



**#DevonVirtualGames**

## **Ultimate Frisbee Competition**

Opens: Tuesday 4<sup>th</sup> May 2021

Closes: 5pm, Friday 2<sup>nd</sup> July 2021

### **Overview**

Welcome to the Devon *Virtual Games* Events hosted by Active Devon and the Devon School Games Organisers. This series of events throughout the Summer term will offer young people the opportunity to compete against themselves and others whilst maintaining social distancing.

All competitions are virtual, and you can enter as many of them as you like. They give you the chance to team up with your classmates, represent your school and compete against other children from across Devon!

The Ultimate Frisbee Challenge will run from Tuesday 4th May 2021 – 5pm Friday 2nd July 2021. Schools will be able to submit their entries via an online link below.

You must ensure you are following the [latest government guidance](#) and the [guidance for teachers, school leaders, carers, parents and students](#).

### **Brief Description of the Event:**

This event consists of four different Ultimate Frisbee challenges for both primary KS2 and secondary KS3 school students.

The challenges are perfect for whole class participation and should be delivered outside in a space that is roughly the size of a netball court.

### **Before You Start:**

You will need:

- Frisbee discs
- Cones
- Floor markers
- A large outside area
- Pen and paper for scoring

## Top Tips:

Before you start, remember to think about the following techniques:

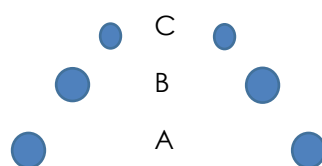
Backhand (easiest throw):

- Grip: thumb on top, fingers on the bottom.
- Stand side on to the direction the frisbee is being thrown.
- If you are right-handed, lead with the right leg and left-handed, lead with left leg.
- Always point the elbow of the throwing arm towards the target.

## Challenge 1: Blast Off!

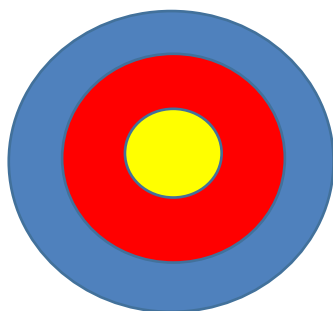
- **Equipment:** 10 cones, 1 frisbee disc, 1 floor marker, 1 cone for marking furthest overall distance.
- **Set Up:** Place the floor marker at one side of the field then place a cone every 5m away from the floor marker.
- **Description:** Standing behind the floor marker, each pupil has three attempts at throwing the disc as far as possible.
- **Scoring:** Record the disc that they threw the farthest. Count where it stops, not where it lands. To score, round down to the closest 5m and then change this distance into points, e.g. if a student's furthest throw was roughly 22m, then record it as 20 points.
- **More pupils:** Set up 1 floor marker per person/pair.

## Challenge 2: Sharpshooter



- **Equipment:** 10 cones, 1 frisbee disc, 1 floor marker
- **Set Up:** Place the floor marker on the field / playground as the throwing line. 5m away place 2 cones (A) 6 metres apart, then 2 metres further back place another 2 cones (B) 4m apart and finally 2m further back place 2 more cones (C) 2 metres apart. This should then give a 'funnel shaped' target.
- **Description:** Standing behind the throwing marker, each pupil has three attempts at throwing the disc down the funnel.
- **Scoring:** Record each disc that pupils throw.
  - Score 5 points if thrown accurately between 2 cones at A
  - Score 10 points if thrown accurately between 2 cones at B
  - Score 15 points if thrown accurately between 2 cones at C
- **More pupils:** Set up 1 floor marker/start line per person/pair.

### Challenge 3: Bullseye



- **Equipment:** Enough cones (3 different colours) to create a bullseye target zone as shown in diagram cones, 1 frisbee disc, 1 floor marker
- **Set Up:** Place the floor marker on the field / playground as the throwing line. 10m away create the 'Bullseye' target zone using 3 different coloured sets of cones. The outer zone (blue) should measure 10 metres in diameter, the next (red zone) 7 metres in diameter and the inner / Bullseye zone 3 metres in diameter.
- **Description:** Standing behind the throwing marker, each pupil has three attempts at throwing the disc into the 'Bullseye' target zone.
- **Scoring:** Record each disc that pupils throw.
  - Score 5 points if thrown accurately into the outer blue zone
  - Score 10 points if thrown accurately into the next red zone
  - Score 15 points if thrown accurately into the 'Bullseye' central yellow zone
- **More pupils:** Set up more than one floor marker /start line per person/pair.

### Challenge 4: 'To me to you'

- **Equipment:** 2 cones, 1 frisbee disc
- **Set Up:** Place the 2 cones on the ground 5 metres apart. Partner A stands behind cone A and their Partner - B stands behind the other cone (Cone B).
- **Description:** Try to complete as many successful frisbee catches as possible with your partner in 30 seconds. Try this three times. If you manage to complete the first attempt (first 30 seconds) without dropping the frisbee, then each partner takes one step back for their second attempt. Do the same again, taking one step back if successful after attempt two. If you drop the frisbee during any of the 30 seconds blocks, stay in the same place for your next attempt.
- **Scoring:** Record your best score from your three attempts.
  - Score 5 points if over 2+ successful throw and catches are made
  - Score 10 points if over 10+ successful throw and catches are made
  - Score 15 points if 20+ successful throw and catches are made
  - If you drop the frisbee just keep counting from the point at which you dropped it. (You do NOT have to start from zero again).

### How to Send Results:

The entry process will be done via an online link. Enter results here [Ultimate Frisbee Results Form](#). Entries will close at **5pm on Friday 2<sup>nd</sup> July 2021**.

## E-certificates:

E-certificates will be issued in the following categories:

- **Primary KS2:**
  - Anyone who scores 50 points or more will be awarded a gold certificate.
  - Anyone who scores between 30 - 45 points will be awarded a silver certificate.
  - Anyone who scores 10 - 25 points will be awarded a bronze certificate.
- **Secondary KS3:**
  - Anyone who scores 70 points or more will be awarded a gold certificate.
  - Anyone who scores between 40 - 65 points will be awarded a silver certificate.
  - Anyone who scores 15 - 35 points will be awarded a bronze certificate.

## Social Media:

Why not share your achievements with us on social media using the **#DevonVirtualGames**.

- [Twitter – @SGDevon](#)
- [Devon School Games Facebook Group](#)

For the full #DevonVirtualGames Overview and Terms & Conditions please [click here](#).

## Progression:

If you have enjoyed these challenges, why not move onto some fun games? Here are links to various resources to help you:

- Simplified Ultimate Frisbee rules can be found [here](#).
- [Click here](#) for a beginner's introduction to Ultimate Frisbee.
- UK Ultimate have created a scrapbook of ideas - [click here](#) for a variety of fun games to try.

Where and how do you purchase discs?

- [Click here](#) to purchase game discs.
- Schools affiliation - a free-to-join scheme and thanks to support from Discraft, schools that affiliate and purchase five discs will receive an additional five FREE discs. Sign up using the affiliation form [here](#).