Name/Title: Fitness Disc "Darts"

Purpose of Event: To practice fitness activities in a fun way using a throwing game.

Prerequisites: Forehand throw, backhand throw, overhand throw, throwing at a target.

Suggested Grade Level: 6-8

Materials Needed: 2 discs, Chalk or tape (something to make the target with), Supplies for the fitness activities of your choice

Description of Idea

This activity would best be played outside. Using chalk, the teacher can draw two huge targets (set up like a dart board) on the ground. The targets will be 10-15 feet away from each other (farther or closer depending on how well the class does with throwing for distance). The target will have 3 or four sections: in each section is a fitness activity (e.g., jump ropes, push ups, sit-ups, etc.) The bulls-eye can be "pick your own fitness activity." If the students don't make it onto the target, you can make up a fitness activity for the outside of the target to. The fitness activities can be set up on the outside of the playing area.

The students will be split into even groups on each side of the targets. The teacher will call out a different type of throw (forehand, backhand, or overhand) for each round. The students must throw using that technique. The student will stand behind a specific line when throwing. The other team can shout out what fitness activity the disc landed on and the student will perform that fitness activity and get back into line for round two. The groups will go back and forth throwing their disc.

*A round is completed when every student has thrown his/her disc.

Dividing these groups into smaller groups (e.g., 2-4 students in a group) and set them up as if playing horseshoes. After each student throws then conduct the fitness activity.

Assessment Ideas:

As an assessment idea, the students can keep track of their points and add them for each group to get a team average.

Submitted by **Trish Benson** in Stevens Point, WI. Thanks for contributing to PE Central! **Posted on PEC: 5/25/2008**.

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