

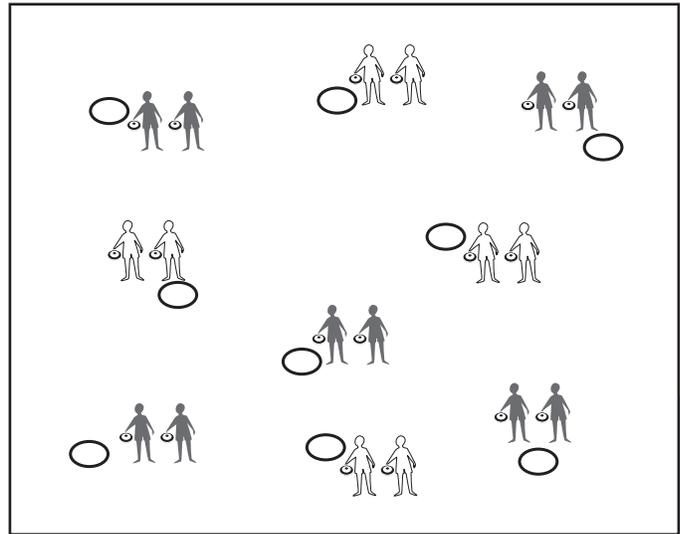


Ready...

- 1 hoop per pair
- 1 flying disc per student

Set...

- Pair students, each pair with 2 flying discs and a hoop.
- Pairs scattered in very large activity area (designate boundaries if necessary).



GO!

1. The object is to see how few throws it takes to land the disc in the “hole” (hoop).
2. Play begins with Partner A safely flinging the hoop into open space.
3. You and your partner throw discs toward the hoop. After you have both thrown, run to your own disc. The player whose disc lands farthest away from the hoop throws next. Continue throwing and running until you throw the disc into the hoop.
4. Count the number of throws to the 1st “hole.”
5. Once you complete the 1st hole, pick up the hoop, and safely fling it into an open space again to begin the 2nd hole.
6. Continue until signal.

CHALLENGES

- ★ How many holes can you and your partner complete before the signal?
- ★ How few throws can you make on any given hole?

CUES

- ★ Throw the hoop farther away to increase the challenge.
- ★ Throw for distance on your first throw; then for accuracy when you are getting close.

★ Foursome

(Groups of 4; 1 hoop and 4 discs per group.) Take turns flinging the hoop. All play.

★ 9 Holes

(Set up a golf course ahead of time. Create the tee-off area using cones, and make 9 holes from hoops; each with a numbered flag or cone. Pairs keep score for all 9 holes.)

★ Speed Golf

Play as in 9 Holes, but play for speed. You and your partner may only pass other pairs at the tee; and then, only if they allow you to pass.



FUN FACT

“Steady” Ed Headrick is considered the Father of Disc Golf. He invented the disc golf basket and different types of Frisbees® for the Wham-O® Company. He founded the Disc Golf Association in 1976, and oversaw the construction of 800 disc golf courses in 20 countries. His passion for disc golf was so great that when he died, he was cremated, and his ashes were pressed and molded into memorial discs so that “he could fly forever.”

● STANDARDS ADDRESSED

NASPE

#1, 2 Throwing for distance and accuracy

#3, 4 Cardiovascular fitness

- #5, 6 Cooperation, accepting challenges

Your State (Write in here)

PAULA'S POINTERS

- ★ During warm-up, discuss golf terminology.
 - “Fore:” Yelled as a warning that a disc is coming towards others.
 - Hole-in-One: Disc makes it to the hole with just 1 throw.
 - Par: Using just as many throws as expected. No more, no less.
 - Birdie: Using 1 fewer throws than par.
 - Eagle: Using 2 fewer throws than par.
 - Bogey: Using just 1 more throw than par.

NOTES

