

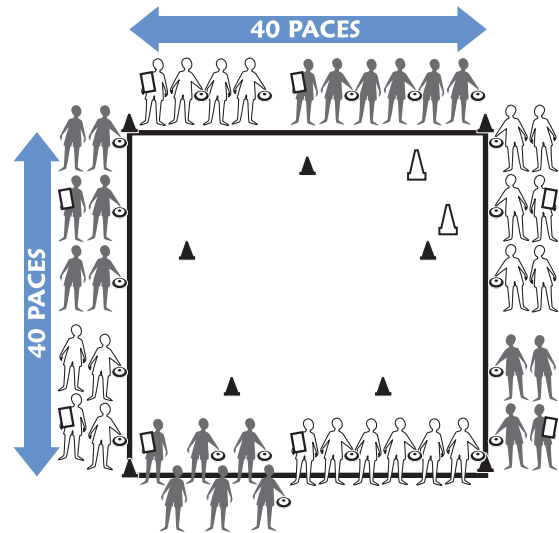
# FLYING DISC GROUP CHALLENGE

## Ready

- 9 cones (1 each for 5 stations + 4 tall for targets)
- 4 cones (for boundaries)
- 1 flying disc per pair
- 1 *Flying Disc Group Challenge Task Card* per 4-6 players.

## Set

- Create a large (40X40 paces) activity area.
- Form groups of 4-6 along perimeter.
- Each group receives 1 *Flying Disc Group Challenge Task Card* and 1 disc per pair.



## GO!

1. Today's activity is *Flying Disc Group Challenge*, where the object is for your group to complete challenges on your *Flying Disc Group Challenge Task Card*.
2. Some of the challenges involve your whole group, while others are done with a partner from your group. Try to choose a new partner each time.
3. When completed, do the *Closing Challenge* until signal.
4. **Challenges**
  - How quickly can your group complete your Task Card?
5. **Fitness Focus**
  - What do you do to challenge yourself to improve in fitness or sports? Do you set goals? How do you go about achieving them?

## Safety First

- Share the space with other groups if you arrive at the same time.

# FLYING DISC GROUP CHALLENGE

## GAME RESET

### Rewind

- Reduce the number of repetitions of tasks at each station.

### Fast Forward

- **Create Your Own** – (Create a Task Card that utilizes equipment and facilities unique to your after school site, incorporates players' suggestions, and considers the specific needs of your players.)



## HOME PLAY

### Fitness Focus

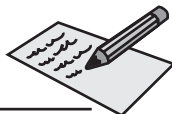
When trying to improve your fitness, use the overload principle. It means that you need to constantly push your body to new limits in order to make gains in fitness. Increasing resistance or weight helps improve muscular strength. Increasing your distance or number of repetitions improves muscular endurance. Stretching more helps your flexibility. Increasing intensity and duration help build aerobic capacity.



## GUIDELINES ADDRESSED

1. Aerobic Capacity
2. Greater than 50% MVPA
3. Cooperation, Responsibility

### NOTES



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## THE RIGHT FIT

### Group Size

- Small – Can be played with as few as 2 players.
- Large – Can be played with large groups. If equipment is limited, substitute items that can be safely thrown.

### Limited Space

- Use the same or modified stations and reduce the size of the circuit area.

### Wide Age Range & Skill Levels

- Pair players of similar skill levels within a group to complete the tasks together.