

**Task Analysis:** Frisbee Thumb Throw

**Visual Description:** Step towards target with thumb in rim of frisbee and 4 fingers on top, swing throwing arm along side of body releasing frisbee s snap wrist to target.

**Movement Sequence**

**Action**

1. Place thumb under rim of Frisbee
2. Place 4 fingers on top of Frisbee
3. Swing arm throwing arm along same side of body
4. Tilt outside of rim (side facing target) down
5. Step toward target
6. Snap Frisbee toward target
7. Follow through (body face target)

**Movement Cues**

- Thumb under rim
- 4 fingers on top
- Swing arm back
- Rim down
- Step to target
- Snap to target
- Follow through

**Four most critical points**

1. Thumb under rim
2. 4 fingers on top of rim
3. Tilt outside of rim down as release
4. Follow through

**Task Complexity Variables**

**Instructional Objective Resource Information**

Learner: Middle school grade 6-8

Task (Criterion): Discrete

Environment (Condition): Plastic Frisbee, distance of target, minimal wind

Student	Thumb under rim	4 fingers on top of rim	Tilt outside of rim down	Follow through

Need Checklist