

Suggested Weekly Learning Activity

Subject Area:	Physical Education
Big Idea:	I can demonstrate ways to receive, retain, and send an object with increasing accuracy individually and with others.
Name of Activity:	Modified disc-golf
Materials Needed:	Frisbee, trees or something to use as a target
Plan/Instructions:	<p>Students will set up their own mini disc-golf course by using trees or objects as targets outside in an open area. Just like in mini-golf, the student will begin at a starting point and throw their frisbee towards the tree/target. Ask your child to name the cues for throwing a frisbee before beginning:</p> <ol style="list-style-type: none">1) Look at your target.2) Place your thumb on top, index finger on side and other fingers underneath your frisbee.3) Step forward with the same foot as your throwing arm.4) Follow through with your throwing arm <p>Wherever the frisbee lands the child must go and retrieve their frisbee and throw it again from that spot until they are successful at hitting the tree/target. Students will count the number of attempts it takes them to be successful (just like in golf). Students will then go on to the next "hole" and restart the process.</p>
Safety:	This activity should be performed in an open area, away from traffic.
Opportunities for Stretch:	<p>Students should use their creativity when designing their disc-golf course. Can they add obstacles to the course so that they must vary the direction of their shots?</p> <p>Students can add up their points just like in mini-golf. Can they challenge a family member to see who can get the lowest score?</p>

Reflection:	Was it easier when you are further or closer to the target? What other factors affected where your frisbee landed?
Source:	https://twitter.com/CSSPhysEd/status/1250153689207144449?s=20

Remember to check your equipment, your space, play fair and have fun.