

#ThisIsPE

Frisbee Tennis

SECONDARY KEY STAGE 3 PE /// TARGET GAMES

Content outline

This activity aims to develop basic throwing skills which can be applied to Frisbee Tennis. This activity also develops creativity and problem solving, whilst exploring basic rules.

- Hand-eye co-ordination
- Resilience
- Creativity
- Problem solving



Space

- Increase the distance from your target (to make it harder)
- Decrease the distance from your target (to make the task easier)



Task

- Selecting appropriate distances to throw and catch the disc in relation to the ability of the people taking part
- The size of the playing area can be adapted – smaller area will increase the difficulty
- Introduce additional rules to increase difficulty (Eg. only catching with one hand)
- You could apply handicap scoring to make a competition even between two players



Equipment

- Use different household items (Eg. Sweet tin lid, piece of cardboard) to catch during activities
- Change the size of the disc – experiment with different sizes or items
- Use different items as a tennis net – this could just be a line on the ground



People

- If you have another person in your house, ask them to compete with you
- This activity could be played in bigger groups – like doubles
- Challenge a friend online – who can hit an agreed target from the furthest distance?

Learning intention

Physical:

- To improve basic hand-eye co-ordination skills
- To develop accuracy when performing a throw
- To develop catching skills under pressure

Personal:

- Creativity
- Problem solving
- Sportsmanship

Learning questions:

- How did you catch the disc?
- Where were you looking when performing a throw?
- Name the different types of throw
- What tactics did you use to try and gain a point?
- When were you most successful during the task? And why?
- What coaching points would you identify from this activity?



This resource and supporting video have been created by:

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This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education