Tunnels K-2nd

Equipment: Frisbees, cones, hula hoops cut

Organization: Create “tunnels” using the cones and cut hula hoops (makes like an arc. Place the tunnels down the center of the gym. Give your students a Frisbee. Students should line up on one side of the gym. Have extra Frisbees laying around the gym floor.

Activity: Blow the whistle 1 time and the students will throw their Frisbee and try to get it to go through the tunnel. When the Frisbee goes through the tunnel the student will receive a point. Blow the whistle 2 times for students to retrieve their Frisbee.

Guard The Pin K-8

Equipment: Foam Frisbees, poly spots, bowling pins

Organization: Scatter the Frisbees and poly spots around the gym. Place a bowling pin on each spot. Place a student at each bowling pin.

Activity: Students try to protect their bowling pin from falling down. They will throw the Frisbees at other students’ bowling pins. When the pin falls down the student needs to perform an exercise before setting the pin up again to play.

Variation: If you have big classes (like me) create a line for students to wait their turn. When students playing the game pins fall down they will take it to the line.

Disc Bonk K-8

Equipment: batting tees, foam Frisbees, tennis balls

Organization: Scatter the batting tees around the gym. Place a tennis ball on each tee. Have the students find a partner and give them one Frisbee. Groups should be on one sideling of the gym.

Activity: Students will take turns throwing the Frisbee at the batting tees to knock the tennis ball off the cone. The team that knocks the last tennis ball off the tee is the winning team. Set the balls back onto the tees and play again.

Variation: When students knock the ball off the tee, they will put the ball back on the tee and get a beanbag (or something else to determine point system). When class is over who ever has the most points wins. Students could also play by themselves.

Towers 2-8

Equipment: Frisbees, boxes

Organization: Create towers by stacking the boxes on top of each other. Scatter the towers around the gym. Students will need a partner and a Frisbee. Groups need to be on the sideline of the gym.

Activity: Students will take turns throwing the Frisbee at the towers to knock them down. The team that knocks over the last tower is winner. Set up the towers and play again.

Variation: FYI could get free boxes at local restaurants. Students wouldn’t need a partner.

Crazy Cones K-8

Equipment: cones, tennis balls, foam Frisbees, hula hoops

Organization: Scatter the cones around the gym with a tennis ball on top of each cone. Students will need a partner, a hula hoop and Frisbee. Place the groups on the sideline of the gym with the hula hoop on the floor next to the group.

Activity: Students will take turns throwing the Frisbee at the cones to knock the tennis ball off the cone. When the students knock the tennis ball off the cone, they will pick it up and bring it back to the team and place it in their hula hoop. Game is over when all the tennis balls have been collected. The team with the most tennis balls is the winner. Set the tennis balls back onto the cones and play again.