

ULTIMATE FRISBEE

Building self-confidence
and team spirit
in your students



WORKSHOP: BEING A TEAM PLAYER: ULTIMATE FRISBEE

Duration	90 minutes
Class size	30 max (students from 1 st ESO to 4 th ESO) with 2 workshop leaders for maximum impact and English language development
Sector	Life Skills Programme
Workshop Objective	To build communication and teamwork skills as well as practice and develop self-evaluation/reflection and fair mindedness while learning Ultimate Frisbee.
Workshop Description	<p>Students will learn how to play the Olympic sport Ultimate Frisbee. It is becoming wider spread as people are recognizing its value in developing crucial Life Skills like through a sport that is fun.</p> <p>They will learn basic throwing techniques, fundamental rules of the game as well as the Spirit of the Game.</p> <p>As there are no referees in the game, each player is a referee and needs to be aware of their own actions as well as those of the other players.</p> <p>At the end of the final game(s), each team will fill out a "Spirit sheet." There will be two winners, the team which won the matches and the spirit of the game winner.</p>
Workshop Outline	<ol style="list-style-type: none"> 1. Introduction and ice breaker activity (warm up exercise-get students moving, quick jog and other movements to prepare for playing Ultimate (10´) 2. Ultimate Frisbee game explanation with diagrams and illustrations to explain basic rules (using vocabulary sent ahead of the activity) (10´) 3. Activity in pairs: Throwing disc, practicing backhand and forehand (10´) 4. Group activity: Leading pass drill, students practice catching the disc while running (10´) 5. Hot box, simulation of a game (10´) 6. Group feedback - Revise rules and discuss calls from hot box (5´) 7. Leader explanation: "Spirit of the Game" with spirit sheets hand outs (5´) 8. Students split into 3 teams and play 2 short games (20´) 8. Final reflections, winners of games announced, and spirit sheets completed (10´)
Materials for course	<p>One Frisbee per pair</p> <p>Print outs of Spirit of the game sheets (1 x participant)</p> <p>Frisbee pitch diagram x 5</p>

	Vocabulary list (to go through BEFORE the activity)
Considerations for the school	<ul style="list-style-type: none">• What is the level of spoken English?• Can we choose the pairings for the pairs activity or should the teachers if there are any issues between any students?• Do any students have any special needs?• Would the teachers be prepared to participate in the activity?• Would the school prefer the activity on the beach or on the school grounds or in the school gym? (our preference is on the beach)



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