



# Ultimate Frisbee e Desportos de Disco nas Escolas



ESCOLA SUPERIOR  
DE EDUCAÇÃO  
E CIÊNCIAS SOCIAIS

**WFDF**

WORLD FLYING DISC FEDERATION



Nome JOSÉ PEDRO SANTOS CADIMA AMOROSO Reg. Acr. CCPFC/RFO-19918/05



## A. Estrutura da Ação



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### **Razões justificativas da ação e a sua inserção no plano de atividades da entidade proponente**

O Ultimate Frisbee e os desportos de disco têm características educativas relevantes no contexto da aprendizagem escolar. A modalidade é dos poucos desportos que é praticado sem árbitro, promovendo a autorregulação e conceitos ligados à Ética no desporto, fundamentais para um crescimento harmonioso e eclético por parte dos alunos. Uma vez que existe uma percentagem significativa de professores sem formação inicial na modalidade, a DGE-Divisão Desporto Escolar pretende proporcionar formação aos professores de EF que os apoie na implementação de unidades didáticas de Ultimate Frisbee na sua atividade curricular, no âmbito do DE e/ou dinamizar atividades ligadas ao DE, uma vez que a modalidade pode ser facilmente implementada nas escolas.

### **Objetivos a atingir**

Consciencializar das características e potencialidades das modalidades de disco nas escolas; Aquisição de conhecimentos específicos sobre aspetos técnicos das modalidades com o uso do disco; Desenvolver estratégias e metodologias de implementação das atividades de disco nas aulas de Educação Física e Desporto Escolar; Criar exercícios/situações/guiões de apoio à implementação do Ultimate e Desportos de Disco nas escolas; Desenvolver nos professores autonomia para aprofundamento do conhecimento da prática da modalidade



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## Conteúdos da ação

1. O que é o Ultimate (2 horas)
2. Regras da Modalidade (1 hora)
3. Características Gerais e Específicas da Modalidade (4 horas)
4. Aspetos Específicos do Ultimate (4 horas)
5. Metodologia de Ensino (3 horas)
6. O SOTG (Spirit of the Game) (1 hora)
7. Unidades Didáticas (2 horas)
8. Planos de Aula (3 horas) 9. O DiscGolf (2 horas)
9. Outras modalidades com o uso de um Disco – Double Disc Court (2 horas)
10. Avaliação (1 horas)



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**Metodologias de realização da ação** As sessões presenciais serão caracterizadas pela realização de atividades teóricas/práticas a realizar pelos formandos, num total de 25 horas. As sessões serão de carácter predominantemente prático, com alguns momentos expositivos/demonstrativos. As atividades serão planeadas de modo a introduzir novos conceitos que serão explorados Duração Horas presenciais: 25 N.º de horas acreditadas: 25 Cód. Dest. 99 Descrição Professores dos Grupos de Recrutamento 260 e 620 DCP 99 Descrição Professores dos Grupos de Recrutamento 260 e 620 pelos formandos, proporcionando uma metodologia de aprendizagem por execução de tarefas. Os exemplos apresentados serão sempre relacionados com situações reais do jogo de Ultimate e Desportos de Disco.

**Regime de avaliação dos formandos** A avaliação dos formandos é feita de modo contínuo com base na participação nas sessões. No final, propõe-se a realização de uma reflexão escrita em que seja revelada a consolidação dos conteúdos abordados, evidenciando a aplicação em contexto das temáticas tratadas durante a formação. Os formandos serão avaliados de 0 a 10 valores, conforme Carta Circular n.º 3 de 2007, utilizando os parâmetros de avaliação estabelecidos pelos formadores e respeitando todos os dispositivos legais da avaliação contínua.



# B. Enquadramento



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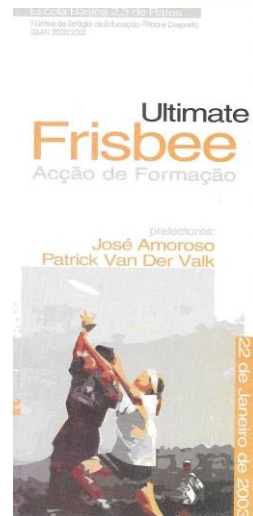
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2000 Ultimate Erasmus Student em Hoogeschool West Vlaanderen, Bruges (Belgium)



2004 (World Beach Ultimate Championship) Figueira da Foz



Horizonte  
MEDIAS  
O "ULTIMATE FRISBEE"  
(A SUA ORIGEM E O SEU DESENVOLVIMENTO)  
por José Amoroso



## ULTIMATE E DESPORTOS DE DISCO NAS ESCOLAS EM PORTUGAL 2014 -2022





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INSTITUTO PORTUGUÊS  
DO DESPORTO  
E JUVENTUDE, I. P.



DESPORTO  
PARATODOS  
PROGRAMA NACIONAL



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# PROJETO ESCOLAR COM A SKODA (2014 – 2015)



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## PROJETO NA ILHA DA MADEIRA (1º CICLO PELO PROFESSOR NUNO CAÇADOR)







## 1º ENCONTRO ESCOLAR (9 DE MAIO 2015)



7 Escolas – 120 Alunos



## 2º ENCONTRO ESCOLAR (6 DE MAIO 2016)



10 Escolas – 190 Alunos



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3º Encontro Escolar (31 de Maio 2017)



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12 Escolas – 220 Alunos



4º ENCONTRO ESCOLAR (2 DE MAIO 2018)

14 Escolas – 360 Alunos



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**ENCONTRO ESCOLAS  
ULTIMATE FRISBEE**

DD - DESPORTO ESCOLAR - PNED - GML - IPLEIRIA/ESECS

**40**

**FAIR PLAY**

✓ **INSCRIÇÕES ATÉ AO DIA 15 DE ABRIL**  
[DE.LEIRIA.RESULTADOS@GMAIL.COM](mailto:DE.LEIRIA.RESULTADOS@GMAIL.COM)

**02 DE MAIO**  
**ESTÁDIO MAGALHÃES PESSOA**  
**LEIRIA(PORTA 2)**

COM A PARTICIPAÇÃO DE + DE 50 ALUNOS DO IPLEIRIA DOS CURSOS DE DBE E TESP

APOIOS/ PARCERIAS



## 5º ENCONTRO ESCOLAR (29 DE MAIO 2019)



10 Escolas  
250 Alunos



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## 6º ENCONTRO ESCOLAR (01 de JUNHO 2022)



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# Projeto Livro nas Escolas



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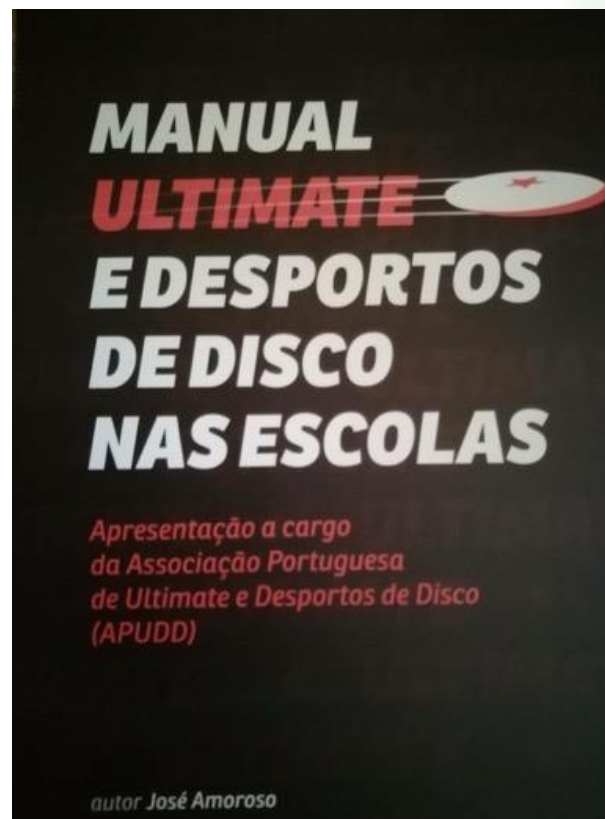
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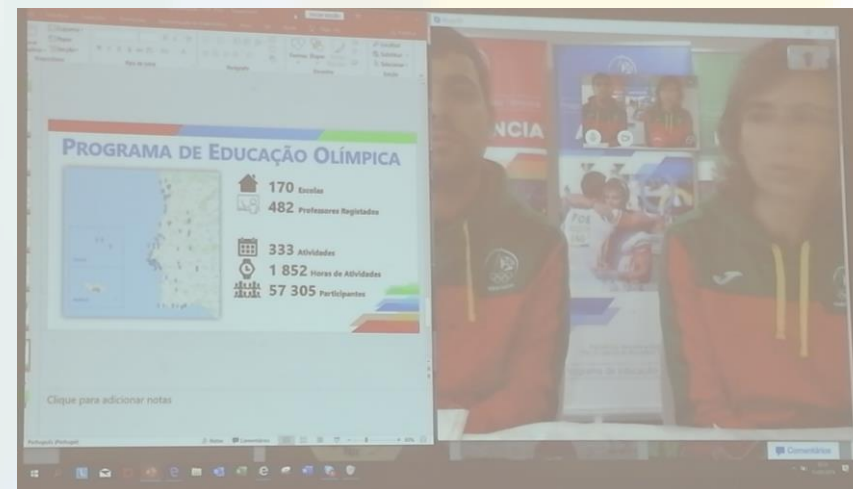
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LANÇAMENTO DO LIVRO (JUNHO 2016)



NOVO MANUAL (MAIO 2019)



# MANUAL ULTIMATE E DESPORTOS DE DISCO NAS ESCOLAS

*Apresentação a cargo  
da Associação Portuguesa  
de Ultimate e Desportos de Disco  
(APUDD)*

autor José Amoroso



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LINK de ACESSO:

[https://www.researchgate.net/publication/338789981\\_Manual\\_Ultimate\\_e\\_Desportos\\_de\\_Disco\\_nas\\_Escolas\\_Apresentacao\\_a\\_cargo\\_da\\_Associacao\\_Portuguesa\\_de\\_Ultimate\\_e\\_Desportos\\_de\\_Disco\\_APUDD](https://www.researchgate.net/publication/338789981_Manual_Ultimate_e_Desportos_de_Disco_nas_Escolas_Apresentacao_a_cargo_da_Associacao_Portuguesa_de_Ultimate_e_Desportos_de_Disco_APUDD)



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SETUBAL  
MUNICÍPIO PARTICIPADO





ULTIMATE E DESPORTOS DE DISCO NO CURRÍCULO DE EF

# PROPOSTA DE INCLUSÃO NOS PROGRAMAS DE EDUCAÇÃO FÍSICA

CICLISMO  
FUTSAL  
SURF  
TAG RUGBY  
ULTIMATE FRISBEE

EQUIPA  
APRENDIZAGENS  
ESSENCIAIS EM  
EDUCAÇÃO FÍSICA



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## PROPOSTA GOVERNAMENTAL – COVID-19 (6 DE JUNHO 2020)

**DESPORTO PARA TODOS**  
**DISCOS NAS ESCOLAS EM TEMPO DE COVID**



COVID - 19

### APUDD 2021

ULTIMATE E DESPORTOS DE DISCO



## COVID-19



### ÍNDICE

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APUDD

José Amoroso  
Nuno Fontes Silva

João Sousa Lopes

1



ÉTICA- Espírito de Jogo

# 6. O SOTG Spirit of the game

## 6.1. O que é o SOTG

Podemos afirmar que se trata de um estado de espírito positivo, consciente, repleto de fair play.

É fundamental ter um conhecimento assertivo sobre as regras, sobre a forma de estar em campo, em ser-se justo, possuir autocontrolo e capacidade de comunicar, independentemente do adversário.

88

## SPIRIT OF THE Game!



\_\_\_\_\_  
Dia

\_\_\_\_\_  
Nome da nossa equipa

### FOLHA DE PONTUAÇÃO DO ESPIRITO DE JOGO

Nome da Equipa Adversária

Toda a sua equipa deve estar envolvida na votação sobre a equipa adversária! Colocar um Círculo num quadrado em cada uma das cinco linhas, somam-se os pontos para determinar a pontuação SOTG da equipa adversária.

#### 1. Conhecimento das Regras e sua utilização

Exemplos: Os adversários interpretaram mal as regras despropositadamente. Mantiveram os limites de tempo. Quando desconheciam as regras, revelaram veracidade na vontade de aprender

Pobre	Insuficiente	Bom	Muito Bom	Excelente
0*	1	2	3	4*

#### 2. Faltas e contacto físico

Exemplos: Evitaram faltas, contactos e jogadas perigosas.

0*	1	2	3	4*
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#### 3. Imparcialidade

Exemplos: Pediram desculpas em situações onde era necessário, informou companheiros de equipa sobre as chamadas erradas / desnecessárias. Apenas chamaram faltas reais.

0*	1	2	3	4*
----	---	---	---	----

#### 4. Atitude positiva e autocontrolo

Exemplos: Foram educados. Jogaram com intensidade adequada, independentemente da pontuação. Deixaram uma impressão geral positiva durante e depois do jogo.

0*	1	2	3	4*
----	---	---	---	----

#### 5. Comunicação

Exemplos: Comunicaram respeitosamente. Eles ouviram. Eles mantiveram a discussão dentro do tempo estabelecido.

0*	1	2	3	4*
----	---	---	---	----

#### Súmula dos resultados

Resumindo os resultados de cada categoria a um número final e escrevê-lo para essas caixas (o resultado final deve ser compreendido entre 0 e 20).

II				
----	--	--	--	--

Pontos totais no espírito

#### Comentários

Se a equipa aferiu 0 \* ou 4 \* em qualquer categoria, por favor, explicar em poucas palavras o que aconteceu. Elogios, e feedback negativos serão transmitidos para as equipas de forma apropriada.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



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## KNOW THE RULES

## AVOID BODY CONTACT

## Be FAIR-MINDED

## enjoy PLAYING

## communicate RESPECTFULLY



# ULTIMATE AT SCHOOLS PROGRAMME TEACHER'S FILE

#FRISBEELIFESTYLE

*for Physical Education Teacher's  
(primary to secondary school)*

author *José Amoroso*



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PARTILHADO EM 103 PAÍSES (JULHO 2020)

LINK de ACESSO:

[https://wfdf.sport/wp-content/uploads/2020/10/ebookprint\\_ultimate\\_final\\_version-2-1.pdf](https://wfdf.sport/wp-content/uploads/2020/10/ebookprint_ultimate_final_version-2-1.pdf)





# Flying Disc Parasport Wheelchair Ultimate

BOOK 1

author  
José Amoroso

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LINK de ACESSO:

[https://www.researchgate.net/publication/357063851\\_Flying\\_Disc\\_Parasport\\_Wheelchair\\_Ultimate - Book1](https://www.researchgate.net/publication/357063851_Flying_Disc_Parasport_Wheelchair_Ultimate_-_Book1)



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SETÚBAL



SETUBAL  
MUNICÍPIO PARTICIPADO



Ciência

José Pedro Amoroso<sup>1,2</sup>; Ricardo Rebelo-Gonçalves<sup>1,2,3</sup>; Raul Antunes<sup>1,2</sup>; Guilherme Furtado<sup>3,4</sup>; João Valente-dos-Santos<sup>3,5</sup>

GENERAL BACKGROUND

The World Flying Disc Federation (WFDF) is the international sports federation responsible for world governance of flying disc (frisbee) sports, which includes: Ultimate, Beach Ultimate, Disc Golf, Freestyle, Guts, and Individual Events (WFDF, 2020).

The 84 member associations reported 162,000 members in 2018 annual census. The largest national Member is the USA, followed by Canada, Australia, Germany, Great Britain, and Japan; 37.6% of the total players are women (WFDF, 2020).

Disc sports continuum, spirit of the game, passion, community and inclusiveness are the values of WFDF (WFDF, 2020).

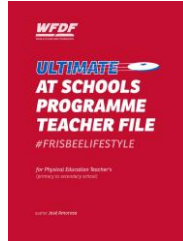


Fig 1. E-book / #frisbeelifestyle.

STATE OF THE ART

Literature regarding Ultimate Frisbee focused on biomechanics of the throwing movement (Sasakawa et al., 2018), physiological responses during UF matches (Weatherwax et al., 2015), sociological impact (Leicht et al., 2019), coach education and coaching models (Croker, 2018), psychological characteristics (Griggs, 2009), and Spirit of the Game (SOTG) (Piepiora et al., 2020). However, very little is known about the real impact specific leadership behaviors not only on performance but other important group dynamic variables such as collective efficacy, leader training to improve intrateam communication and the SOTG in Ultimate Frisbee (UF).

OBJECTIVES

- To review the trends of research regarding UF and correlated psychological domains, surrounding the environment of the game.
To measure competitive UF players' achievement goal orientations.
To study the hypothesis of a positive link between the SOTG and high task orientation of competitive UF players.

COMPREHENSIVE REVIEW OF THE LITERATURE

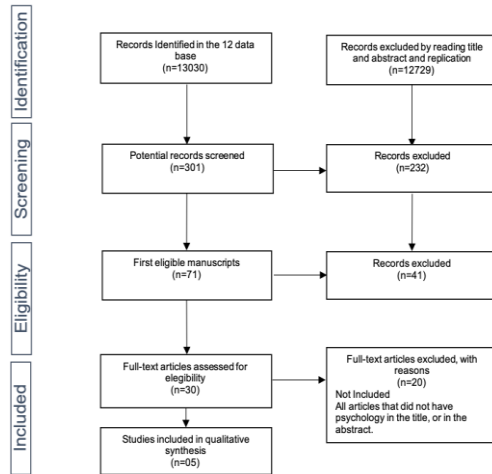


Fig 2. Flowchart of studies included following PRISMA guidelines.

METHODS

The protocol was submitted to PROSPERO database, including every relevant information that will be implemented in the CSR process. In this way, CRD42020169294 is the identification protocol number of the present CSR. During a pilot search, possible additional terms that could be accessed in search assistants were also checked.

The research procedures were carried out between 1st of June to 30th of June 2020 by JPA, guided by the GF, who coordinated the systematic search. The terms selected for systematic search were "frisbee", "flying disc", "frisbee" OR "flying disc", "frisbee" OR "Flying disc" OR "disco voador", "frisbee" OR "Flying disc" AND "sports", "ultimate frisbee".

A measurement tool for the assessment of multiple systematic reviews (AMSTAR) was used. The tool consists of 11 items and has good face and content validity for measuring the methodological quality of systematic reviews (Shea et al., 2007).

RESULTS

A total of 13030 references were identified through all database searching. Out of these 12729 references were excluded after reading title and abstract and replication, leaving 71 articles to be assessed in the first eligibility. After a full-text articles assessed for eligibility we stayed with 30 in the final eligibility process. Of these, only 4 were found to be eligible for inclusion.

Table 1. Summary of reviewed studies.

Table with 3 columns: Author, Sample, and Age. It lists four studies: Callow et al. (2009), Smith et al. (2013), Méndez-Giménez, A. et al. (2015), and Latijak et al. (2017).

CROSS-SECTIONAL STUDY

METHODS

The sample comprised 512 Players. Participants were recruited, through invitation to all National Teams that are members of the WFDF and that participated in the European Beach Ultimate Championship (EBUC) 2019. The EBUC 2019 hosted 90 teams from 23 Nations that registered to participate in a total of 8 divisions.

The championship was held in Portimão, Portugal on May 6-11. The Mixed division is the largest with 18 teams, followed by the Men's and Master Men's divisions, with 14 teams. The Master Mixed division included 12 teams. Grand Master Men's had 10 registered teams, and both Women's and Great Grand Master Men's had eight. The smallest division was Master Women's, with six registered teams.

The Perception of Success Questionnaire (POSQ) and Task and Ego Orientation in Sport Questionnaire (TEOSQ) were applied during the EBUC.

All athletes received consent forms to participate in the study. To none of the athletes permission was denied to participate in the study.

Funding: This research was partially supported by VOMNET-Villages on Move Network - ERASMUS + Project José Amoroso (jose.amoroso@ipleiria.pt)



Instituto Politécnico de Leiria Escola Superior de Educação e Ciências Sociais; Leiria, Leiria, PT; 2 CIEQV- Centro de Investigação em Qualidade de Vida; Rio Maior, Leiria, PT; 3 CIDAF - Centro de Investigação do Desporto e da Atividade Física; Universidade de Coimbra, Coimbra, PT; 4 Instituto Politécnico da Maia- Mestrado em Condição Física no Desporto e Exercício; 5 Universidade Lusófona Faculdade de Educação Física e Desporto; Lisboa, PT.



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# Teamwork: A Systematic Review of Implications From Psychosocial Constructs for Research and Practice in the Performance of Ultimate Frisbee Games

José Pedro Amoroso<sup>1,2</sup>, Ricardo Rebelo-Gonçalves<sup>1,2,3</sup>, Raul Antunes<sup>1,2,4</sup>, Jay Coakley<sup>5</sup>, Pedro Teques<sup>6,7,8</sup>, João Valente-dos-Santos<sup>9</sup> and Guilherme Eustáquio Furtado<sup>3,10\*</sup>

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**Introduction:** Ultimate Frisbee (UF) is a non-contact, challenging, and self-promoted team sport. Some factors such as the game environment and rules seem to influence athletes' behavior. Goals: Provide a robust systematic review (SR) of the psychological domains associated with UF.

**Methods:** A SR according to Cochrane guidelines was completed. A reproducible search strategy was conducted by two independent reviewers in thirteen online databases: the Cochrane Central Register of Controlled Trials, Web of Science, SCOPUS, B-On, SportDiscus, Scielo; APA PsycINFO, Psychology and Behavioral Sciences; Academic Search Complete; Medline (PubMed); ERIC; Google Scholar; Open Access Thesis and Dissertations. The search occurred from 1st to 30th June 2020, and there were no limitations regarding the year of publication. Original papers that contained relevant data regarding psychological domains in the context of UF in English, Portuguese and Spanish were selected. The combination of the main terms "ultimate frisbee" and "sport psychology" was used in all databases. A total of 464 studies were identified and selected in the last phase of selection. After the Screening ( $n = 301$ ) and Eligibility ( $n = 71$ ) phases, a total of 30 potential papers were selected and classified. Finally, only four papers were qualified to be included in the final version of SR.

**Results:** The psychological dimensions revealed in the present study were: leadership; basic psychological needs; behaviors; task cohesion and performance; intrateam communication; performance-avoidance goals; friendship goals; sportsmanship associated with goal-directed self-talk and self-regulated learning.

**Discussion:** To our knowledge, this is the first SR about UF. In reviewing all the findings in the studies, there is evidence that UF can promote teamwork, task cohesion, leadership, and increase friendship-approach goals.



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Review

## Teamwork, Spirit of the Game and Communication: A Review of Implications from Sociological Constructs for Research and Practice in Ultimate Frisbee Games

José Pedro Amoroso <sup>1,2,\*</sup>, Jay Coakley <sup>3</sup>, Ricardo Rebelo-Gonçalves <sup>1,2,4</sup>, Raul Antunes <sup>1,2,5</sup>, João Valente-dos-Santos <sup>6</sup> and Guilherme Eustáquio Furtado <sup>4,7,\*</sup>

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**Abstract:** Ultimate Frisbee (UF) is a non-contact, challenging, and self-promoted team sport. Its characteristics, such as the game environment and rules, appear to influence the on-the-pitch behaviour of players. This article examines the content of qualitative studies to determine if and how the unique characteristics of UF may be related to nine sociological themes, that may be identified during gameplay. These themes include the following: (a) competition and performance; (b) enjoyment; (c) communication; (d) cooperation/friendship; (e) behaviors/welfare; (f) teamwork/social skills; (g) environment/lifestyle; (h) rules/self-refereeing and (i) spirit of the Game (SOTG). The review was conducted according to PRISMA guidelines. A comprehensive search protocol was used to identify, screen, and select published research articles under a Qualitative Systematic Review (QSR). The search was occurred from 1 June to 30 December 2020 with no limitations regarding the year of publication. Original English-language papers that contained relevant data regarding sociological themes and UF were selected. As a result, nine papers were qualified to be included in the final version of QSR. The files analyzed were structured with MAXQDA. A total of 521 references were identified and selected for analysis. After the Screening (n = 301) and Eligibility (n = 71) phases, a total of 30 potential papers were selected and classified. Nine studies were included in the final analysis. The three most cited sociological themes in these studies were: communication, teamwork/social skills, and spirit of the game. Research suggests that UF involves patterns of interaction related to communication and the spirit of the game that encourage active lifestyles. Finally, we point out that UF is an appropriate sport to include in physical education classes in which the creation of positive relationships between students is the desired outcome. This topic should be explored further through interventional studies done in different contexts although the evidence suggests that UF offers players unique opportunities to experience a combination of physical activity and enjoyment.

**Keywords:** qualitative research; sport sociology; teamwork; spirit of the game; communication

### 1. Introduction

This paper focuses on knowledge production in sociology as it occurs through systematic research strategies designed to maximize objectivity (Bourdieu 1991). Our review of the research on Ultimate Frisbee (UF) indicates that the sport was first described by Clark, Hamilton, & Bowden in a 1981 article published in the *Journal of Physical Education*



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## Dispositional Orientations in Competitive Ultimate Frisbee Athletes Orientaciones disposicionales en atletas competitivos de Ultimate Frisbee Orientações Disposicionais em Atletas de Competição de Ultimate Frisbee

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### ABSTRACT

The purpose of this study to analyze dispositional orientations among Ultimate Frisbee (UF) athletes according to different divisions. Data was collected during the European Beach Ultimate Championship (EBUC) 2019. The sample comprised a total of 484 athletes (34.7±9.7 years of age), from 19 countries. Participants were asked to fill in a sociodemographic questionnaire, and the Perception of Success Questionnaire (POSQ). Participants were grouped in eight competitive divisions: Mixed ( $n=123$ ), Grand master men's ( $n=61$ ), Master mixed ( $n=59$ ), Master men's ( $n=57$ ), Great grand master men's ( $n=52$ ), Master women's ( $n=51$ ), Men's ( $n=50$ ) and Women's ( $n=31$ ). The POSQ demonstrated a reasonable internal consistency, with the inter-item reliability coefficients ranging from 0.81 to 0.90. An analysis of Variance (ANOVA) was used to compare goal orientation by UF divisions (i.e., women's, men's, mixed, master women's, master men's, master mixed, grand master men's, great grand master men's). On average, UF athletes reported higher levels of perceived task orientations (4.17±0.80 vs. 3.13±0.82). Multivariate analysis of variance demonstrated that there was a significant main effect of UF division on the POSQ scores. The Women's, Men's and Mixed presented the higher task values (4.27±0.72, 4.32±0.78, and 4.35±0.67, respectively), while the Master women's division presented the highest ego score (3.61±0.71). Our findings indicated that success among UF athletes is defined in self-referenced terms, such as through mastering tasks or improving one's own personal skills. Further studies are necessary to understand the dispositional orientation between athletes of different divisions, since there are a variety of environmental and social variables that can be promoted and influence the observed differences.

**Keywords:** achievement goal theory, motivation, team sport.

### RESUMEN

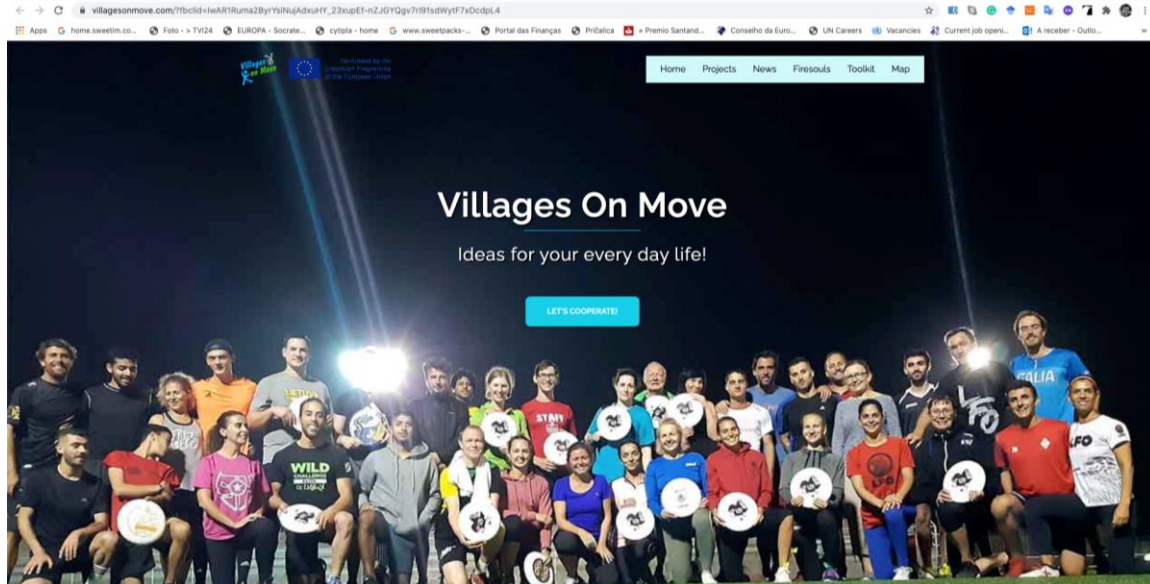
El objetivo principal de este estudio fue examinar la orientación disposicional entre los atletas de Ultimate Frisbee (UF), según las diferentes divisiones. Los datos fueron recolectados durante el European Beach Ultimate Championship (EBUC) 2019. La muestra estuvo formada por 484 deportistas (34,7±9,7 años) de 19 países. Se pidió a los participantes que completaran un cuestionario sociodemográfico de caracterización individual y el Perception of Success Questionnaire (POSQ). Los participantes se agruparon en ocho divisiones competitivas: Mixto ( $n=123$ ),

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## FICHA\_LISTA DE PARTICIPANTES

AÇÕES DE FORMAÇÃO COMPLEMENTAR

ENTIDADE PROPONENTE	<u>APUDD – Associação Portuguesa de Ultimate e Desportos de Disco</u>
MODALIDADE/DISCIPLINA	<u>Ultimate</u>
DATA E LOCAL DA AÇÃO	<u>6, 7 e 8 de Dezembro 2019 – Casa do povo de Messines</u>



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# Grato pela vossa atenção!

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