

**Introduction to Disc Sports and Disc Golf Leader Award (KS 2, 3, 4)**  
**Please note this course is suitable for Teaching Assistants & Cover Supervisors.**

Code Ref: **ECS H3**

Date: Monday 15<sup>th</sup> March 08.30-12.30    Venue: Easton College, Norwich

**Course Context/Audience/Objectives:**

**Introduction to Disc Sports-** Learn fundamental throwing and catching techniques, plus advanced flight control and to play skills. This session covers a wide range of fun and dynamic throw and catch games, events target games, flow drills and Ultimate Frisbee. These fun activities can be played indoor or outdoor as out of school club activities or within curriculum lessons. This will be a practical session so please bring suitable clothing.

**Delegates will receive:**

Disc Sports Pocket Handbook – illustrated guide to Frisbee skills and games with curriculum links.

---

**Please be advised a pack lunch will be required in order to allow for a more flexible working day.**

Course Organiser: Keren Thompson
Course Tutor: Chris O'Brien
Phase: KS2, 3, 4
Fee: £75.00

**How to book:**

To apply for a place on this activity please visit our website at:

<http://www.schools.norfolk.gov.uk/go/PE>

or

Complete a booking form and return it to:

Claire Burrows

Children's Services

Turner Road Centre

Turner Road

Norwich, NR2 4HB

Telephone: 01603 697000 Fax: 01603 760448

Email: [Claire.burrows@norfolk.gov.uk](mailto:Claire.burrows@norfolk.gov.uk)