

Secondary Instructional Sequence: FRISBEE

Sixth grade WEEK 1

| Day 1 | Day 2 | Days 3 | Day 4 | Day 5 |
|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| Calisthenics | Calisthenics | Calisthenics | Calisthenics | Calisthenics |
| Backhand Throw (TA) | Catching (TA) | DISC Target Game | Thumb Throw (TA) | DISC Target Game |
| Partner Passing | Partner Passing | Use Backhand Throw | Partner Passing | Use Thumb Throw |
| Concepts: BH throw | Concepts: catching | Concepts: BH throw | Concepts: TT | Concepts: T throw |
| Pers/Social: Pos. fb | Pers/social: Pos. fb | Pers/Social: Pos. Fb | Pers/Social: Pos. Fb | Pers/Social: Pos. Fb |

WEEK 2

| Day 1 | Day 2 | Days 3 | Day 4 | Day 5 |
|-----------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|
| Calisthenics | Calisthenics | Calisthenics | Calisthenics | Calisthenics |
| Review: BH & TT, catch | Review: BH, TT, catch | Review: BH, TT, catching | Review: BH, TT, catching | Review BH, TT, catching |
| GUTS | GUTS | Ultimate Frisbee | Ultimate Frisbee | Ultimate Frisbee |
| Concepts: BH & T | Concepts: BH, TT, catch | Concepts: BH, TT, catch | Concepts: BH, TT, catch | Concepts: BH, TT, catch |
| Pers/Social: Pos. fb | Pers/Social: Pos. fb | Pers/Social: Pos. fb | Pers/Social: Pos. fb | Pers/Social: Pos. fb |

