

Disctwirls

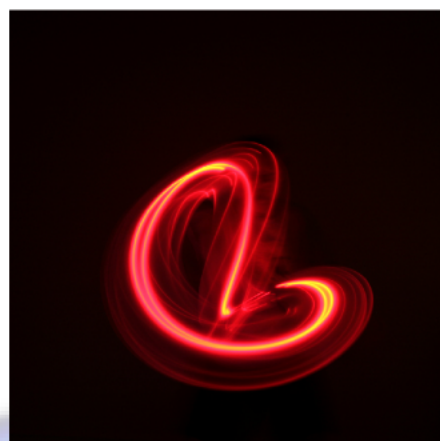
Projekt Disctwirls





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Introduction

Most people know a Frisbee/Disc from their summer holidays on the beach. However, few people are aware of the potential in a Disc, ranging from simple play and games to serious, competitive sports. The goal of this project is to demonstrate the many possibilities inherent in a Disc. These are not limited to the more widely known sports of Ultimate, Disc Golf and Freestyle. Project Frisbee aims to explore the full range of uses that a Disc has in play as well as in Physical Education.

The Instructors

Jan Sørensen

- Creator of Project Frisbee
- Widely traveled
- Has played Frisbee since childhood
- Practiced Disc Sports since the age of 13
- Inventor of the Disctwirl Style
- Former European Freestyle Champion
- Has designed and performed in his own Disc Shows for more than a decade
- Has taught Disc use to all age groups on 5 continents in 3 languages

Mission Statement

The direct aim of the project is to provide children and youths with insight into the great range of uses that a Disc has. Primarily, we teach them techniques which will be useful for all kinds of games involving a Disc. These techniques are useful for people of all ages and at all levels of competitiveness. Secondly, we demonstrate to our students how many Disc games provide forms of social interaction where cooperation and mutual, not individual, success is the goal. Thirdly, we provide them with a brief overview of the history of the development of the Disc and Disc sports. Finally, we introduce student who are old enough to some of the more well-known Disc sports such as Ultimate, Disc Golf and Disc Freestyle.

Making It Happen

Using an interactive learning model, we involve our students throughout the program we present to them. We have also invented a new style of Disc Freestyle, Disctwirls, which is really easy to pick up and thus a great success with beginners. Add to this our specialized knowledge of how the Discs and the sports have developed and we can present a program tailored to the age group and social background of our students that no-one else in the world is able to match.

What's in it for our Students?

1. They will learn about the history of the Disc and of its many uses.
2. They will learn about the different Disc sports that are played internationally.
3. They will learn a completely new way of playing/performing with a Disc – the Disctwirl style.
4. They will learn teamwork and group spirit.
5. They will experience new ways of exercising their motor skill and sense of rhythm.
6. They will have success as everybody can learn the beginning techniques.
7. They will be taught by some of the best and most versatile Disc players in the world.
8. They will see that there are disc games and sports which suit all tastes, whether you are mainly creative, individually competitive or a team player.

What's Interactive Learning?

1. We make our students part of the teaching process.
2. We teach techniques that everybody can learn.
3. We make it funny, exciting and challenging.
4. We show them something they have never seen before.
5. We ensure that they all have success.
6. We show them where and how they can learn more.

What are the benefits of Project Frisbee? You will be introduced to...

1. A world of affordable sports and recreation activities. All you need is a Disc.
2. A range of games and sports which can be played both inside and outside.
3. A tool with which you can practice everywhere.
4. A new way of combining cooperation and competition.

Games with disc

Disc Games

A Disc has a great number of uses, especially as a game tool. Once you are familiar with the Disc it becomes a great vehicle of creativity as you can make up your own games.

The following games focus on teambuilding, exercising the students' sense of rhythm and their motor skills as well as being good warm-up exercises. They don't require much space and everybody can participate. Incorporate music where you find it appropriate.

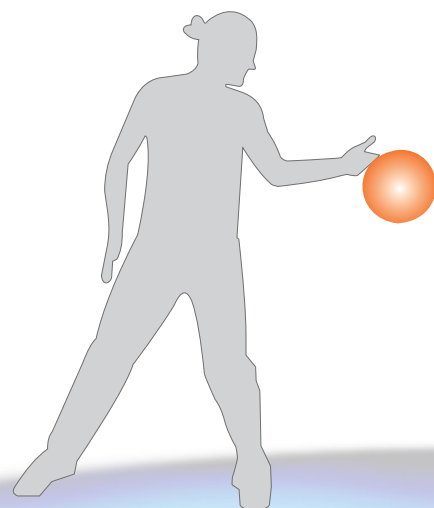
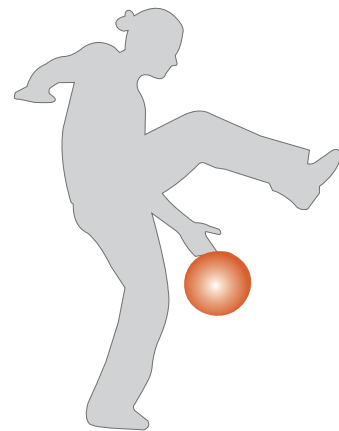
Disc Gymnastic

This is the best way to teach younger children how to hold onto and pass the Disc.

Stand in a circle facing inwards. Take turns being the leader. Whatever the leader does with his or her Disc, everyone else must copy. Do not throw the Disc yet at this stage. Move it around or balance it on different parts of your body. Incorporate movements that warm up the joints and get the circulation going. Passing the Disc to the person next to you is a great element to incorporate as well..

Disc Relay

Divide the class into two groups. Each group lines up. The first in each line holds a Disc. The Disc holder runs to a Disc placed on the ground some distance away (one for each group), runs around it five times and runs back to hand the Disc to the next one in line. For older students use variations, such as twirling the Disc instead of holding it while running, to increase the difficulty.



Games with disc

Frisbee Arithmetic

Paste numbers from 0 to 20 on top of 21 Discs. Place them on the ground in a line. Have two different Discs with a minus and a plus sign. Invent a game where you involve throwing and catching the Discs as well as adding and subtracting.

Throwing techniques

For beginners we will focus on the backhand and the sidearm throws. These are the two main basic throws. Once you master them it becomes easy to learn other throwing techniques, just by altering the angle at which you release the Disc. The different throws are described on our homepage.

Traditional Disc Sports

We will also introduce adolescent students to the major traditional Disc sports: Ultimate, Disc Golf and Freestyle. However, a longer time period than our standard two-hour programs is required for the students to become well acquainted with these sports. Unless time permits us to go deeper into these areas we will focus on teaching our students the basic concepts and showing them where they can learn more.

