



# SEMANA NACIONAL DE FORMAÇÃO

CASTELO BRANCO

2/5 julho 2024



Desporto Escolar



[desportoescolar.dge.medu.pt](https://desportoescolar.dge.medu.pt)





José Pedro Amoroso <sup>1,2,3,4</sup>



## FRISBEE

<sup>1</sup> **ESECS** - Polytechnic of Leiria, 2411-901 Leiria, Portugal;

<sup>2</sup> **CIEQV**- Life Quality Research Center. Polytechnic of Leiria 2411 Leiria, Portugal

<sup>3</sup> **WFDF** - University and School Sport / Youth and Sport Commission

<sup>4</sup> **PNED** – Ambassador since 2018



# O QUE É O ULTIMATE?

<https://www.youtube.com/watch?v=zEKngFBajil&t=5s>

# THE ULTIMATE GAME



# ULTIMATE HIGHLIGHTS INDOOR

<https://www.youtube.com/watch?v=G-GCqlROXD0>





## Flying Disc

On the programme of TWG 2021



# SPORTS OF THE WORLD GAMES

## A Beginner's Guide to Flying Disc

# #14

#RoadtoBHM  
#TWG2021

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# BEACH ULTIMATE HIGHLIGHTS

<https://www.youtube.com/watch?v=E0dNTrL-f5A>



**HIGHLIGHT REEL - DAY 1**



# DOUBLE DISC COURT

<https://www.youtube.com/watch?v=nszaRylOxus&t=3s>











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Grato pela vossa atenção e colaboração



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