

Philipp, Louis, Paul, Christina, Katja, Pascal

## Part A

### Ultimate Frisbee

1. Ultimate Frisbee came from the USA
2. Students from the Columbia Highschool invented Ultimate Frisbee and spread it in west America.
3. Two students from the Columbia Highschool born the sport Ultimate Frisbee, because they were bored during their studies. But Ultimate Frisbee became more popular than the students thought.
4. Ultimate Frisbee was formerly a sport that only students had practised.
5. Since 1980 ultimate Frisbee is introduced in Germany

Ultimate Frisbee:

Part C:

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

↳ In a bigger city we have more teams and more people, who play Ultimate Frisbee. In a rural area we have more place to play it outside, but not so many people.

2. Is it possible to practise it with respect to:

- The access to the place where people can practise it.

- The economic cost it implies.

- The equipment required.

↳ They need a big matchfield

- 15,95 €

- They need a Frisbee

3. Answer: We need more information about Ultimate Frisbee in our daily life also we need more Frisbees, because we only play ball sports and we have to know that Frisbee is not only a summer sport for fun, because we can play it in a real team.

D:

1. Yes, you only have to be sporty.

2. There is no suitable age, you just have to meet the claims.

3. ?

4. Do general sport and explicitly catch and throw exercises for practise.

5. a=the only thing you need to do this sport is a Frisbee and a place to do so  
social, economic and cultural status are not important.

b=No.

c=Yes so you can run faster and catch the Frisbee easier.



Names students:

1 Fabian *Fabian*  
2 Emma *Emma*  
3 Joel *Joel*  
4 *Joanna* *Bianca*

## RESEARCHING – ANALYSING – RELATING – REFLECTING. QUESTIONING – COMPARING – INFERRING

### Ultimate Frisbee

You must do a research in order to answer the following questions!!

#### A. ORIGIN

- What country is this sport from?  
Answer: USA
- What countries has it spread?  
Answer: British Empire, Europe, Japan, Russia, South America, China
- What are the reasons why it has reached over there and not over other places?  
Answer:
- 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.  
Answer: The sport was born because some students from the Columbia High School were bored. They wanted a new kind of sport. So they mixed American Football with Basketball.
- What kind of people used to practise it (concerning their professions, social status...)?  
Answer: groups of students
- When was it introduced in your country?  
Answer: 1981
- How was it introduced?  
Answer: very good
- Who was it introduced by?  
Answer: by my teacher

#### B. EVOLUTION AND IMPACT

- How many people practise it nowadays in your country?  
Answer: 5.2 million people
- How much do you know about: A) This sport. B) Its rules?  
Answer: a little
- Has a championship been held in your town or nearby? How often? Is it important? (National/ International/ Provincial).

Answer: Not nearby

- How many people do you know that practise it at a certain level? What is the purpose to practise it: for competitions / leisure / social relationships / others?  
Answer: I don't know anyone.

- Have you heard or do you know any athletes that have taken part, won or finished the race in a good position?  
Answer: No.

- Focusing on your district and your province: What do you think it is the impact and the importance of practising this sport: A) For the athletes and their clubs; B) For the place where it is held?  
Answer: I don't think it's a well known sport here.

#### C. 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?  
Answer: They often go to the gym. No venues (common)
- Is it possible to practise it with respect to:
  - The access to the place where people can practise it. X
  - The economic cost it implies.
  - The equipment required.

Answer:

- 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?  
Answer:

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

- Can it be practised at any age: from childhood to elderly people?  
Answer: Yes.
- Explain the most suitable age to be practised and the least one.  
Answer: 13 – 40 years
- Is it advisable and suitable to be practised at your school? Explain why by giving details. What varieties can we adopt to make it more adequate to the environment we live?  
Answer:
- Take into consideration if all members of our families can exercise it. What modifications can we introduce so that our families can practise this sport?  
Answer: No, some family members can't run.
- Analyse and explain what the practice of this sport needs to be done:
  - A- Certain level of social, economic and cultural status (low – medium – high), how can this affect?  
Answer:
  - B- Can genre (female / male) affect and if so, which way?  
Answer: Yes, males are stronger.
  - C- Can good physical condition affect and which way?  
Answer: Yes you can run better.

Joel Niefer

6. For the clubs and their players is it very important to practise this sport, because of the endurance. And it's also important to have that place where you play this sport.

C.

7. People who live in a bigger city using more cycles or walking more than people who live in a small town they need to drive with their car because of the distance to shops or gyms.

3. Yes of course is it possible for example a Meadow.

D  
1. Yes of course if you are fit enough but I think the maximum age is 65 years.

2. 10-40

3. Of course is it suitable because you can play it with your friends.



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Names students:

1. BOE
2. ABISHA
3. QELLE
4. JESSICA

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

### Ultimate Frisbee

You must do a research in order to answer the following questions!!

#### A. ORIGIN

1. What country is this sport from?  
Answer: USA (New Jersey)
2. What countries has it spread?  
Answer: What are the reasons why it has reached over there and not over other places?  
Answer: It has reached America, because the sport was founded there.
3. 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.  
Answer: Free time
4. What kind of people used to practise it (concerning their professions, social status...)?  
Answer: Everyone
5. When was it introduced in your country?  
Answer: 1978
6. How was it introduced?  
Answer: they wanted a mix (American football, soccer, basketball)
7. Who was it introduced by?  
Answer: group of students

#### B. EVOLUTION AND IMPACT

1. How many people practise it nowadays in your country?  
Answer: about 4500
2. How much do you know about: A) This sport. B) Its rules?  
Answer: You can throw it, but that was it
3. Has a championship been held in your town or nearby? How often? Is it important? (National/ International/ Provincial).  
Answer: No

4. How many people do you know that practise it at a certain level? What is the purpose to practise it: for competitions / leisure / social relationships / others?  
Answer: 0

5. Have you heard or do you know any athletes that have taken part, won or finished the race in a good position?  
Answer: No

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

Answer: You improve your throwing techniques and you get a feeling of freedom.

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

1. How does living in a rural area or in a bigger city affect your sports practice?  
Answer: Living in a rural area is better because you have more space.
2. Is it possible to practise it with respect to:

- ☒ The access to the place where people can practise it. X
- ☐ The economic cost it implies.
- ☐ The equipment required.

Answer: —

3. 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?

Answer: offer it (sport lessons) frisbee fields and buy more equipment

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

1. Can it be practised at any age: from childhood to elderly people?  
Answer: Everyone can practise it
2. Explain the most suitable age to be practised and the least one.  
Answer: Six years (you know the rules) oldest: open
3. Is it advisable and suitable to be practised at your school? Explain why by giving details. What varieties can we adopt to make it more adequate to the environment we live?  
Answer: Yes, we have the resources and the place
4. Take into consideration if all members of our families can exercise it. What modifications can we introduce so that our families can practise this sport?  
Answer: make it more interesting / advertisement
5. Analyse and explain what the practice of this sport needs to be done: (organization)

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

Answer: Yes, because you can work better

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

Answer: Yes, because males are stronger

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

Answer: Yes, because you can react better.

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

Answer: Yes, because of the concentration

#### E. RULES AND CONTEXT

1. Explain: Are the rules easy or difficult to obey? What can we modify to make them easier? It's easy but to make it easier you can change the rule that the players may run with the disc.

Answer: rule that the players may run with the disc.

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

a. (different abilities both physical or psychological, different family environment)

PSYCHOLOGICAL DISABILITY, PHYSICAL DISABILITY, GENRE

SOCIO-ECONOMIC SITUATION you can make it easier with less rules.

SOCIO-CULTURAL SITUATION you can make the field smaller.

Answer:

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

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?

Answer: Most don't know these sport, but we had no idea that this is a real sport with a team.

=====



Names students:

- 1 Sophie S. ....
- 2 Sophie F. ....
- 3 Simon .....
- 4 Hannah .....

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

### Ultimate Frisbee

You must do a research in order to answer the following questions!!

#### A. ORIGIN

1. What country is this sport from?

Answer: USA

2. What countries has it spread?

Answer: British Empire, Europe, Japan, Russia, South America, China (more than 40 countries)

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

Answer: *they devel cause maybe the people there are more sporty*

4. 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.

Answer: *American students wanted to play something when they were bored*

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

Answer: groups of students

6. When was it introduced in your country?

Answer: 1981

7. How was it introduced?

Answer: *very good*

8. Who was it introduced by?

Answer: *by my teacher - by american students at columbia high school*

#### B. EVOLUTION AND IMPACT

1. How many people practise it nowadays in your country?

Answer: 5.2 million people

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

Answer: a little

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

Answer: Not nearby

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

Answer: I don't know anyone.

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

Answer: No.

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

Answer: I don't think it's a well-known sport here.

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

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

Answer: In bigger cities it's easier to do sports that not everybody knows.

2. Is it possible to practise it with respect to:

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

Answer:

3. 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?

Answer: I think you should be able to get a frisbee everywhere that doesn't cost anything.

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

1. Can it be practised at any age: from childhood to elderly people?

Answer: Yes, but old people have more problems with running.

2. Explain the most suitable age to be practised and the least one.

Answer: most suitable: 12-20 last: 40-45

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

Answer: Yes, it is.

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

Answer:

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

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

Answer:

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



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Names students:

- 1 Leonie
- 2 Kristina
- 3 Brianna
- 4 Ricarda

5 Leonie

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

### Ultimate Frisbee

You must do a research in order to answer the following questions!!

#### A. ORIGIN

1. What country is this sport from?  
Answer: USA
2. What countries has it spread?  
Answer: USA, Canada
3. What are the reasons why it has reached over there and not over other places?  
Answer: They developed it.
4. 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.  
Answer: American students wanted to play something because they were bored.
5. What kind of people used to practise it (concerning their professions, social status...)?  
Answer: Teachers. Students were the first people that started playing it.
6. When was it introduced in your country?  
Answer: 1979
7. How was it introduced?  
Answer: Founding of Deutscher Frisbee Sport Verband
8. Who was it introduced by?  
Answer: Deutscher Frisbee Sport Verband

#### B. EVOLUTION AND IMPACT

1. How many people practise it nowadays in your country?  
Answer: 15 000
2. How much do you know about: A) This sport. B) Its rules?  
Answer: a) It's a team sport. B) If the frisbee falls to the floor it's the other team's turn.

3. Has a championship been held in your town or nearby? How often? Is it important? (National/ International/ Provincial).  
Answer: No.
4. How many people do you know that practise it at a certain level? What is the purpose to practise it: for competitions / leisure / social relationships / others?  
Answer: I don't know anyone.
5. Have you heard or do you know any athletes that have taken part, won or finished the race in a good position?  
Answer: No.
6. Focusing on your district and your province: What do you think it is the impact and the importance of practising this sport: A) For the athletes and their clubs; B) For the place where it is held?  
Answer: a) Practising enough. B) a sports hall

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

1. How does living in a rural area or in a bigger city affect your sports practice?  
Answer: In my town you can't play it. In a big city you can play it.
2. Is it possible to practise it with respect to:  
  - o The access to the place where people can practise it. X
  - o The economic cost it implies.
  - o The equipment required.
 Answer: The first one.
3. 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?  
Answer: More advertisement. Then you will not get better.

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

1. Can it be practised at any age: from childhood to elderly people?  
Answer: Yes.
2. Explain the most suitable age to be practised and the least one.  
Answer: 9 – 70 years
3. Is it advisable and suitable to be practised at your school? Explain why by giving details. What varieties can we adopt to make it more adequate to the environment we live?  
Answer: Nobody wants to play it.
4. Take into consideration if all members of our families can exercise it. What modifications can we introduce so that our families can practise this sport?  
Answer: A smaller field.
5. Analyse and explain what the practice of this sport needs to be done:  
 A- Certain level of social, economic and cultural status (low – medium – high), how can this affect?  
 Answer: medium  
 B- Can genre (female / male) affect and if so, which way?  
 Answer: Yes, both.  
 C- Can good physical condition affect and which way?