

**Name/Title:** Throlf (COVID Throwing Activity)

**Purpose of Event:** A Covid golf-throwing like in person teaching friendly unit and activity.

**Prerequisites:** Appropriate throwing technique

**Suggested Grade Level:** 6-8

**Materials Needed:** Throlf ball or item

## Description of Idea

Based on the premise of Disc Golf. This game of Throlf uses any ball or throwing item a student can fit into their backpack. This unit is designed to coincide with the stringent guidelines of teaching PE in person during the Covid Pandemic.

[Click here to get full unit and activity](#)

### **Assessment Ideas:**

Completeness of map created and score card during game play.

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Submitted by **Ken Botti** who teaches at Seaford in Seaford, NY. Thanks for contributing to PE Central!  
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