



Ready...

- 1 pedometer per pair
- 1 hoop per pair
- 2 flying discs per pair
- 1 *Better Way to Play? Score Sheet* (SPARK Instructional Media CD) per pair

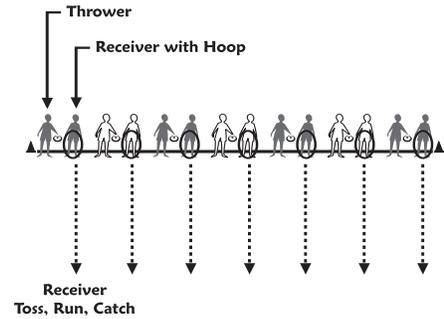
Set...

- Prior to play, allow students to choose which of 2 *Flying Disc Activities* they wish to play: *Hoop to Hoop* or *Flying Disc Golf*.
- Divide students into pairs.
- Have students create their own fields for activity chosen.

GO!

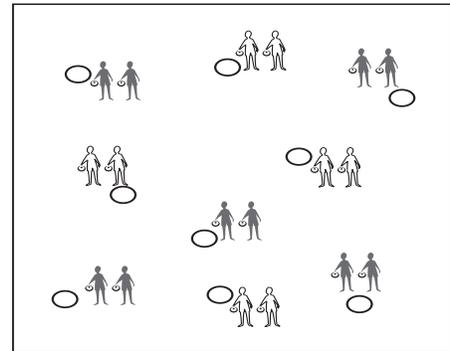
1. The object of the activity is to play a game and give it a rating. You will then compare your rating to the rating others gave to the alternate game.
2. After playing your selected game, rate your game according to the following items:
 - **Step Count:** How many steps were taken?
 - **Fun Factor:** Did you enjoy playing your game?
 - **Skills Factor:** Were a variety of disc skills used to play the game? (E.g. backhand throw, forehand throw, 2-hand catch, clap catch.)
 - **Activity Factor:** Was everyone moving and participating?
3. On signal, clear your pedometers and begin playing selected game until signal to stop is given.
4. When you hear the signal, stop and fill out the *Better Way to Play? Score Sheet*. Discuss each item and allow everyone to give input on the score.
5. At the end of class we'll come together and compare scores from the 2 games.
6. Try to convince groups who played the other game that your game was the "better way to play!"

Hoop to Hoop



FLYING DISC

Disc Golf



CUES

- ★ While playing, think about how you would score your game on the following:

Other Games

Choose 2 different activities or games from this unit.



FUN FACT

A favorite flying disc trick is to skip a throw off a hard surface. Because this will eventually chew up the edges of your disc it has been known to cause cuts on many a disc fanatic's fingers. So many, in fact, that doctors coined the term "Frisbee™ Finger" to describe the condition. So, be prepared and have a bandage handy for your Frisbee™ finger and use a fine grit sand paper to smooth out your disc's rough edges.

GRADES 3-6

STANDARDS ADDRESSED

NASPE

#1, 2 Throwing, catching

#2 Problem-solving

#3, 4 Cardiovascular fitness

- #5, 6 Cooperation, accepting challenges

Your State (Write in here)



PAULA'S POINTERS

- Allow students to choose which game they want to play.
- Repeat during the next lesson and have students switch games. Compare scores on the 2 games.

NOTES

