**High School Course I Pacing Guide**

**Resources:**

[**www.sparkfamily.org**](http://www.sparkfamily.org) **/ Middle School PE / Flying Disc**

***DISC GOLF***

***Focus Points:***

1. Technique for throwing the disc with power and accuracy.
2. Cover the course with as few throws as possible.
3. Understand the positions on the course; know where to tee off from, where to finish each hole.
4. Know how to avoid obstacles.

***Skills:***

1. Throw for power and accuracy
2. Backhand
3. Putt

***History:***

The flying disc traces its origins back to the Frisbie Pie Company and its predecessor, the Olds Baking Company in New Haven, Connecticut. The actual disc was either a pie or cookie tin, which was turned upside down and tossed. Students at Yale University played an early version of a flying disc game in which the thrower would signal the receiver by calling “Frisbee”.

Walter Frederick Morrison, the son of an inventor, is credited as the first to develop metal pie tins for commercial purposes following World War II He eventually turned to plastic to manufacture a disc that would be used as a toy. The original was a flop, but in 1951 he developed an improved model. Eventually this was purchased by a toy company and was called Wham-O’s Pluto Platter. Because the activity was slow to catch on, the Wham-O company decided to distribute the disc throughout the United States. While visiting Harvard University’s campus, distributions first heard the term frisbie. The students said they had been tossing pie tins for years and called it Frisbie-ing. In 1966, Ed Headrick developed the modern Frisbee.

***Strategies:***

1. Visualize the shot before throwing the disc. Look for hazards or obstacles.
2. When a disc lands in a bad spot, throw it out into an advantageous area in preparation for the next throw.
3. Don’t gamble by attempting a put that is too long. Lay up with the throw, placing it close to the target.
4. Master the backhand first. Later learn new throws that help you get out of tough spots.

***Assessment:***

1. Performance rubric
2. Peer Checklist
3. Written quiz

***Vocabulary:***

Review the components of skill-related fitness:

1. **Agility** – ability to change your body position quickly and to control your body’s movements.
2. **Balance** – An even distribution of weight enabling someone or something to remain upright and steady.
3. **Coordination** – ability to use your senses together with your body parts.
4. **Explosive power** – A quick muscular effort resulting in speed and/or power for a short period of time. Examples include tee shot, batting, tennis serve, basketball rebound, football tackle, etc.
5. **Power** – ability to use strength quickly. Areas most likely to improve with repeated effort.
6. **Reaction time** – amount of time it takes you to move once you realize the need to act.
7. **Speed** – ability to perform a movement or cover a distance in a short period of time.

Review the principles of biomechanics:

1. **Force –** A push or a pull applied to an object or person, measured in pounds or newtons.
2. **Inertia –** The tendency of a body at rest to remain at rest or of a body in straight line motion to stay in motion in a straight line unless acted on by an outside force.
3. **Leverage –** 1. a. The action of a lever. b. The mechanical advantage of a lever. 2. Positional advantage; power to act effectively
4. **Opposition -** The use of body parts on opposite sides of body to increase force and power.
5. **Rotary Motion –** The act of rotating as if on an axis; "the rotation of the dancer kept time with the music.”