



THE PLACE OF THE 'FRISBEE GAME' IN THE PHYSICAL CULTURE CURRICULUM IN THE KINDERGARTENS

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ABSTRACT

The goal of this study is to offer an algorithm for effective training in the basic elements of the frisbee game and to argue its implementation as a regular physical activity in physical culture curriculum both in the organised classes in the kindergarten and in the leisure time of preschoolers. **Methods:** Theoretical analysis of scientific and methodological literature, pedagogical observation. **Results:** The necessity of including new, attractive, and funny games in the practice of pre-school physical education is argued. an algorithm for initial training of the elements 'throw' and 'catch' for 6-7-year-olds has been developed. **Conclusion:** Practicing the game 'frisbee' is an appropriate mean for increasing the physical activity of children, their psycho-physical health and sense of satisfaction with physical exertion on the background of positive emotions. The use of new, interesting, and fun games in the physical activity of children will increase the benefits and effectiveness of the physical education process, will have a positive impact on their health and physical fitness and increase their interest in physical activity, both in kindergarten and leisure in a family environment.

Key words: flying disk (frisbee), training, basic elements, benefits, preschoolers

INTRODUCTION

The contemporary theory and the methodology of physical education in preschool age is characterized by the implementation of a variety of methods, means, forms and technologies aimed at prevention and promotion of health and normal biological development of children, at development of useful skills and habits, needed for their daily life in the future (1-3).

Most professionals consider that the playing activities are the most important means which should be used in the physical education workouts in preschool age as games have an extremely great impact both on children's physical and mental development (3, 4). The use of new, non-traditional, interesting and fun games

in the daily physical activity of children will increase the effectiveness of the physical education process, will have a positive impact on health and physical fitness and will increase their interest in practising physical activities, both in the kindergarten and leisure in a family (1-5).

In developing our enriched physical culture content for preschoolers, we included not so popular activities like football, basketball, cycling, swimming etc. But new, interesting, and fun games. such a game is that with a flying disc or popular as a frisbee game. The most important reason for our choice is that it can be played simultaneously by both sexes, does not matter of the fitness level, offer a great variety of situations and emotions, the structure and rules are not difficult and are easy to be followed, the main goal is not to achieve high sports results, but to improve motor skills and abilities on the background of positive emotions and fun, to promote healthy lifestyle etc. (5, 6)

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Conducting our observation on the training process we established that children found it difficult to cope with the basic elements of the game and teachers are not enough prepared to teach them in the right technique of execution. this led to a decrease of children's interest in playing the game and often in giving up of practicing it.

The goal of this study is to offer an algorithm for effective training in the basic elements of the frisbee game and to argue its implementation as a regular physical activity in physical culture curriculum both in the organised classes in the kindergarten and in the leisure time of preschoolers.

METHODS

The following methods were used: theoretical analysis of scientific and methodological literature, pedagogical observation.

RESULTS

To play with pleasure, to be successful and effective in organized physical culture activities in kindergarten, as well as to spend much more of their free time practicing the game with the flying disc outdoors with their parents, it is necessary for the children to have some motor skills and knowledge about it. in that connection the

teachers should be well acquainted with the basics of the technique and the rules of the game with the flying disk to meet these needs (7-10).

Technique of the game

The technique of the game includes the following elements: 'throwing', 'catching', 'crossing', 'defending', etc.

When teaching the different elements of the game, the teacher should pay particular attention to two of them – 'throwing' and 'catching', as they are basic ones, and should be learned first and practice daily by the children (7).

Throwing the disc

That is the most important element in the game. therefore, all children should master it very well, so that they can play and enjoy the game (8).

The main types of throwing are 'forehand' and 'backhand'. Mastering these two ways of passing the disc gives confidence in the game. Naturally, there are other ways of throwing that can be used, but they should be studied in the later stages of the training process.

The easiest way to throw on the disc is 'backhand' (**Figure 1**). That is why this element is studied first. Here we will give the algorithm to the overall motor act (7).

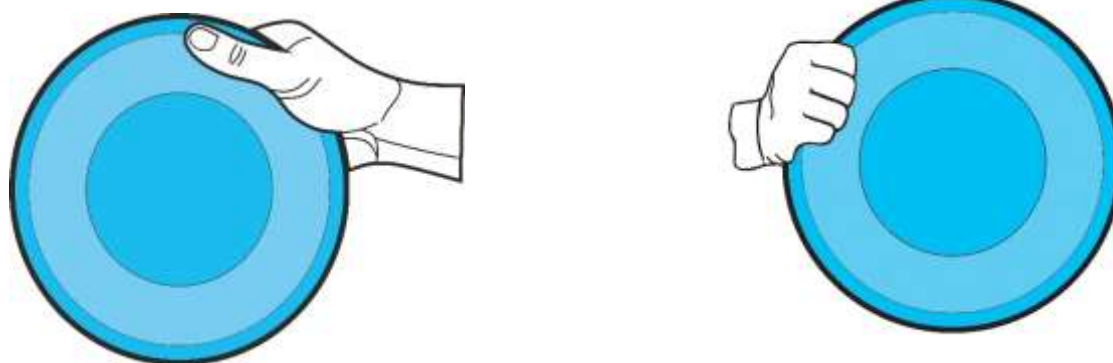


Figure 1. Disc throw – backhand way

1. Disc grip (grasp)

The disk is grasped in the fist, the thumb is on the top of the disk, the index finger is on the side edge while the other three fingers are put in its cup (under the disk).

2. Position of the body, legs, and arms

Stand straight up, twist to the left, the shoulder is towards the target, bend the wrist and elbow in front of the body and far back. On standby for

throwing is taken a step forward with the leading leg in the direction of the target, with the weight of the body being carried entirely on it. this will convey the speed and strength of the throwing.

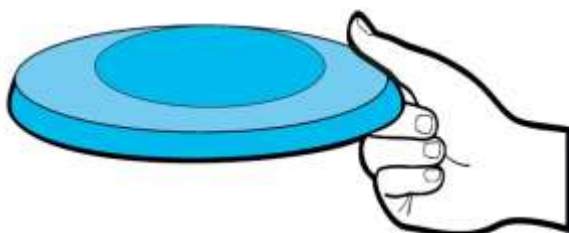
3. Snapping the wrist

The wrist should be curled slightly back towards the body. The elbow should be pointed up and outward. point the frisbee at the target.

Move the arm forward quickly straightening it to almost full extension. The wrist is flicked and the frisbee is released out towards the target. For the most stability release the frisbee just above the belly button.

For the disc to fly in the desired direction, the thrower must transmit a rotating motion to it. The better the movement in the wrist, the more successful the throw will be.

Without it, the disc cannot move in the air. For this purpose, it is necessary to know how to grasp the disc properly, what is the position of the body, the throwing hand, and the wrist during the throwing.



The second way of throwing the disc is known as forehand.

This way is much harder to be learned. That needs a longer period of training. It is important to mention that this way of throwing is very suitable in situations when the disc should be thrown from different positions of the body in the space. Throws are executed on the right side of the body, with a comfortable right hand and vice versa.

Here is the algorithm for execution of forehand throw (**Figure 2**)

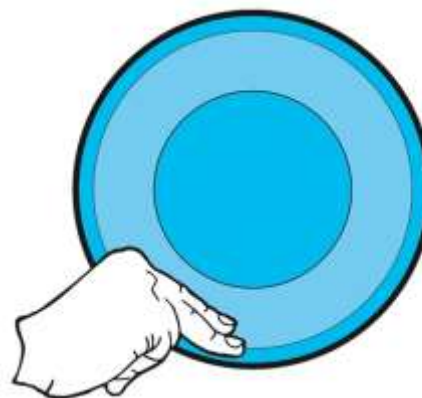


Figure 2. Throwing the disc – ‘forehand’ way

1 -Grip (grasp) the disk

The throwing hand reaches forward like a handshake. The disc is placed between the thumb and index finger, with the thumb on the top of the disc, the index finger on the lower one pointing the centre and the middle finger resting on the inner edge of the disc (**Figure 2**).

2. Position of the arm and the body.

The body is in standing position faced the target. The throwing hand reaches to the side. With the wrist a forward movement is performed to give a rotating motion to the disc, which should be parallel to the ground.

3. ‘Snapping the wrist’

While the hand is at relative rest, the wrist snaps forward towards the target and throws the disc. These three elements must be exercised in both ways of throwing until they are fully mastered. The training of the elements should start in pairs, with the partners standing at a distance of 3-4

meters. When skills improve, the distance can be increased.

Initially, the throw is performed in a static position and then in motion.

In both types of throwing, the disc should be parallel to the ground, otherwise its trajectory changes.

The other basic element without which the game cannot be realized is the catching of the disc. The ways of catching are different. Mastering the basic catching techniques could be difficult at first but in some time, they will become easier to be performed (11, 12).

The two-handed catch is much easier and simpler than the others. It is known as ‘sandwich’ or ‘pancake’ catch (**Figure 3**).



Figure 3. Catching ‘sandwich’ or ‘pancake’

One should follow the next rules important for effective learning this type of catching the frisbee:

- the disk should be kept on eye all the time

- a player uses both hands and snap them together when the disk falls between them.

Another way of catching is ‘C’ catching (**Figure 4**).



Figure 4. Catching ‘C’

In this way, the thumb is distant from the other fingers, so together form a clamp. When the disc comes to a level above the chest, the thumb is down, and when the disc comes lower than the chest, the thumb is up. Catching can be done with one or two hands.

Both ways of catching are used when the player is in motion.

Initially, however, they are exercised in standing position. With improving the skills they are practiced in motion and then during running.

Throwing and catching are elements that are learned relatively quickly and easily.

At the beginning they are performed in pairs. After improving the technique, they can be included in different games with 5-7 years old children.

Here we are going to present one game with flying disk appropriate for that age which is easy and funny to be played (5).

‘Five passes’

The dimension of the playing area is 10 x 10 meters.

Two teams participate in the game, each team consists of 3 to 5 children. If the children are more in number several pairs of playing teams can be formed to play on a rotation principle.

The goal of the game is to give the offending team the possibility to make 5 successful passes (pass and catch) in the playing area. If the disc is dropped on the ground, lands outside the playing field, or a player from the defending team catches it, the latter team takes the disc and attempts to perform 5 successful passes.

One point is gained when five consecutive successful passes are made by the same team. The game can be ended at any time after getting one point.

Preschoolers are trained only in throwing and catching techniques while the adolescents can be trained in the performance of other elements of the game with the flying disc, and acquainted with the basic rules and tactical actions, which will increase their interest and motivate them to join frisbee teams and participate in official competitions.

Based on their practical experience in teaching children and students in the flying disk technique Jonson t. et al. (2006), outline several important reasons for including frisbee game in the curriculum in physical education and sports, both in kindergartens and in schools (6):

- Playing the game does not require special motor skills or a high physical fitness level. Each child can learn the basic elements of the game - throwing and catching the flying disc. This fact is of a particular importance for children with a lower motor ability.
- Participation in the game provokes high physical activity of the players as all of them perform the elements of the game as much as possible in continuously changing situations. As a result their skills and motor abilities are improved.
- The functional load during the game has a certain training effect on all organs and systems of the body and leads to an

improvement of the total physical fitness and health.

- The muscles of the upper and lower extremities are engaged all the time in intensive physical motion which contributes to the harmonious development of the whole body.
- Frisbee game is affordable and easy to be thought. Children learn it quickly, which allows them to be active most of the time.
- Both sexes can participate in the game at the same time.
- No special equipment is required to practice the game. Only suitable area, cones and flying discs (frisbee) are needed.

Obviously the frisbee game has several benefits that make it applicable, both in physical education and sport, as well as in the leisure time of children and students and everyone who wants to play.

CONCLUSION

Practicing the game 'frisbee' is an appropriate mean for increasing the physical activity of children, their psycho-physical health and sense of satisfaction with physical exertion on the background of positive emotions.

The use of new, interesting, and fun games in the physical activity of children will increase the benefits and effectiveness of the physical education process, will have a positive impact on their health and physical fitness and increase their interest in physical activity, both in kindergarten and leisure in a family environment.

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