**Name/Title:** Disc Golf

**Purpose of Event:** The purpose of this activity is to have students practice the skill of throwing a frisbee and it also introduces them to the game of disc golf.

**Activity cues:** [Frisbee Throwing Cues](#) (from PE Central)

**Prerequisites:** Lessons on how to properly throw a frisbee.

**Suggested Grade Level:** 4-5

**Materials Needed:** One frisbee's for each student (soft foam ones for indoors and for safety reasons), Score card (I made mine on Microsoft Excel), Pencils, Carpet squares (to mark the teeing areas for each hole), Cones, Mats, Anything to seperate playing areas for holes, Targets to throw into (I used SKORE from Passion's)

**Description of Idea**

I use this lesson to have my students practice their frisbee throwing skills and it also allows me to introduce them to the game of disk golf.

Students are given an introduction to disc golf. An explanation is given that tells them that this is a real sport in which is fairly popular. I emphasize the use of imagination telling them that someone had the idea of combining two activities into one. I give them some examples of other sports that incorporate two or more sports such as Ultimate Frisbee. I even challenge them to create their own new games with their imagination. I've played this indoors so I relate the game much to the way miniature golf is played. Many students may be familiar with the game so they understand the concept of keeping track of their score and tallying it on a score sheet.

In addition, before we start, I also tell them to be successful they need to use some of the throwing techniques we have practiced and talked about in prior lessons.

Six holes are designed and set up in the gym prior to the students arrival. The students play each hole twice for a total of 12 holes. This gives them the opportunity to improve on a hole that they have already played.

Randomly form groups of two and each starts at a different hole. One student is elected to be the score keeper. The students play the holes with each student throwing their frisbee and then the furthest away from the hole is the first on the second round continuing in this fashion until everyone has scored. They record their score and move on to the next hole.

As far as the course is designed, I stand mats on end to help create areas that are challenging for the kids. I explain to them dog-leg right and dog-leg left holes and have those types of holes on the course.

I emphasize working cooperatively as a group, throwing the frisbee properly, having each person in the group taking turns at going first, patience, and also trying to figure out what kind
of way to throw the frisbee to give you the best chance of getting closest to the hole.

We hope to move the game outdoors and also to get the students to play with their families since there is an 18 hole Disc Golf course nearby.

**Assessment Ideas:**

- Check the students as they throw to make sure they are doing it correctly.
- Observe a group play an entire hole to make sure they are courteous with each other and that they play fair.
- Check the score sheets to make sure they are keeping the scores in the appropriate boxes.
- Keep the score sheets and record them to see if the students lower their score for the course.

**Teaching Suggestions:**

Another source which will provide additional information on Disc Golf:

Disc Golf Association

Submitted by Erik Myer who teaches at Warnsdorfer Elementary School in East Brunswick, NJ. Thanks for contributing to PE Central! **Posted on PEC: 9/22/2001.**

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