

101 
FUN 
PE GAMES

**FLYING DISC
GAMES**

FOCUS



GROSS MOTOR

GROUP SIZE

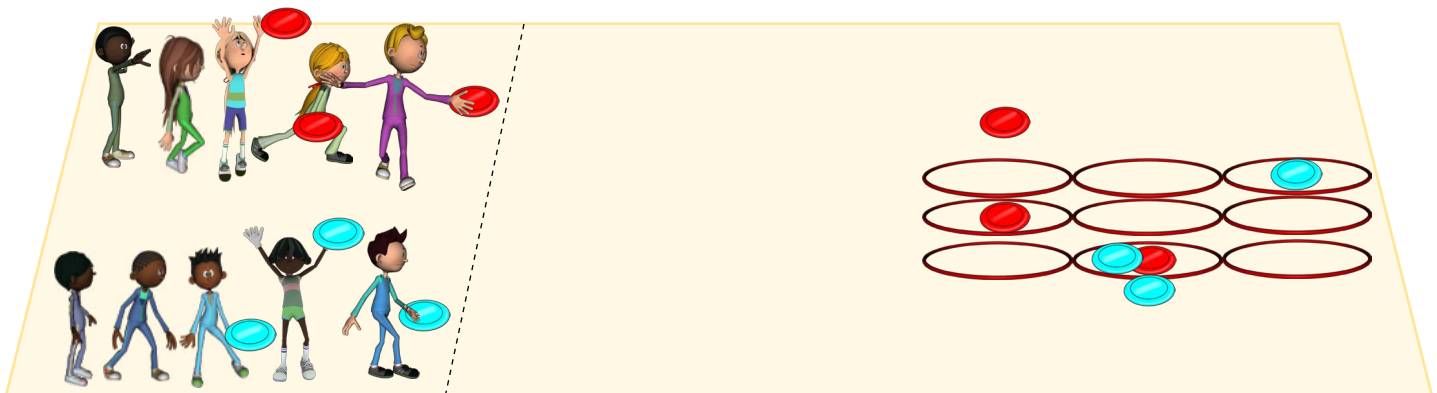


EQUIPMENT

20 discs for each team,
9 hula hoops

SETUP

You can do this as a relay race or have the kids compete against each other individually. Tape 9 hoops to the ground. Give each child a disc along with extras for their team. Each team should use their own color discs as shown in image below.



INSTRUCTIONS

1. On 'go' the first child in line tosses their disc at the hoops and goes to the end of the line.
2. Then, the next child does the same.
3. The objective is to get 3 of your discs in a row.
4. If you run out of discs to throw, the teacher calls a time out, allows each team to retrieve their discs outside the hoops, then resume the game.
5. The first team to get 3 of their colored discs in a row wins that round.
6. Collect all the discs and start again.

MAKE IT EASIER

- Shorten the distance the kids have to toss the disc.

MAKE IT HARDER

- Increase the distance the kids have to toss the disc.

FOCUS



GROUP SIZE

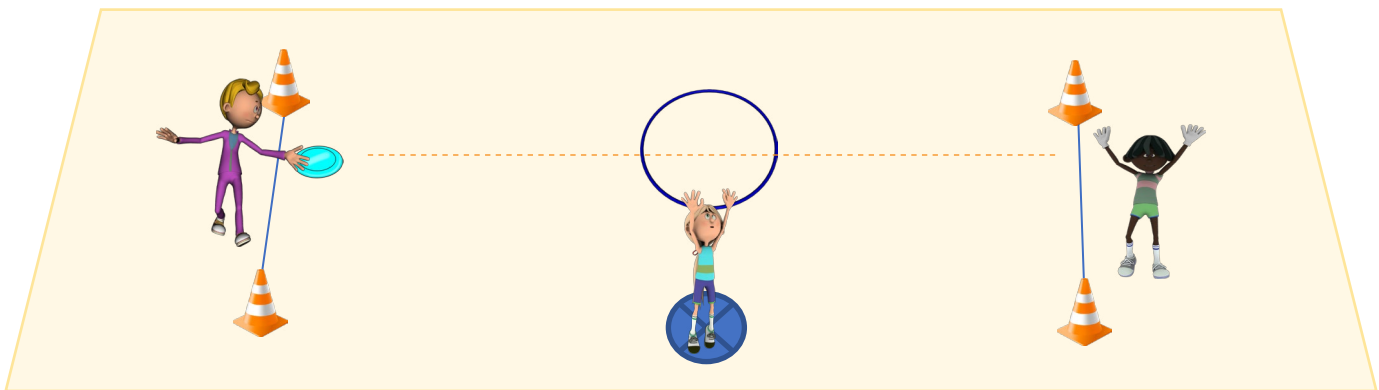


EQUIPMENT

Cones, hula hoop, disc

SETUP

Place students in groups of 3. Mark off throwing lines with cones or floor tape. Place a child at each throwing line and place the third child in the middle area in a marked off area as shown in image below.



INSTRUCTIONS

1. On 'go' the 2 children on the end lines will toss the disc back and forth with the objective of throwing the disc through the hula hoop held by the student in the middle of the room.
2. The students tossing the disc can not go over the throwing line, and the child in the middle cannot leave their marked-off region.
3. Each time the group can get the disc to go through the hoop, they get a point.
4. The child in the middle can move the hoop to assist the throwers, but must stay in their area. At the end, the team with the most points wins.

MAKE IT EASIER

- Shorten the distance between the cones.

MAKE IT HARDER

- Increase the distance between the cones.

FOCUS



GROSS MOTOR

GROUP SIZE

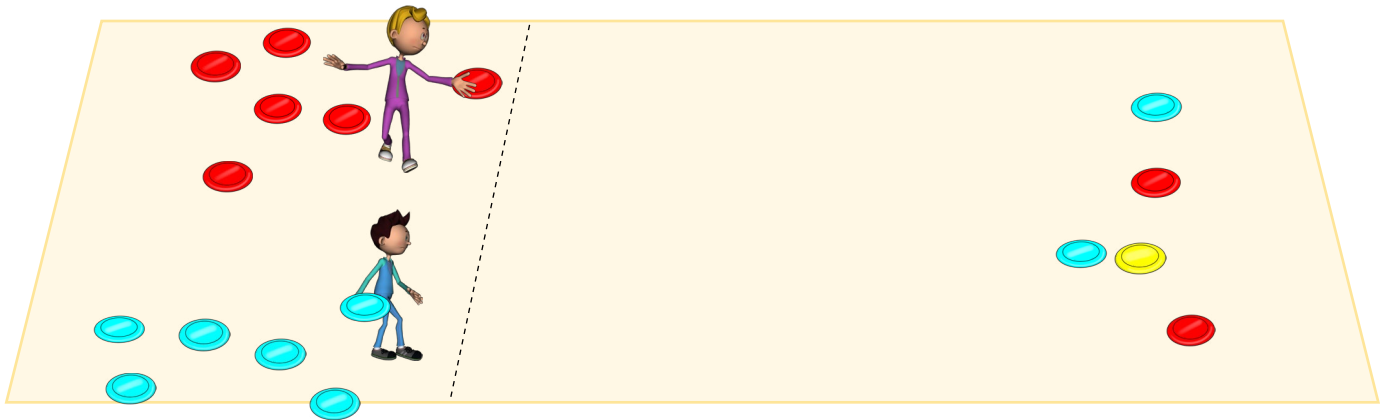


EQUIPMENT

Flying discs (4 red, 4 blue, 1 yellow or similar)

SETUP

You can do this in teams or have the kids compete against each other individually. Mark off the floor with tape to create a throwing line. Each team should have their own color disc, and a third color disc should also be used as the 'pallino' or the target.



INSTRUCTIONS

1. Give each team 4-8 discs (different colors for each team)
2. The teacher will toss the pallino disc (yellow disc in image) across the room.
3. One child at a time will toss their disc at the pallino disc with the objective of getting their disc the closest to this yellow disc.
4. Each team will alternate throws until every child tossed their disc at the yellow disc.
5. At the end, whichever color disc (blue or red in our image) gets the closest to the yellow disc wins that round.

MAKE IT EASIER

- Decrease the distance the students have to throw their disc.

MAKE IT HARDER

- Increase the distance the students have to throw their disc.

FOCUS



TEAMWORK



GROSS MOTOR

GROUP SIZE

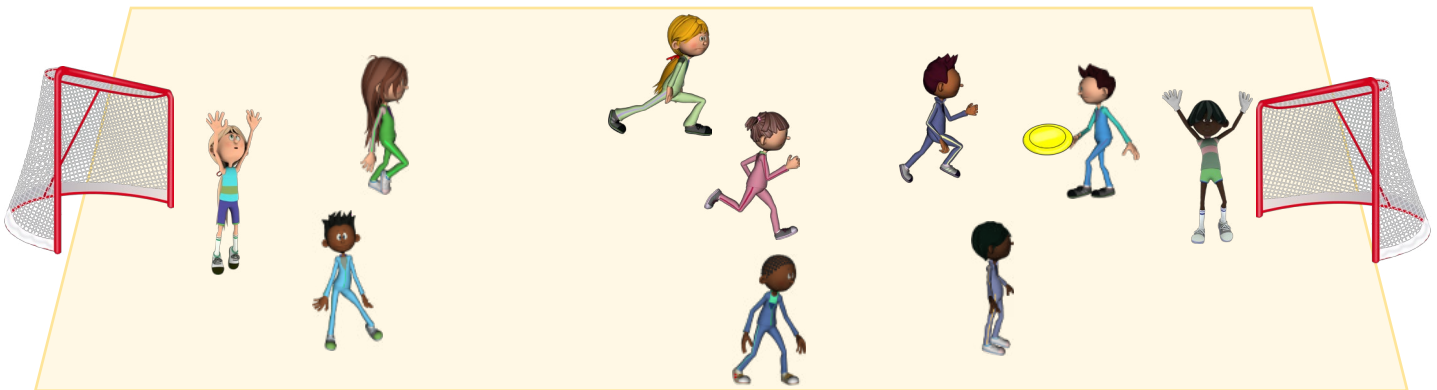


EQUIPMENT

Goals, disc

SETUP

Place the students on 2 teams and spread them out around the room. Each team should select 1 child to also be the goalie. As in regular soccer, each team will defend 1 goal while trying to score in another goal.



INSTRUCTIONS

1. One team will start off with the disc. On 'go' they will start to pass the disc to their teammates with the objective of throwing the disc into the opposing team's goal for a point.
2. Anytime they score a goal, they will get a point and the other team will get the disc and attempt to score. The goalie will always start each round after a goal.
3. Students will pass the disc to their teammates looking for an open shot.
4. Anytime the disc lands on the ground from a missed catch, they forfeit the disc and the opposing team now gets the disc.
5. When an opposing team gets the disc, it must always go to their goalie to start the round, including when they receive the disc after the competition scores.
6. The team with the most goals wins.

MAKE IT EASIER

- Do not assign positions, allow the kids to move about the field anywhere they would like.

MAKE IT HARDER

- Assign positions to students such as goalie, defense, offense and center.

FOCUS

GROUP SIZE

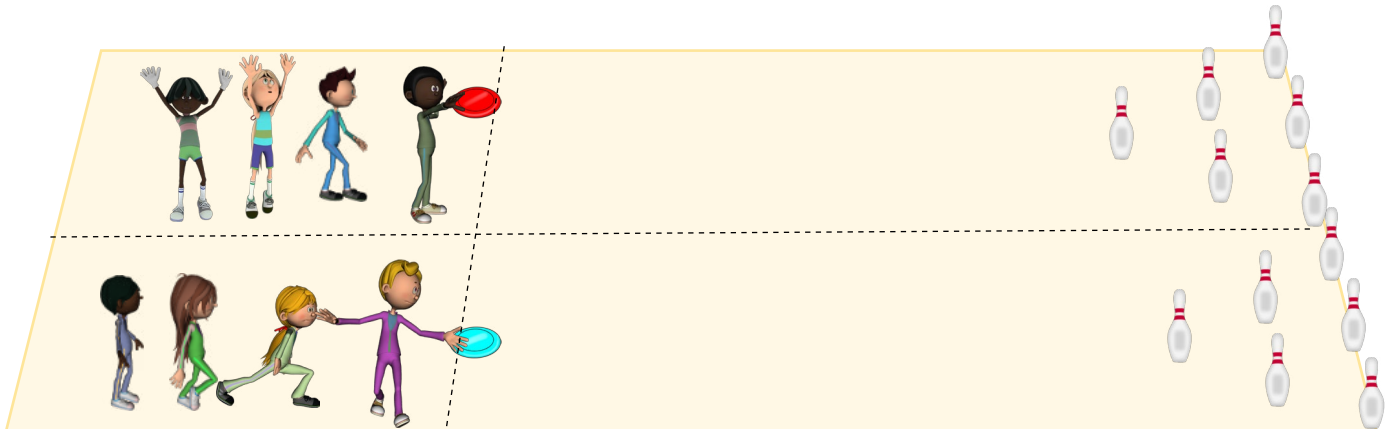
2+

EQUIPMENT

12 bowling pins, 2 discs, floor tape

SETUP

You can do this in teams or have the kids compete against each other individually. Place 6 bowling pins on the opposite end line as shown in the image. Use tape on the floor to mark off where the pins belong as well as floor tape to mark off the throwing line.



INSTRUCTIONS

1. On 'go' the first child will toss their disc at their bowling pins from behind the throwing line with the objective of knocking over as many as they can.
2. After they throw the disc, they must retrieve it and bring it back to the next child in line who will follow the same pattern.
3. The first team to knock over all 6 pins first wins that specific race.
4. Next, the students must pick up the pins and place them back in their original spots to begin the next round.
5. If a child accidentally knocks over an opposing team's pin, it still counts and must remain down until the round is finished.

MAKE IT EASIER

- Decrease the distance the kids have to throw the disc

MAKE IT HARDER

- Increase the distance the kids have to throw the disc.