

## Learning Objectives

- Students will use throwing and catching skills with proper technique.
- Students will distinguish between health-related and skill-related fitness.
- Students will demonstrate responsible behaviors.

## Learning Targets

- I can apply throwing and catching skills I have learned to a flying disc game.
- I can explain the health-related and skill-related fitness skills used in a flying disc game.
- I can show sportsmanship, cooperation, and fair play.

## Teaching Cues

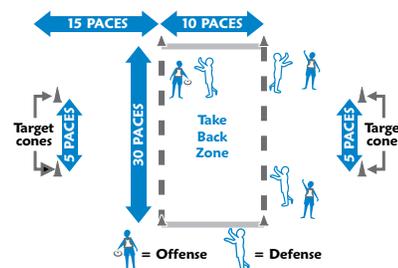
- Score by knocking over cone either with disc or with hand while holding disc.
- You may knock over any of the target cones.
- Must pass disc back to the Take-Back Zone after gaining possession or after a score.

## PREP

- 4 small cones per 6 students (to mark the Take-Back Zone)
- 4 large cones per 6 students (for targets)
- 1 pinnie per 2 students
- 1 flying disc per 6 students

## SET

- Create a long, narrow area (30 x 10 paces) per 6 students using 4 small cones. This narrow area is the Take-Back Zone.
- Place 2 large cones (5 paces away from each other) centered outside of the Take-Back Zone (15 paces away from the Take-Back Zone boundary).
- Create groups of 3 students: 2 groups per field, the group with pinnies begins on offense.



## TEACH

### 1. Lesson Objective

- The object of **Durango Boot** is to learn a game that is a cross between Ultimate Flying Disc and Disc Golf and score points by knocking over a target cone.

### 2. Instructions

- Durango Boot was first played in Durango, Colorado, and boots were used instead of cones.

#### • Rules

- Teams may knock over any target cones.
- One group starts with the disc in the middle of the Take-Back Zone (*Show Take-Back Zone.*)
- The disc must always be thrown at least 3' (same as Ultimate).
- Pass from player to player until a player is close to a Target Cone and can take a shot at knocking it over.
- The player with the disc may not run, but may pivot on 1 foot (same as Ultimate).
- Body contact is not allowed and defenders may not be closer than 3'.
- If the disc is not thrown by the count of 10 then it is a turnover (same as Ultimate).

#### • Turnovers

- A turnover also occurs when the disc is intercepted, dropped, or touches the ground after a missed throw.
- If this happens the defense takes over no matter which team touched it last (same as Ultimate).
- The group must now get the disc back to the Take-Back Zone before taking another shot.

#### • Scoring

- 1 point if the disc knocks over the target cone by throwing the disc and knocking over the cone.
- 1 point for tipping over the cone with the disc in the player's hand.
- After a score, re-set target cone, then defense becomes offense.
- Offense must pass disc back to the Take-Back Zone before attempting to knock over any target cone to score.

### 3. Challenges

- Can everyone on your team touch the disc before throwing for a score?



# Durango Boot

## Standards Alignment

### Standard 1: Outcome 2

Throws for distance or power.

### Standard 1: Outcome 3

Catches from a variety of trajectories.

### Standard 1: Outcome 5

Throws a leading pass to a moving receiver.

### Standard 1: Outcome 7

Performs offensive skills with defensive pressure.

### Standard 2: Outcome 3

Creates open space by cutting and passing quickly.

### Standard 2: Outcome 6

Transitions from offense/defense by recovering quickly.

### Standard 3: Outcome 3

Participates in aerobic fitness activities.

### Standard 4: Outcome 1

Exhibits responsible social and inclusive behaviors.

### Standard 4: Outcome 6

Demonstrates knowledge of rules and etiquette.

### Standard 5: Outcome 6

Demonstrates respect for self and others during activities.

## SEL Competencies

### Self-Awareness

Peer interaction, self-efficacy

### Self-Management

Self-regulation

### Social Awareness

Building trust, respect for others

### Relationship Skills

Communication, teamwork

### Responsible Decision-Making

Analyzing situations

## Reflection Questions

- Which did you like better: Disc Golf, Ultimate Flying Disc, or Durango Boot? Why?
- How did communication affect your team's ability to score points?
- How did you show sportsmanship and fair play in the activity?

## SPARK It Up!

### 1. 3-Rule Change

- Meet as a group of 6 (both teams).
- Work together, decide on, and change 3 rules for Durango Boot.
- Follow all 3 of the new rules during the next game.

### 2. Throw from the Take-Back Zone

- Follow all of the rules of Durango Boot, except that all shots must be taken from inside the Take-Back Zone.
- You can still move anywhere in the field to gain positioning.

## Teaching Suggestions

- Use tall, light cones as targets to knock down easily. If this is still too hard, allow players to just hit the cones for points.
- Pinnies Rule: The group wearing pinnies gets the disc first and always goes in the same direction (you designate).

## Integration

Many things make up the cultural fabric of a community. Sport and weather are just 2 factors that can impact culture. Durango Boot is a perfect example. On a snowy day in January, a group of friends showed up to play some mid-winter Ultimate. Due to the Colorado snow, everyone showed up in boots. There weren't enough people for Ultimate, so the kids used their boots as a substitute for cones and a new game was invented. Think about your community and talk with your family about how the weather influences your culture and traditions.

## Teacher Reflection

