Name/Title: Disc/Frisbee H-O-R-S-E

Purpose of Event: For students to accurately throw a disc at a target.

Activity cues: Forehand Disc Throwing Cue

Prerequisites: Have been taught how to throw for accuracy.

Suggested Grade Level: 3-5

Materials Needed: 1 disc per child (mini discs work best) obstacles such as buckets, targets on the wall, hula hoops, rubber chickens taped to the wall

Description of Idea

1. Each student is given a disc and then split into groups of 2 or 3 depending on the size of the class. Put a sticker on each frisbee and tell students to find someone with the same sticker as them, they will be a group together.

2. Designate one person in the group to be the first challenger. The challenger makes a challenge that the other students must follow. (see examples listed below) If the challenger completes the task, then everyone else in the group must also complete the task. Any student completing the task gets a letter (spelling out H-O-R-S-E.) The challenger remains the challenger until he or she makes a mistake. (This makes the game more positive than the traditional game.)

3. If the challenger creates a challenge (ex. stand on the poly spot and throw your frisbee into the bucket) and MISSES, he or she is no longer the challenger.

4. If a child collects all 5 letters, tell them to come to you and you will erase the letters and they can start over again. This will help you see who is accurately hitting targets, and who needs some more help.

5. Teacher will designate throwing areas, and will remind students to throw in the direction of the wall so discs are not flying around the gym dangerously. Students may remain at a throwing area for more than one task, or they may find an empty throwing area and move once their challenge is complete.

6. The teacher should set out various equipment but allow the challenger to make up the challenges. This will allow all challengers to pick a task they feel comfortable with. Again, for safety reasons all tasks should be performed throwing the disc toward the wall.

Here are some of my favorite challenges:

1. Kneel down and throw your disc through a hoop and hit the target on the wall.

2. Stand on the poly spot and hit the upside down chicken hanging from the pull-up bar.

3. Throw around the free standing folded mat and land in the hula hoop.

4. Stand on the white line and knock down the pop can that is standing on the orange cone.

** Challenges should help enforce the skill cues of throwing a frisbee. Throwing a frisbee in the air to hit the ceiling would be a non-example to remind students that they are working on aiming and properly throwing a frisbee.

Assessment Ideas:

Make a check list based on the skills list for throwing a frisbee found on PE central. You will have time to look at all groups individially to make sure students are following the steps to throwing.

Ask questions: Why did your frisbee go to far to the right? Did you let go too early/too late?

Adaptations for Students with Disabilities:

Use various sizes of frisbees, have bigger targets, pair a student who has a disability with someone who works well with them on purpose. You could also put up signs for suggested challenges to help students who are having a hard time thinking of a challenge.

Submitted by **Tess Armstrong** in Colorado Springs, CO. Thanks for contributing to PE Central! **Posted on PEC: 12/11/2009**.

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