

Teaching Tips

- Share the space with other groups if you arrive at the same time.
- Use encouraging words, quality movements, and all the strengths of your group.
- If you finish before the signal, complete the Closing Challenge.

Guidelines Addressed

- Aerobic Capacity
- Greater than 50% MVPA
- Cooperation, Responsibility

SEL Competencies**Self-Awareness**

Peer interaction

Self-Management

Self-regulation

Social Awareness

Respect for others

Relationship Skills

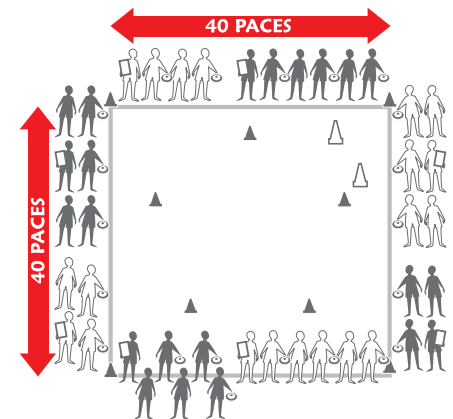
Cooperation, teamwork

READY

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

SET

- Create a large (40 x 40 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. Activity Objective**

- The object of *Flying Disc Group Challenge* is to complete as many challenges as possible on the task card.

2. Instructions

- Some of the challenges involve your whole group, while others are done with a partner from your group.
- Choose a new partner each time.
- Use proper form as you complete each challenge.
- When completed, do the Closing Challenge until the signal.

3. Challenges

- How quickly can your group complete your task card?



Flying Disc Group Challenge

Reflection Questions

- How can you recognize a challenging activity?
- What do you do to challenge yourself to improve in fitness or sports?
- Do you set goals? How do you go about achieving them?

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 participant's suggestions, and considers the specific needs of your participants.)*

The Right Fit

Group Size

- Small - Can be played with as few as 2 participants.
- 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 participants of similar skill levels within a group to complete the tasks together.

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.

Leader Reflection

