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ULTIMATE FRISBEE

RESEARCHING – ANALYSING – RELATING - REFLECTING- QUESTIONING – COMPARING - INFERRING

1. ORIGIN:

- What country is this sport from?
It's from USA.
- What countries has it spread?
More than 90 countries play this sport, especially in North America and in Europe.
- How and why was it born?
The Frisbee Pie company was founded 1871, by William Russell. It was created thanks to the game that the students from Connecticut played. They threw a pie mold and yelled out frisbee.
- What kind of people used to practice it?
Students from the university.
- When was it introduced in your country?
The first Spanish teams appeared in the 90's.

2. EVOLUTION AND IMPACT.

- How many people practice it nowadays?
It's played in over 90 countries all over the world.
- How much do you know about: A) This sport. B) Its rules?

It's a sport that is practice with a flying disc, it's a mix of soccer, American football and basketball. The teams are made up of seven players with at least 3 females.

The goal of this game is to catch the frisbee in the others team's zone(like soccer) so you score a point. When the player catches the frisbee, he or she can't move and they have 10 sec to pass the disc to another player. The game ends when a team gets to 15 points.

- How many people do you know that practice it at a certain level?
No, we don't know anyone that practises this sport.
- Have you heard or do you know any athletes that have taken part, won or finished the race in a good position?
No, we don't know anybody.

3. RESOURCES: FACILITIES/ SPACE AND EQUIPMENT NECESSARY TO PRACTICE IT

- How does living in a rural area or in a bigger city affect your sports practice?
If you live in a rural area it is easier to find a place to practice this sport because there is more space to do it than in a city.
- Is it possible to practice it with respect to:
 - **The access to the place where people can practice it.**
 - **The economic cost it implies.**
 - **The equipment required.**
 - **What changes should we introduce concerning space and equipment in order to make this sport more available with respect to our specific context: our school, our neighbourhood, our parks?**
- We would have to make a smaller field, in a sports center, and have bigger teams.

- The required equipment is a frisbee.

4. SOCIAL/ECONOMICAL/CULTURAL FRAME/LEVEL OF PHYSICAL AND MOTOR SKILL DEVELOPMENT

- Can it be practised at any age: from childhood to elderly people?
Yes, there are no age limits, since the sport relies on the players to observe themselves and how they play.
- Explain the most suitable age to be practised and the least one.
The best age to practice this sport is from 20 to 30 years old, and the least, 30 years old or more.
- Is it appropriate for playing it at your school? Yes, because there isn't any specific equipment needed apart from the hoops, which we already have.
- Take into consideration if all members of our families can exercise it.
Yes, but they wouldn't be very agile.
- What modifications can we introduce so that our families can practise this sport?
Not having to run or jump too much.
- Analyse and explain what the practise of this sport needs to be done:

A- Certain level of **Social, economical and cultural status**, how can this affect? We think it doesn't really affect anything.

B- Can **Genre** (female / male) affect and if so, which way?

Maybe it would affect the way of choosing team members, so that the team is well balanced.

C-Can good **physical condition** affect and in which way?

Yes, to be good at this sport it is important to be agile and be able to move around quickly.

D-Can different level of motor skill development affect the practise and if so , which way? Yes, you have to be quick when catching the frisbee and you have to have quick responses.

5. RULES AND CONTEXT

- Explain: Are the rules easy or difficult to obey?
 - They are hard to obey because there are ten strict rules and they are difficult to learn.
- What can we modify to make them easier?
 - We can change the fact that there is no referee.
- Think about different situations we can find and how we can manage them.
 - We can find that the person attacking touches the player who defends.

PHSYCOLOGICAL DISABILITY PHYSICAL DISABILITY GENRE
SOCIO-ECONOMICAL SITUATION
SOCIO-CULTURAL SITUATION

- Analyze the individual characteristics of the people in your group and how these ones can affect the game.
 - All of us are pretty agile, but we aren't necessarily great at this sport.

- Which rules would you change according to the peculiarities of your group or which measures can we introduce so that the game can be more inclusive or equal?
We would like the possibility of being able to take three steps, and we would like there to be a referee.

*Juan Salamanca, Luna Gallego de Lerma Sas,
Jímena Martín y Manuela Montes*

ULTIMATE FRISBEE

- **ORIGIN:**

- What country is this sport from?

It's from Bridgeport (USA)

- What countries has it spread?

It has spread in Spain, Portugal, Italy, France, Finland, USA, Czech Republic, Colombia and Scotland.

- What are the reasons why it has reached over there and not over other places?

We don't know

- How and why was it born?

It was founded in 1985 by the European Flying Disc Federation and it was founded for internationalize the regulation of disc sports

- What kind of people used to practice it

It can be practise by girls and boys, the social status doesn't matter

- When was it introduced in your country?

In Spain it was introduced in the 90s and the first competition it was in 2001 with a team called "patatas bravas".

- How was it introduced?

In 1871 William Russel Frisbie founded a company, where some students throw plates and they used "Frisbee" to alert people when they throw them.

After this, they started to throw cakes and in 1948, Frederick Morrison, designed a flying disc made by plastic to resist shocks and to play with it.

- Who was it introduced by?

It was found by the World Flying Disc Federation (WFDF), is a federation formed by different national associations of the flying disc that organize different matches and they make the rules

- **EVOLUTION AND IMPACT.**

- How many people practice it nowadays?

Nearly 300 million people

- How much do you know about:

- A) This sport.

The Ultimate Frisbee is a team sport that is played between two teams of 7 players (or 5 in beach mode) plus substitutes and a frisbee.

- B) Its rules?

The objective of the game is to score points. A point is scored when a pass is received within the scoring area.

The flying disc is moved only by passes or throws, as the shooter is not allowed to walk or run with the disc.

When a pass is incomplete, intercepted, blocked, thrown to the ground or makes contact with one of the areas off the ground there is a change of possession.

To start a game one of the two teams puts the disc into play, throwing it as far as possible, without leaving the field limits.

In the place where the disk falls to the ground the receiving team obtains possession of it and thus becomes the attacking team; The other team will therefore be the defending team.

- Has a championship been held in your town or nearby? How often? Is it important? (National/ International/ Provincial)

No

- How many people do you know that practice it at a certain level? What is the purpose to practice it: for competitions/ leisure/ social relationships/ others?

Do not know anyone. It is practiced to improve in this sport.

- Have you heard or do you know any athletes that have taken part, won or finished the race in a good position?

No

- Focusing on your district and your province: What do you think it is the impact and the importance of practicing this sport: A) For the athletes and their clubs; B) For the place where it is held?

I don't know

- **RESOURCES: FACILITIES/ SPACE AND EQUIPMENT NECESSARY TO PRACTICE IT**
- How does living in a rural area or in a bigger city affect your sports practice?...
It does not affect if you have an area to practice sports.
- Is it possible to practice it with respect to:
 1. The access to the place where people can practice it.
 2. The economic cost it implies.
 3. The equipment required.

Of course you can practice it. You only need a public area where to practice it (sports center) and a frisbee so the economic cost is very low.

ULTIMATE FRISBEE

RESEARCHING

1. ORIGIN:

⑩ What country is this sport from?

- Ultimate was developed in 1968 by a group of students at Columbia High School in Maplewood, New Jersey.

⑩ What countries has it spread?

In Spain, Portugal, Italy, France, Finland, Usa, Czech Republic, Germany, Colombia, Scotland . and others spanish-speaking countries.

⑩ What are the reasons why it has reached over there and not over other places?

Because it was a beach sport and and it became popular in those countries.

⑩ How and why was it born? It might be due to different reasons: i.e., because of a certain necessity; as a way of life; as a means of territorial defence; as a kind of entertainment for one's free time; etc.

In 1981 the Europwan Flying Disc Federation was formed. In 1984 the World Flying Disc Federation was formed, it was formed by the European Flying Disc Federation to internationalize the regulation of disc sports.

⑩ What kind of people used to practice it?

People who have good physical ability and who are skilled.

⑩ When was it introduced in your country?

The first Spanish teams emerged in the second half of the 90s.

⑩ How was it introduced?

In the 70s they arrive in Spain and start selling. Some of the most influential people in these years buy their first albums. It begins to become popular and people start playing with them. Finally in 1979 the Spanish Frisbee Association is created, based in Bilbao.

⑩ Who was it introduced by?

Morrison.

2.EVOLUTION AND IMPACT:

How many people practice it nowadays?

In Spain play 900 persons.

- How much do you know about: A) This sport. B) Its rules?

A) The rules.

B) The objective is to move the frisbee through passes (it is not allowed to run with the disc in the hand), to the opposite goal area, without falling to the ground, avoiding the interception of the pass by the opposing team.

The team that scores the most points at the end of the match is the winner.

- Has a championship been held in your town or nearby? How often? Is it important? (National/ International/ Provincial)

National: Santander, Canarias, Valencia and Bilbao in 2016.

- How many people do you know that practice it at a certain level?

What is the purpose to practice it: for competitions/ leisure/ social relationships/ others?

**No, we don't know any.
Enjoy with this.**

- Have you heard or do you know any athletes that have taken part, won or finished the race in a good position?

No, we don't heard nothing.

- Focusing on your district and your province: What do you think it is the impact and the importance of practicing this sport: A) For the athletes and their clubs; B) For the place where it is held?

A) They can travel around the world.

B) So people who practice that sport and have competitions there can take advantage and know that place.

3.RESOURCES: FACILITIES/ SPACE AND EQUIPMENT NECESSARY TO PRACTICE IT:

How does living in a rural area or in a bigger city affect your sports practice?

If you live in a city you have more opportunities to succeed.

- Is it possible to practice it with respect to:

- The access to the place where people can practice it.
- The economic cost it implies.
- The equipment required.

Yes.

What changes should we introduce concerning space and equipment in order to make this sport more available with respect to our specific context: our school, our neighbourhood, our parks?

Anyone.

4. SOCIAL/ECONOMICAL/CULTURAL FRAME/LEVEL OF PHYSICAL AND MOTOR SKILL DEVELOPMENT

Can it be practised at any age: from childhood to elderly people? **Depends of your physical capacity.**

● Explain the most suitable age to be practised and the least one. **14-25**

● Is it advisable and suitable to be practised at your school?

Yes, for know new sports.

Explain why by giving details. What varieties can we adopt to make it more adegadequate to the environment we live?

We don't understand the question.

● Take into consideration if all members of our families can exercise it. What modificactions can we introduce so that our families can practise this sport.?

We don't change anything.

● Analise and explain what the practise of this sport needs to be done:

A- Certain level of Social,economical and cultural status (low – medium – high), how can this affect?

Yes.

B- Can Genre (female / male) affect and if so, which way?

No.

C- Can good physical condition affect and which way?

Yes, if you are thin you can play better than other that are obsessed.

D- Can different level of motor skill development affect the practise and if so , which way?

Yes, if you are invalid, you can play.

You can't run, catch the disc, etc.

5. RULES AND CONTEXT

Explain: Are the rules easy or difficult to obey?

Easy, because they are easy to learn.

What can we modify to make them easier?

Nothing.

● Think about different situations we can find and how we can manage them.

(different abilities both physical or psycological, different family environment)

If a person with down syndrome wants to play this sport, he should play with people with the same conditions.

PHSYCOLOGICAL DISABILITY PHYSICAL DISABILITY GENRE
SOCIO-ECONOMICAL SITUATION
SOCIO-CULTURAL SITUATION

● Analyze the individual characteristics of the people in your group and how these ones can affect the game.

we all have the same characteristics

WHICH RULES WOULD YOU CHANGE ACCORDING TO THE
PECULIARITIES OF YOUR GROUP OR WHICH MEASURES CAN WE
INTRODUCE SO THAT THE GAME CAN BE MORE INCLUSIVE OR
EQUAL?

anyone

WORK ERASMUS.

1.ORIGIN

The history of the flying disc begins around 1903 in the Californian city of Bridgeport when groups of Young people, to have fun, began to throw each other the molds of the cakes manufactured by the company Frisbie Pie Company. The history of the Frisbie in Spain began in the 70s. 35 years ago the Spanish association of frisbie based in Bilbao was created and created by a group of fans.

2.EVOLUTION AND IMPACT.

How many people practice it nowadays? Ultimate frisbee is played in more than 80 countries by an estimated 7 million of men and women, girls and boys.

How much do you know about: A) This sport. B) Its rules?

The Ultimate Frisbee is a sport modality that is practiced with a flying disc.

Specifically, the Ultimate Frisbee, or simply Ultimate, is a non-contact, self-refereed sport played with a flying disk of 175 grams in weight, and 27,5cm in diameter.

Two teams of seven players compete on a playing field of approximate dimensions to those of a soccer field but narrower. At each end of the field there is an endzone. Each team defends zone. A goal is scored if a player picks up a disc in the opposite zone.

The player with the disc is the pitcher. The pitcher cannot run with the disc. The disc, however, moves by passing it in any direction to a teammate.

The defending team takes possession of the disc if a pass is not caught by a player from the pitcher's team. Then the defending team becomes the attacking team and can try to score in the opposite zone.

Has a Championship been held in your town or nearby? No. How often? Is it important? There aren't championships.

How many people do you know that practice it at a certain level? We don't know anyone. What is the purpose to practice it? We suppose that they train for the competitions.

Have you heard or do you know any athletes that have taken part, won or finished the race in a good position? No, we don't know anyone.

Focusing on your district and your province: What do you think it is the impact and the importance of practicing this sport: A)For the athletes and their clubs.B)For the place where it is held? In our town there aren't any competitions or clubs so we can't know all this questions.

3.RESOURCES: FACILITIES/SPACEAND EQUIPMENT NECESSARY TO PRACTICE IT

How does living in a rural area or in a bigger city affect your sports practice? Because in a rural place you can exercise in a healthier way since the air is not contaminated and in cities there is more variety of sports than in rural.

Is it possible to practice it with respect to:

- The access to the place where people can practice it.
If you can enter the site where it is practiced.
- The economic cost it implies
There is no economic cost.
- The equipment required.
You don't need any equipment to play it.
- What changes should we introduce concerning space and equipment order to make this sport more available with respect to our specific context: our school, our neighborhood, our parks?

4.SOCIAL/ECONOMICAL/CULTURAL FRAME/LEVEL OF PHYSICAL AND MOTOR SKILL DEVELOPMENT

_Can it be practiced at any age: from childhood to elderly people?

It is played at a young age until 40.

_Is it advisable and suitable to be practiced at your school?

Explain why by giving details. What varieties can we adopt to make it more adequate to the environment we live?

Yes, because it is an equal sport and it does not take much skill and physical form to play it and does not discriminate against anyone.

_Take into consideration if all members of our families can exercise it. What modifications can we introduce so that our families can practice this sport?

That the field is smaller and that they are all players of a similar age so that there is not much difference in the markings.

_Analyse and explain what the practice of this sport needs to be done:

A) Certain level of **Social, economical and cultural status**(low_medium_high), how can this affect?
Does not affect.

- B) Can **Genre** (female, male) affect and if so, which way? If can't affect anything.
- C) Can good physical condition affect and which way? Cannot affect the physical condition because there is no contact.
- D) Can different level of motor skill development affect the practiced and if so, which way? Not because it is an equal sport.

5.RULES AND CONTEXT

Most are easy to obey. To make them easier we could run with the frisbee in hand since the rules put the opposite. If he were in a wheelchair, the player could play alone, otherwise he would play with help, like all players who do not have a physical condition like the others. We will all respect the rules even if you find one that is hard for use to respect, and maybe if we fail some and that will make some of the group angry.

Made by Claudia, Alba, Roberto and Nerea.

ULTIMATE FRISBEE

1. ORIGIN

- What country is this sport from? What countries has it spread? What are the reasons why it has reached over there and not over other places?

The Ultimate frisbee was founded in 1871 in Bridgeport, Connecticut.

The Ultimate frisbee spread in Spanish-speaking countries, was popularized in South America, especially in Venezuela, Colombia and Argentina.

- How and why was it born? It might be due to different reasons: because of a certain necessity; as a way of life; as a means of territorial defence; as a kind of entertainment for one's free time; etc.

The Ultimate Frisbee was founded in 1871 by William Russell Frisbee and it was born because a lot of universities of United States had teams of Ultimate Frisbee. In 1976, a championship made this sport popular.

- What kind of people used to practice it (concerning their professions, social status...)?

The people that practice this sport used to be university students and teenagers.

- When was it introduced in your country? How was it introduced? Who was it introduced by?

The first Spanish teams emerged in the second half of the 1990s. In 2001 their first championship was played.

It was introduced in Spain because it was so popular that in Pais Vasco they started playing it so it became very famous.

Although the Spanish Ultimate Association was founded in 1979, a group of Canarian's friends founded the first team in 1985.

2. EVOLUTION AND IMPACT.

- How many people practice it nowadays?

An estimated 7 million of people practice it around the world.

- How much do you know about: A) This sport. B) Its rules?

A) It is a team sport played between 2 teams of seven players. Gather some elements of soccer, basketball and American football, but replacing the ball with a frisbee. He is the referee.

B) 1. The pitch is rectangular (100 X 37 meters) with a goal zone at each end (18 meters each).

2. The teams consist of 7 judsros each located on the front line of their goal zone.

3. The defending team throws the disc.

4. One point is earned each time the offensive team completes a pass within the goal zone.

5. The disc can move in any direction.

6. You cannot run with the disc in your hand.
7. The person who has the disc has 10 seconds of possession, that is, he has 10 seconds to pass it to another partner.
8. When a pass is not completed (the disc goes out of the field, a player is dropped, there is blockage, or an interception), the defending team immediately goes into possession of the disc and initiates the attack.
9. When there is contact between players there is a foul that causes the loss of possession of the disc, the game is restarted maintaining that possession. If there is no agreement between the players who commit/ receive the foul, the play returns to its beginning.
10. The contact between players is not allowed, if a foul was not committed.
11. Each player is responsible for marking the fouls he deems necessary and for resolving any disputes that may arise. You are not the referee.

- Has a championship been held in your town or nearby? How often? Is it important? (National/ International/ Provincial)

No, in Palencia and in Aguilar there is no Ultimate Frisbee team.

- How many people do you know that practice it at a certain level? What is the purpose to practice it: for competitions/ leisure/ social relationships/ others?

We don't know anyone who practices this sport.

- Have you heard or do you know any athletes that have taken part, won or finished the race in a good position?

Gemma Perez is a Spanish commanding a professional frisbee team.

- Focusing on your district and your province: What do you think it is the impact and the importance of practicing this sport: A) For the athletes and their clubs; B) For the place where it is held?

A. For the athletes it is a lifestyle and for clubs they win economically.

B. It is an economic benefit for the whole town and surroundings.

3. RESOURCES: FACILITIES/ SPACE AND EQUIPMENT NECESSARY TO PRACTICE IT

- How does living in a rural area or in a bigger city affect your sports practice?

If you live in a rural area there is no official team and you will have more problems to be a professional athlete and in the city you can find a good ultimate frisbee team.

- Is it possible to practice it with respect to:

- The access to the place where people can practice it.
- The economic cost it implies.
- The equipment required.

You can practice this sport since Access to the field is not necessary to go to the mountain or to a coastal area you only need a flat splanade.

It doesn't need excessive economic cost and doesn't need much equipment.

- What changes should we introduce concerning space and equipment in order to make this sport more available with respect to our specific context: our school, our neighbourhood, our parks?

One thing that we should change is the measure of the field because for the professionals it is fine but if you want to play in a town it is very difficult to find the esplanade large enough to be able to play with the measures that are right now and for example in a school the children would get very tired running in such a large field and their frisbee pitches would not get very far.

4. SOCIAL/ECONOMICAL/CULTURAL FRAME/LEVEL OF PHYSICAL AND MOTOR SKILL DEVELOPMENT

- Can it be practiced at any age: from childhood to elderly people?

It can be practiced from childhood to adulthood more or less.

- Explain the most suitable age to be practiced and the least one.

Most recommendable age are from 10 to 45.

- Is it advisable and suitable to be practiced at your school? Explain why by giving details. What varieties can we adopt to make it more adequate to the environment we live?

Is advisable because in our school all the ages that are in it are good to play ultimate frisbee, because we are very active, and we enjoy a lot playing this sports and working like a team. We think that this sport don't have a big impact to the environment.

- Take into consideration if all members of our families can exercise it. What modifications can we introduce so that our families can practice this sport?

We will put a smaller pitch, change some rules to make the sport more easy-going and funny to them and play a match that lasts less time.

- Analyse and explain what the practice of this sport needs to be done:

- A. Certain level of **Social, economical and cultural status** (low – medium – high), how can this affect?

This can affect you for example, if you and your family have too much money, you have more possibilities to get into a better team but also if you are very good in this sport you also can get into a good team.

- B. Can **Genre** (female / male) affect and if so, which way?

We think that the genre doesn't mind.

- C. Can good physical condition affect and which way?

Yes, this is an important factor to be a professional athlete because if you don't have good physical you will find it more difficult and a lot of problems, for example, you can't play a good match because you will get tired very soon.

- D. Can different level of motor skill development affect the practice and if so, which way?

Yes, because it's essential.

5. RULES AND CONTEXT

- Explain: Are the rules easy or difficult to obey? What can we modify to make them easier?

In general the rules are easy to follow, but a bit extensive.

If there were a referee everything would be easier, but the essence of the game would be lost (Spirit of the Game).

- Think about different situations we can find and how we can manage them.
(Different abilities both physical or psychological, different family environment)

PHYSIOLOGICAL DISABILITY PHYSICAL DISABILITY GENRE

If all players agree, the player with that disability may play and the rules will be modified.

Another option is to bring people willing to help and explain the rules already adapted.

SOCIO-ECONOMICAL SITUATION

One player can't afford economically to play in a team of ultimate frisbee, so in this case the players can help him or her with money collection in the matches.

SOCIO-CULTURAL SITUATION

Someone is discriminated because of their origin, the solution is that all teams are heterogeneous and have people from different places and cultures.

- Analyze the individual characteristics of the people in your group and how these ones can affect the game.

There are very competitive people and that could lead to discussions and disagreements.

There are also people who don't like sports and that could harm the entire team.

WHICH RULES WOULD YOU CHANGE ACCORDING TO THE PECULIARITIES OF YOUR GROUP OR WHICH MEASURES CAN WE INTRODUCE SO THAT THE GAME CAN BE MORE INCLUSIVE OR EQUAL?

Since we aren't going to play a real competition the ideal thing would be for there to be a referee and for the rules to be simplified and even some to eliminate.