**Disc Golf**

-Introduction to how, what, where

-Goals

-Different discs and vocabulary

-Backhand throw

-Two handed and one handed catch

-Throw to partners 20, 30, 50 ft. apart

-Elimination: Teams line up so that half of the team is facing the other. The first person throws the disc to the person across from them. If they catch they go to the end of the line if they don’t they are out. If there are three consecutive catches one person from your team gets to go back in. There should be a line that is marked for the players to throw and catch behind.

-Keep away in groups.

-Side Arm throw

-Practice with partners

-Overhand and Tomahawk release

-Triangle pattern

-Putting – how to

-Circle with goal in the middle

-Contest to see who can make their put first in a line and move farther away as the students keep progressing.

-Horse with the target in the middle.

-Around nine- nine spots around the goal. Get points according to the spot. (The 7 spot gets 7 points if you make it.)

-Frisbee tennis- same rules as badminton on a tennis court with four players on each side of the court.

-Frisbee shuffle board: Shuffle board with basketball court. Circle of the key is two points the lane is one point.

-Power UP

-Frisbee Softball: The pitcher throws the disc to the batter, who must catch the disc and throw it into play past the pitcher. If the batter drops the pitch, it is a strike. No bunting or stealing is allowed. The other rules of softball apply.

-“RING OF FIRE”

Students circle up around a basket about 15-30’ away (depending on abilities). Each player has a disc. Instructor says “1….2…..3….FIRE!” On fire, everyone putts to the basket. Only if they MADE THE PUTT, do they retrieve their disc, getting ready for another shot. If they missed, they stay on the circle, waiting for the next game. (Could have them do jumping jacks, pushups, etc.) Those that made it will putt again on instructors call. This continues until only one player has made their putt. They are declared the winner, and may get a small reward. Everyone now retrieves their discs and a new game is played.

-Frisbee Bowling- Use 10 pins, buckets, light cones, cups, etc., and

bowl away (2 shots per frame…teach the bowling scoring)

-Frisbee Bocce- Groups of 4 or less, each with a Frisbee, plus one

target Frisbee (or ball, hula hoop, etc.). The target is thrown out in any

direction, and each person tries to land their Frisbee closest to the

target. 1 point for the closest, or 2 points if the target is hit, or 3 points

for landing the disc on the target.

-.Serve It Up “Frisbee Style”- All of the Frisbees start with the

thrower, and the rest of the team spreads out in the field behind a line

10 yards or more away. The thrower sends Frisbees out rapid fire to

their teammates. 2 points are awarded for a catch, 1 point for a pick-

up, and the discs are run back to the thrower and deposited in the

crate/basket to register the score.

-Hot Box- This is a 3 v 3 game played on a circular field with a

smaller scoring circle in the middle. The object of the game is to keep

possession of the disc and have a teammate catch one in the middle

circle. Players may not move while in possession of the disc, and have

10 seconds to throw it. After every change of possession (interception,

dropped disc, foul, etc.) the Frisbee must be cleared (thrown to a

teammate outside the large circle) before attempting to score (similar

to backcourt in 3 v 3 basketball). No picks, blocking, fouls. A score

does not change possession, but the Frisbee must be cleared before

attacking the goal again.

-Three catch game- Groups of three, three catches and you score a point.

* Turn over: score a point, dropped

Sandbell Activities:

Name of Activity: **Golf N’ Go!**

Academic Content: Cardiovascular/Coordination/Strength

Purpose of Game: To teach students depth perception and throwing skills while incorporating cardiovascular demands.

Materials Needed: Cones (labeled 1 – 18) Sandbell for each student

Description:

Students are lined up single file

Cones are placed all over the floor and are clearly labeled 1 – 18

Students start in the designated “tee box” and toss their Sandbell at the #1 cone, they then bear crawl, crab crawl, or army crawl to the cone to retrieve their Sandbell. They then stand up and toss it towards #2 cone, and so on and so forth. Along the way through the golf course, they may encounter obstacles to crawl over (similar to water hazards and sand traps on a real course) and negotiate through safely to make it the cone that their Sandbell is at.

After making it through the whole course, have the students run their Sandbell to the “parking lot” to put their equipment up in their car. This can be a specified space on the floor somewhere or on a bleacher somewhere.

Add ons can be having the cones spread different distances from each other so that the students have to throw it more than once to get to a certain hole. Have them keep track of total throws and add them up at the end of the activity.

Connecting Question:

Has anyone tried playing golf or disc golf outside of PE class?

Name of Activity: **3 Weave**

Academic Content: Cardiovascular/Coordination

Purpose of Game: To teach students depth perception and throwing skills while incorporating cardiovascular demands.

Materials Needed: 1 Frisbee/Disc for each group of 3 students, Cones for markers

Description:

Groups are of 3 students, label them 1, 2, and 3.

2 Cones are set up any distance apart.

Students 1 and 3 are at one cone, and Student 2 is at the other.

All passing of the Frisbee/Disc is at a cone.

Student 1 passes it across to Student 2 and then runs over to that cone, S2 then passes it back to S3 who is at the first cone. S3 passes it to S1 who is waiting at the second cone.

The group of 3 is passing and moving for a certain time frame, trying to keep the disc in the air or in their hands as long as possible. At the end of a 10 minute set (hypothetically), check to see how many tosses each team was able to complete in a row without dropping it.