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 attempting to knock over any target cone.
  • 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?
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.

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

Teacher Reflection