

Aerobic Frisbee Golf

Brief Description:

Aerobic fitness golf activity.

Materials Required:

- Frisbees (one per team)
- Hula Hoops (6 per team)
- Fitness Cards* (one per team)
- Jump Ropes (one per participant)

Lesson Plan:

- Mark out six mini outdoor identical golf courses using the Hula Hoops. For example, a line of Hula Hoops, ten feet apart in a zigzag (if Hula Hoops are unavailable, use skipping ropes).
- Split the class into teams of two to four players.
- One to two teams line up behind each course.
- One team member throws the Frisbee towards the first hole (Hula Hoop). The entire team runs to the Frisbee.
- If the team did not land in the Hula Hoop, the next player throws the Frisbee toward the first hole. After each throw, the team must run to the Frisbee.
- Players take turns throwing the Frisbee until it reaches its goal inside the first hole.
- Once the Frisbee is in the hole, a player picks up the Fitness Card and reads it to the team.
- The team follows the instruction on the card.
- A new thrower is picked and they repeat this pattern for the next five holes.
- Once the team has completed all six holes, they sprint back to the beginning course.

*Fitness cards are made by the players or teachers. Each card should list a cardio activity that each team member will complete. Some examples of cardio activities are: running on the spot for 1 minute, 10 jumping jacks, 10 squats, clap hands 30 times, 15 knee bends, or touch toes 20 times.

References

Check out these websites for additional resources.

Boy Scouts of America. (n.d.). *Ultimate Frisbee Game*. Retrieved January 22, 2007, from <http://www.boyscoutstrail.com/content/game/game-933.asp>

Centre for Disease Control and Prevention. (2007). *Healthy Youth*. Retrieved January 22, 2007, from <http://www.cdc.gov/HealthyYouth/physicalactivity/>

Education World. (n.d.). *Activity search web page*. Retrieved January 22, 2007, from <http://www.educationworld.com/>

Health Canada. (2006). *Physical Activity*. Retrieved January 22, 2007, from http://www.hc-sc.gc.ca/hl-vs/physactiv/index_e.html

Physical Education Central. (2002). *Aerobic Frisbee Golf*. Retrieved January 22, 2007, from <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2995>

Where's the SHADE?

Frisbee Activity Package



Thank you for participating in this year's *Where's The Shade?* poster contest. Here is your Frisbee activity package which includes:

- One Ultraviolet (UV) Radiation Sensitive Frisbee.
- Physical activity lesson plans designed to utilize a Frisbee.
- Teacher's Guide to Physical Activity for Children ages 6 to 9, Health Canada.
- Rayguard's Be Sun Smart Activity Book, Canadian Cancer Society.
- Bookmarks, Canadian Cancer Society.
- Sunsense Fortune Teller, Canadian Cancer Society.
- Made in the Shade: Sun Protection, Canadian Cancer Society.
- Sun Safety Posters and Postcards.

Frisbee Activity Goal:

Increase awareness of sun safety behaviours while students and teachers are physically active outdoors.

Frisbee Activity Objectives:

Students will:

- Follow directions as they play Frisbee games.
- Have an opportunity to develop hand-eye coordination.
- Encourage other teammates and recognize each other's successes.
- Practice sun safety behaviours while being active outdoors.
- Have the opportunity to create a graph documenting the change in colour of the UV Frisbee relative to time spent outside.

UV Sensitive Frisbees change from white to purple when exposed to UV radiation. This Frisbee package is a thank you gift for all schools who participated in the *Where's the Shade?* T-shirt design contest. While your students are being physically active outdoors they need to protect themselves from the harmful rays of the sun. As the Frisbee changes colour, it reminds your students to use sun protective behaviours. All three physical activity lesson plans are appropriate for any age.

The Centre for Disease Control and Prevention (2007) states:

Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels. Positive experiences with physical activity at a young age help lay the basis for being regularly active throughout life.



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UV Frisbee Baseball Lesson Plan

Brief Description:

Players toss the Frisbee to move along the bases. Home runs are counted just like in regular baseball.

Materials Required:

- Frisbees
- Hula Hoops
- Pencil and Paper

Lesson Plan:

- Set up the game, form a baseball diamond by spacing four large Hula Hoops fifty feet apart as you would space four bases for a game of baseball.
- Set-up a different Frisbee baseball diamond for every four students.
- Ideally, one Frisbee is used for a group of four students.
- Players start at “home plate”.
- Each player takes a turn tossing the Frisbee to “first base”.
- The goal is to toss the Frisbee so it comes into contact with or falls inside the Hula Hoop.
- Players take turns until everyone on the team reaches first base.
- A score keeper records how many tosses each player takes to reach first base.
- Next, each player takes turns trying to reach second base, third base, and finally “home plate”.
- The score keeper records the number of tosses for each player as they move around the bases.
- The player who needs the fewest tosses to reach home plate is the “home plate” winner.

Frisbee Baseball Game Tips:

- If you do not have Hula Hoops, use any other type of material, such as chalk, to mark the location of the bases.
- If two or more teams play on the same diamond, start each team at a different base.
- For older students, increase the space between bases to 100 feet or more.

Math Skills Used While Playing Frisbee Baseball:

- Students can play several rounds and figure their average by adding their total tosses and dividing the sum by the number of “at bats” they had. The lower the average, the better.
- Students may determine team averages too.
- Work measurements into the activity by having students use a tape measure before each throw to determine the distance needed to reach the “base”.

Notes:

Ultimate Frisbee Game

Brief Description:

This outdoor game is a no contact style of football.

Materials Required:

- Frisbee
- Soccer Field

Lesson Plan:

- Divide group into two teams.
- Teams line up on their own 20/30 yard line.
- One team “kicks off” to the other team by throwing the Frisbee as far down the field as they can. The receiving team now has control of the Frisbee.
- When a team has control of the Frisbee, they pass it from teammate to teammate, working it up the soccer field towards the goal line to score.
- A player must stop moving as soon as he or she has the Frisbee.
- A turnover occurs if a member of the opposite team intercepts the Frisbee OR whenever the Frisbee hits the ground.
- Intercepting a Frisbee can be achieved by:
 - Knocking the Frisbee down while in the air.
 - Attempting to catch the Frisbee and only touching it.
 - Catching the Frisbee.
- If a player throws the Frisbee and it is not caught by their teammate, the Frisbee goes to the other team.
- **There is no contact allowed. When a player has control of the Frisbee, all other players must give an arm’s length of space so they can throw the Frisbee.**

Notes:

