Rhythmic Running with Variations

INTRODUCTORY

Outcomes:

I can perform locomotor movements to the beat of a drum.

Instructions:

Students clap to the beat of the tambourine and run in single-file formation. After the rhythm is learned, stop striking the tambourine and let the class maintain the rhythm. Practice some of the following variations:  
    1. Clap hands the first beat of a four-beat rhythm.  
    2. Stamp foot and clap hands on the first beat.  
    3. On signal, make a complete turn, using four running steps.

Teaching Hints:

Encourage students to create different variations of rhythmic running.

Aerobic Fitness

FITNESS DEVELOPMENT

Outcomes:

I can experiment with speeds and intensity during cardiovascular activities.  
I can compare the health benefits of different activities.

Instructions:

1. Rhythmic run with clap  
2. Bounce turn and clap  
3. Rhythmic 4-count curl-ups (knees, toes, knees, back)  
4. Rhythmic Crab Kicks (slow time)  
5. Jumping Jack combination  
6. Double knee lifts  
7. Lunges (right, left, forward) with single-arm circles (on the side lunges) and double-arms circles (on the forward lunge)  
8. Rhythmic trunk twists  
9. Directional run (forward, backward, side, turning)  
10. Rock side to side with clap  
11. Side-leg raises (alternate legs)  
12. Rhythmic 4-count push-ups (If these are too difficult for students, substitute single-arm circles in the push-up position.)

Teaching Hints:

Encourage students to experiment with different aerobic activities and intensities.  
Use music to stimulate effort. Any combination of movements can be used.  
Keep the steps simple and easy to perform. Some students become frustrated if the learning curve is too steep.  
Signs that explain the aerobic activities will help students remember performance cues.  
Don't stress or expect perfection. Allow students to perform the activities as best they can.  
Alternate bouncing and running movements with flexibility and strength development movements.

Manipulative Skills Using Frisbees

LESSON FOCUS

Outcomes:

I can catch a self-tossed Frisbee demonstrating three of four cues.  
I can throw a Frisbee to a partner demonstrating two of four cues.  
I can provide two social benefits of physical activity.

Instructions:

**Catching the Disk**  
Alligator Catch  
    Hands start with one high and one low as if ready to make an alligator chomp. As the Frisbee approaches the hands come together to catch the Frisbee. This can be called the sandwich catch as well.  
Thumb-Down Catch  
    The thumb-down catch is used for catching when the disk is received at waist level or above. The thumb is pointing toward the ground.  
Thumb-Up Catch  
    The thumb-up catch is used when the Frisbee is received below waist level. The thumb points up, and the fingers are spread.

**Throwing the Disk**  
Backhand Throw  
    The backhand grip is used most often. The thumb is on top of the disk, the index finger along the rim, and the other fingers underneath. To throw the Frisbee with the right hand, stand in a sideways position with the right foot toward the target. Step toward the target and throw the Frisbee in a sideways motion across the body, snapping the wrist and trying to keep the disk flat on release.  
Underhand Throw  
    The underhand throw uses the same grip as in the backhand throw, but the thrower faces the target and holds the disk at the side of the body. Step forward with the leg opposite the throwing arm while bringing the Frisbee forward. When the throwing arm is out in the front of the body, release the Frisbee. The trick to this throw is learning to release the disk so that it is parallel to the ground.

**Throwing and Catching Activities:**  
    1. Toss the Frisbee in the air and catch using the alligator catch.  
    2. Try to spin the Frisbee in the air when you tossed.  
    3. Catch the Frisbee at different levels.  
    4. Throw the Frisbee to a wall.  
    5. Throw the Frisbee into the air, run and catch. Increase the distance of the throw.  
Throwing and Catching with a Partner  
    1. Throw the Frisbee at different levels to partner.  
    2. Experiment with various ways of catching. Alligator, Thumb Up, Thumb Down.  
    3. Throw the Frisbee through a hoop held by a partner.  
    4. Frisbee bowling - One partner has a bowling pin, which the other partner attempts to knock down by throwing the Frisbee.  
    5. Play catch while moving. Lead your partner so he doesn't have to break stride.  
    6. See how many successful throws and catches you can make in 30 seconds.  
    7. Frisbee Baseball Pitching - Attempt to throw the Frisbee into your partner's "Strike Zone."

Teaching Hints:

Use the following instructional cues to improve skill performance:  
a. Release the disk parallel to the ground. If it is tilted, a curved throw results.  
b. Step toward the target and follow through on release of the disk.  
c. Snap open the wrist and make the Frisbee spin.  
Youngsters can develop both sides of the body by learning to throw and catch the disk with either hand.  
Since a Frisbee is somewhat different from the other implements that children usually throw, devote some time to teaching form and style in throwing and catching.

Frisbee Keep Away; Frisbee Golf

CLOSING ACTIVITY

Outcomes:

I can throw a Frisbee in a variety of games.  
I can create space in a game of keep away.

Instructions:

**Frisbee Keep Away**  
    Students break into groups of three. Two of the players in the group try to keep the other player from touching the Frisbee while they are passing it back and forth. If the Frisbee is touched by a defensive player, the person who threw the Frisbee becomes the defensive player. Begin the game by asking students to remain stationary while throwing and catching. Later, a challenge can be added by allowing all players in the group to move.

**Frisbee Golf**  
    Frisbee Golf or disk golf is a favorite game of many students. Boundary cones with numbers can be used for tees, and holes can be boxes, hula hoops, trees, tires, garbage cans, or any other available equipment on the school grounds. Draw a course on a map for students and start them at different holes to decrease the time spent waiting to tee off. Regulation golf rules apply. The students can jog between throws for increased activity.  
    Disk golf is played like regular golf. One stroke is counted for each time the disk is thrown and when a penalty is incurred. The object is to acquire the lowest score. The following rules dictate play:  
Tee-throws: Tee-throws must be completed within or behind the designated tee area.  
Lie: The lie is the spot on or directly underneath the spot where the previous throw landed.  
Throwing order: The player whose disk is the farthest from the hole throws first. The player with the least number of throws on the previous hole tees off first.  
Fairway throws: Fairway throws must be made with the foot closest to the hole on the lie. A run-up is allowed.  
Dog leg: A dog leg is one or more designated trees or poles in the fairway that must be passed on the outside when approaching the hole. There is a two-stroke penalty for missing a dog leg.  
Putt throw: A putt throw is any throw within 10 ft of the hole. A player may not move past the point of the lie in making the putt throw. Falling or jumping putts are not allowed.  
Unplayable lies: Any disk that comes to rest 6 ft or more above the ground is unplayable. The next throw must be played from a new lie directly underneath the unplayable lie (one-stroke penalty).  
Out-of-bounds: A throw that lands out-of-bounds must be played from the point where the disk went out (one-stroke penalty).  
    Course courtesy: Do not throw until the players ahead are out of range.  
    Completion of hole: A disk that comes to rest in the hole (box or hoop) or strikes the designated hole (tree or pole) constitutes successful completion of that hole.