Kyle McManus

List of What the Students Should be able to Know and Do

**Psychomotor:**

-Backhand Pass

-Forehand/ Flick Pass

-Hammer Pass

-Strong defensive stance

-Basic (two hand) Pancake catch

-One handed catch

-Be able to probably time a jump

**Cognitive**

-Know the rules of game

-Understand the health benefits of playing

-Know strategy and technique

-Know the cues for all the throws

-Know the safety concerns and regulations

-Briefly know the history of the sport

-Know where they can go to find a league

-Know how to go about signing up for that league

-Know the proper Frisbee used for the game.