

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.

Submitted by **Ken Botti** who teaches at Seaford in Seaford, NY. Thanks for contributing to PE Central!
Posted on PEC: 3/30/2021.

Visit [S&S Discount](#) for all your physical education equipment and supplies!