Name/Title: Frisbee Golf Fitness

Purpose of Event: To practice accuracy throwing a frisbee while elevating the heart rate.

Prerequisites: Must know how to correctly throw a frisbee and students should understand the concept of target heart rate and be able to determine their own heart rates.

Suggested Grade Level: 6-8

Materials Needed: 8 large cones each of a different color, 8 small markers which are the same colors as the cones, 1 frisbee per student or 1 frisbee for every 2 students, Stop watches

Description of Idea

Set up 8 frisbee golf holes with the small cone being the tee area and the large cone being the target. The tee area cone must be the same color as the target cone. It helps to set up the holes around a soccer field with one hole leading to the next. The students throw the frisbee toward the target. They should move to where it lands and then throw again. Continue until the target is hit by the frisbee. Check heart rate every other hole to see if the target heart rate is achieved. The teacher will have the students stop, check their heart rate for 10 seconds and record their findings and record on the scorecard at the hole they are playing. They will move to the next hole and continue until all holes have been completed. The students can keep score or they can be timed to see how quickly they have completed the course.

This activity can also be a partner activity with the partners taking turns throwing the frisbee.

The use of pedometers can be another form of a technology assessment.

Assessment Ideas:

Perform the course over a number of classes in a frisbee unit to check throwing scores for improvement.

Or have students record heart rates at the end of every other hole to check for maintenance of target heart rates.

Submitted by **Mary Seitz** who teaches at Kissel Hill Elementary School in Lititz, PA. Thanks for contributing to PE Central! **Posted on PEC: 12/2/2008**.

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