

Ready...

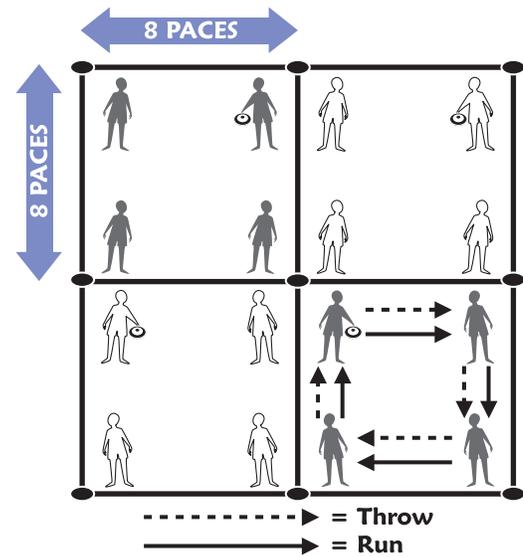
- 1 flying disc per 4 students
- Spot markers (for grids)

Set...

- Create grids (8X8 paces) for every 4 students.
- Form groups of 4; 1 disc per group.
- 1 student in each of the 4 corners of grid; students take 1 step toward center of grid.

GO!

1. The object is to “give and go.” This means pass quickly, move to follow your pass, and receive the disc from a pass.
2. Pass the disc from your corner clockwise (to your L) to next player.
3. Go immediately after you pass. Run to, and stand in that corner.
4. When you receive another pass, pass it quickly to the next corner clockwise, and then go!
5. After your 4th pass, you should be back in your original corner.
6. Continue until signal.



CHALLENGES

- ★ How many passes can your group complete in 1 minute?
- ★ How quickly can you pass the disc around the square and back to “home” 10X?
- ★ Now try the opposite direction.

CUES

- ★ Control your passes!
- ★ “Ask” for the pass with hands up.

★ Switcheroo

When you hear the signal, change the direction of your pass.

★ Mixed Throws and Catches

Use your best forehand or backhand throw and as many trick catches as you can.

★ Back Home

Your corner is your home corner. After passing, follow your pass, touch the corner you passed to, and run quickly back home. Try to get there before the pass rotates back to your corner.



ACADEMIC

Math (Geometry and Estimation) - (Have groups position themselves in different shapes that have corners; e.g. rhombus, star, trapezoid, hexagon, rectangle. Before changing to a new shape, have groups estimate the perimeter distance around their shape, and the square area of the space inside their shape.)

STANDARDS ADDRESSED

NASPE

#1, 2 Throwing and catching

#3, 4 Cardiovascular fitness

#5, 6 Cooperation

Your State (Write in here)

PAULA'S POINTERS

- Can be done with 3 (triangle) or 5 (pentagon) if needed, but 4 works best.

NOTES

