

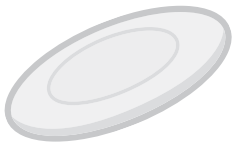
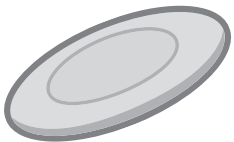
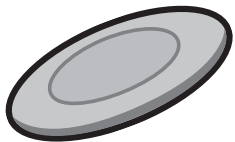

FLYING DISC Self-Check

NAME: _____ DATE: _____

TEACHER: _____ PERIOD: _____

ASSESSMENT

Practice the skills below using the Think About... for cues. Then try the activity alone or with a partner 10 times. Circle the number of times you did everything in the Think About... Look for improvements each time you do a Self-Check. When you have reached "Professional," you are ready to show your stuff to a friend for sign-off to "All Star" status.

	Rookie	Semi-Pro	Professional	All Star
				 <i>Have your friend sign below.</i>
Backhand Throw	2 3 4 times in a row	5 6 7 times in a row	8 9 10 times in a row	
Forehand Throw	2 3 4 times in a row	5 6 7 times in a row	8 9 10 times in a row	
Hammer Throw	2 3 4 times in a row	5 6 7 times in a row	8 9 10 times in a row	

THINK ABOUT...

Backhand Throw

- **Grip:** Place thumb on top of disc with index finger along rim; curl other fingers under the rim
- Hold disc with side and back of hand facing the target
- Step toward target with same foot as throwing hand, and snap wrist as arm extends
- Finish throw pointing finger at target
- Keep disc low and parallel to ground

Forehand Throw

- **Grip:** Place thumb on top of disc. Make a peace sign with index and middle finger; place middle finger against inside lip under disc. Ring and pinkie finger stay tucked in, touching palm
- Keep elbow close to body and hold lower arm parallel to ground
- Drop wrist so disc hangs at 45° angle
- Flick wrist forward as disc is released; point and follow through to target

Hammer Throw

- **Grip:** Place thumb on top of disc. Make a peace sign with index and middle finger: place middle finger against inside lip under disc. Ring and pinkie finger stay tucked in, touching palm
- Hold disc overhead. Tilt disc so it is almost upside down
- Step and flick wrist forward as disc is released; point following through to target

MIDDLE SCHOOL

Coulda, Shoulda, Woulda!

NAME: _____ DATE: _____

TEACHER: _____ PERIOD: _____

ASSESSMENT



You are playing a game of Ultimate Flying Disc when a player on the other team steps out of bounds with the disc. The player with the disc says that he is in. Both teams begin to argue with each other.

Coulda: What could you do? Briefly list 3 things you could do.

1. _____
2. _____
3. _____

Shoulda: What should you do? Write 2-3 sentences describing what you should do in this situation.

Woulda: What would you do? Write a full paragraph describing in detail what you would actually do in this situation.

MIDDLE SCHOOL



MIDDLE SCHOOL



FLYING DISC

THROWING PERFORMANCE RUBRIC

BACKHAND THROW

- Grip: Places thumb on top of disc with index finger along rim; curls other fingers under the rim
- Holds disc with throwing side and back of hand facing the target
- Steps toward target with same foot as throwing hand, and snaps wrist as arm extends
- Finishes throw pointing finger at target
- Keeps disc low and parallel to ground

FOREHAND THROW

- Grip: Places thumb on top of disc. Makes a peace sign with index and middle finger; places middle finger against inside lip under disc. Ring and pinkie finger stay tucked in, touching palm
- Keeps elbow close to body and holds lower arm parallel to ground
- Drops wrist so disc hangs at 45° angle
- Flicks wrist forward as disc is released; points and follows through to target

HAMMER THROW

- Grip: Places thumb on top of disc. Makes a peace sign with index and middle finger; places middle finger against inside lip under disc. Ring and pinkie finger stay tucked in, touching palm
- Holds disc overhead and tilts disc so it is almost upside down
- Steps and flicks wrist forward as disc is released; points following through to target

STUDENTS

- Scale:**
- 3 Demonstrates all cues all the time with no mistakes
 - 2 Demonstrates 2 or more cues all the time with no mistakes
 - 1 Demonstrates 1 cue all the time with no mistakes
 - 0 Cannot demonstrate any of the cues