

# ACTIVITY SHEETS

## FOAM FLYING DISCS

### TRADITIONAL USE

Throwing & Catching skills

Tracking skills...following the flight of the disc and positioning yourself to catch it

### Suggested Activities / Games:

Discus training - roll the disc off the front finger

Pool Games - foam flying discs float

Alternative Quoit - aim to hook the disc onto a stick

### RUN THE GAUNTLETT

Students are divided into two even groups, with one group lining up on both sides of a 20m length of running track, which has at least a 10m width to it. Students in this are facing each other, toward the centre of the running track, and have 1 x foam-flying disc each.

The second group of students take turns to "run the gauntlet" along the 20m track, while the first group attempt to hit them with their foam flying discs.

Students are eliminated once hit, or simply have a few runs along the track trying not to get hit before swapping roles with the first group.

Teaching Tip: Students are deemed to be out, only if hit below the waist.

### BIN BALL

Teams consist of 6 players a side using thirds of a netball court and only two team members are to be in any third at any given time.

A goal is scored when the disc is successfully thrown in the bin without going out of court and each team member has come into contact with it prior to the goal being scored.

Players cannot shoot inside the goal circle.

Teaching Tip: Increase numbers of times each team member must handle the disc. Place a three second time limit on holding the disc.

### UNDER & OVER

Students stand in a line of 3, with the middle person the target. The people on the outside have one flying disc between them and must nominate their intended flight path as they are throwing the disc at low, medium or high level, at the centre person.

The aim for the middle person is to avoid being struck by the disc by jumping, ducking, or dodging depending on the trajectory of the disc. They then spin around to face the other thrower as quickly as possible. The discs are not to be thrown hard as the aim is agility training for the middle person.

Students swap roles after a minute or so.

Teaching Tip: The distance between throwers can be varied to manipulate the difficulty