**Frisbee Basics:**  Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class:\_\_\_\_

1. Using the Frisbees below, **illustrate** and **label** three ways to catch a Frisbee (6pt.):

   

1. Describe how to throw a Frisbee using the cues discussed in class (6pt.)

*Answer:*

*Eyes looking*

*Shoulder to target*

*Frisbee is curled into your belly*

*Step towards your target*

*Extend throwing arm*

*Flick wrist*

*Follow through to target*

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1. Using the Frisbees below, **illustrate** and **label** three ways to catch a Frisbee (6pt.):

   

1. Describe how to throw a Frisbee using the cues discussed in class (6pt.)
2. Please give an example for the following:

I want to throw the Frisbee to my friend Tia, how do I get her attention? (2pt.)

I want the Frisbee. What should I say and what should I do with my body? (2pt.)



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