

Ultimate Frisbee

Time	Activity	Description
1-2 min	Prayer	Safety, good sportsmanship, fun, and full participation are possible prayer topics.
2-3 min	Warm up	Run laps around the field
2-3 min	Stretching	Arm stretches, lunges, quad stretches etc... You may set one student as the leader if you want, or you can lead the class
5m	Toss and catch practices (pick one)	<p>Group pass</p> <ul style="list-style-type: none"> - Set students up in as many groups as you have frisbees. - Instruct students to pass across the circle, to one another so that everyone is catching and throwing <p>Line pass practice</p> <ul style="list-style-type: none"> - Instruct students to line up in two lines facing each other - First student in line 1 throws to 1st student in line two and that student throws to the 2nd student in line one. - Continue this all the way down the line. After 3 or 4 tosses, start the second ball. Do this for 3-4 frisbees.
35-40 min	Scrimmage or Royalty of the court	<p>Example: Royalty of the court -</p> <ul style="list-style-type: none"> - 3 vs 3 game - Remaining students line up on the side - The Royals side (Teacher picks which side of the court that is) always gets the first ball thrown to them by the teacher - The other side of three battle to beat the royalty side - First team to drop a ball loses - If opposing side wins, they run under the net to the Royalty side, the previous 3 students go to the end of the line, and a new set of 3 students enter on the non royalty side. - If the Royalty side wins, they stay and the other side is replaced by 3 from the sideline. - Repeat until about 2:50 if there is a run and just before 3 if there is no run
5-10 min	Clean up / run	<p>If there is a run</p> <ul style="list-style-type: none"> - Clean up at 2:50, give the students a chance to use the restroom, and get to the run starting point. <p>If there is no run</p> <ul style="list-style-type: none"> - Clean up just before 3 and release kids at 3