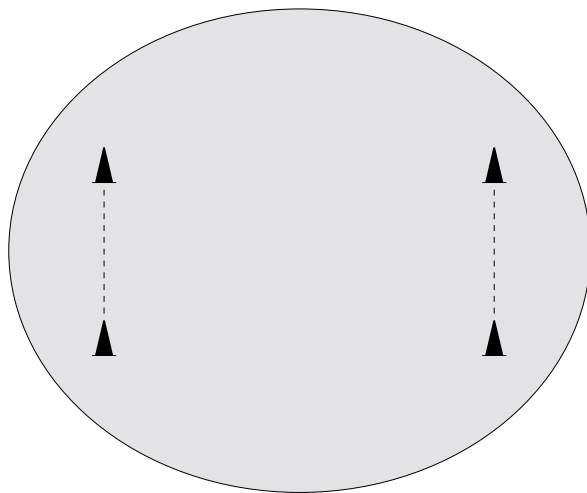
Movement Challenges & Games

FRISBEE FOOTBALL

- Divide the class into two equal teams. Each team starts at the opposite end of the playing area in their end zone.
- A score is achieved when the Frisbee is passed to, and caught on the full by, a team member who is within the opposition's end zone.
- Players may not move when they have the Frisbee. If the Frisbee is dropped, thrown to the ground or thrown outside the playing area during the course of the game, the opposition is given possession of the Frisbee.
- The game is started by one team throwing the Frisbee into play from their end zone. When a team scores, the scoring team throws the Frisbee in from that end zone where they have just scored and the opposition gets first possession.

Equipment: Frisbees/Squidgy Discs, cones, colour bands.

Area Required: Large area (oval, large court).



Benefits

- Throwing.
- Agility.
- Co-operation and teamwork.
- Speed.
- Anticipation.

How to explain the activity

- Keep it short as the best learning is in the activity.
- Let the game run for some time then bring them back in for questions if necessary.

Cues for debrief / reflection

- Discussion of what role did players find themselves in - attacking, defending, running?
- What is the best way to help your team in attack, in defence?
- What does it feel like when your team drops the Frisbee?

How to vary the activity

- Try using a ball (e.g. tennis ball/euro/gator skin) or bean bag as thrown object.
- Try with smaller teams, 4-8 students per team.