



LA IMMACULADA CONCEPCION SCHOOL
SENIOR HIGH SCHOOL
GRADE 11 – CORE: HOPE2 – INDIVIDUAL DUAL / TEAM SPORTS

APRIL 20 - 24, 2020

TOPIC: ULTIMATE – PRACTICAL ACTIVITY

ACTIVITY:

Last week I send a short video about catching and throwing, now your activity is you make a short video of yourself while throwing a disc, you can use a plastic plate serve as a Frisbee

The procedure is:

Start from a short distance 4 step far of your partner will do, after 1 throw will make 2 steps backward in the whole activity you make 3 throws of disc.

Again you can ask help to your brother and sister or any family relative as long he/she is free.

Proper execute of throwing is observe.

TO DO LIST:

1. It is choice what angle on the camera you will do as long I can see you throw toward to your partner and receive it.
2. After you finish your video please send you output on the designated email or site of our school.
3. Please practice your next activity which is receiving or catching the disc

NOTE:

Again you can ask help on your brother and sister to enable to practice better.