

Name/Title: Frisbee Throwing Assessment

Purpose of Event: To assess students ability to properly throw frisbees.

Suggested Grade Level: 6-8

Materials Needed: Targets, Frisbee's, poly-dots, [Rubric](#)

Description of Idea

Students throw a frisbee at various targets using the proper technique. When they begin to become successful students have the option of moving further back to increase the difficulty.

[View Rubric](#) (PDF)

Submitted by **Lauren Chilcott** in Stevens Point, WI. Thanks for contributing to PE Central! **Posted on PEC: 3/5/2010.**

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