

Soft Colored Foam Discs

Item # 18246

What Are the Educational Applications?

More and more people are participating in recreational activities as a means to enhance their health and quality of life. Disc-related activities can provide upper and lower body conditioning, aerobic exercise, and promote a combination of physical and mental abilities that allow very little risk of physical injury. Participants can also increase their concentration skills through obstacle and shot challenges. Players of limited fitness levels can start slowly and gradually increase their level of play as fitness improves. And, for younger students, it is important to reinforce numbers and colors whenever possible.

How Can I Use This Product With My Students?

Bring numbers, colors, and word association into the mix! These soft, nylon discs are the perfect addition or variation to any tossing and catching activity. Each disc features a number of 1-6 as the numeral, written word, and represented by dots. Washable. Set of 6 discs, 1 each in red, blue, green, yellow, orange, and purple.

Activity #1 – Pass Your Number

Divide students into groups of 7 and make a circle. One student is the caller; the other students each take a soft colored foam disc. The caller stands in the middle of the circle and calls each number, one at a time. When a student's number is called, he/she passes their soft foam disc to the caller and the caller passes it back. After the caller passes it back, the student takes a seat or squats to show they have had a turn. This continues until all students have had a chance to pass with the caller. After the caller has passed with everyone in the group, the caller switches places with one of the throwers. This continues until everyone has had a chance to be both a caller and a thrower multiple times.

Activity #2 – Numbers Face Up or Down

Students split up into two teams. One team will be *numbers face up* while the other team will be *numbers face up*. The goal is to get as many numbers facing up or numbers facing down as possible on the playing field when the time ends. Have students place one hand behind their back so that only one disc can be flipped at a time. The instructor will designate the type of locomotor movement for students to do during the round and how long the round will run. When time expires, count the number of discs with numbers up, versus the numbers down. Whichever team has more is the winner and the round resets so there are even number of ups and downs for each team. Play starts



again.

Activity #3 – 6-Disc Freeze (similar to 4 corners)

Spread out discs equally apart so that they form a giant circle. Have one student turn away from the group and call out a locomotor movement. All the other students will move around the circle doing the chosen locomotor until the student facing away from the group instructs to STOP. At this point, students stop moving and stand next to the closest disc. The student facing away from the group will call out a number or color. The students in the group called out will pick an exercise for the entire group to perform. The student who was facing away from the group will switch places with one of the students from the group who picked the exercise, and then a new round will begin.



NOTE: Students should only pick students to be the caller who have not done the job before until everyone has had an opportunity.

Activity #4 – Odds and Evens Ultimate

Divide students into two teams—odds and evens. Set up two cones at the end line of each side to mark the goal area and cones to mark off the midline of the play area. Students who are on offense will try to pass either odd or even numbered discs down the field to each other, and ultimately score a point by successfully passing one of their team's discs over the end line. Students on defense try to block the passes or knock the discs to the ground, so the defense does not score. If the disc touches the ground, the possession changes to the other team. Students cannot move while holding the disc. The twist in this game is that there are multiple discs in play, and only half the discs can be used by each side to score points. Students should be encouraged to strategize how to deter the other team from scoring.

Activity #5 – Colored Disc Runs

Split the students into small groups and have the students either hold hands or link arms. The discs are spread out in the play area very far apart from each other. Create lists with the different color orders you want each group to run to. After reaching the disc, the group will un-link, pass the disc to each other, and leave the disc in the area when finished. After passing, the group will re-link and run back to the instructor to get their next color. If there are groups passing in front of others when they arrive, they must wait until that group is finished prior to starting. Everyone in the group should be linked together holding hands or wrists the entire time, except when passing. Repeat the same steps until a group gets to all the discs and back.

Activity #6 – Pass the Frisbee

Students will form a circle and one student will start with all the discs. That student will call out the name of any student in the group who is not standing to their

right or left, and pass disc #1 to that student so the disc is caught. The passing will continue in the same fashion around the circle so that every student in the group has a chance to throw and catch the disc. When an order has been established, introduce disc #2 while disc #1 is still in play. Continue this until all 6 discs are being passed around the circle. When the group is comfortable and has established a pattern, time the group to see how quickly all 6 discs can be passed through the circle. Try to beat previous time. For more of a challenge, if a disc is dropped, group must start over.

Activity #7 – Pass Relay

Students are split into small groups of at least 5, and each group is given a set of soft foam discs. Designate a start line and an end line. Have the first student in each group stand on the start line; have the second student stand at least 2-3 arms length in front of the first student. Students continue with this spacing of at least 2-3 arm lengths until all students in the group are spaced. On the GO signal, the first student will pass the soft foam disc with #1 on it to the 2nd student. Once the 2nd student catches/picks up the disc, the first student runs toward the end line but stops at least 2-3 arms lengths behind the last student in the group. Passing then running to the end of the assembly line continues until the soft foam disc is passed over the end line. Once disc #1 crosses the line, all students run back to the start line to repeat the process with disc #2. This continues until all 6 discs have crossed the line. Once the 6th disc has crossed the line, students “high 5” the last catcher and take a seat behind the end line.

VARIATION: Students use only one disc, however once they get to the end line they must pass it back to end on the start line.

Activity #8 – Disc Golf

Set up 6 disc golf courses having each course number correspond to the number on the soft foam disc. Put students into small groups and have each member of the group take a turn at the hole with the disc. Do not rotate until all students in each group have completed

the course. (This is a good time to reinforce terms by asking students to tell you how many throws it took to get to the end of the hole. For example, a student takes 4 tries he/she responds by saying "I got a bogey")

VARIATION: Instead of having each student throw from a tee-off area to hole, alternate students after each throw.

How Do I Make This Product Developmentally Appropriate For My Students?

- Demonstrate proper technique prior to allowing students to use equipment
- Can be used indoor or outdoors
- Can be used with various ages
- Can be used with various skill levels

How Does This Product Relate to Current Educational Thinking?

Soft foam discs are an excellent tool to reinforce throwing and catching a flat object to a stationary or moving object. Soft foam discs also promote cooperation and teamwork play. Those skills can translate to several other sport and life-related activities. Students can be challenged and progress at their own ability, creating a level of comfort that motivates students to have a continued interest in the activity. The soft material is less intimidating for less-skilled students to work with because a hard throw will be gentle on their hands, and therefore they will be more willing to participate.

In view of COPEC'S (Council on Physical Education of Children) position that all activities have both appropriate and inappropriate practices, please list and describe a few appropriate practices regarding how this item or these activities are valuable to a physical education program.

- Can be used indoors or outdoors
- Appropriate for a variety of age ranges
- Appropriate for a variety of skill ranges
- Can allow individual development in a group activity session
- Focuses on coordination improvement
- Easy to incorporate as a differentiated instruction tool
- Develops hand-eye coordination
- Reinforces number recognition
- Reinforces color recognition

Safety Issues & Concerns

- Make sure students are alert at all times to avoid hitting someone with the disc

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Please direct your questions or concerns regarding this product to the appropriate office listed below between the hours of 8AM-6PM Eastern Time

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