Flying Disc Team Tennis

**Goals:**
- To toss the flying disc across the “net” to the other team and have them catch it to score points. The total of both teams’ scores it the game score!

**Bullying Awareness Objective or Goal:**
- Working together to achieve team success, participating in different roles in a game, using skills to help the teams

**Recommended Grade Level:** Grades 4-9

**Space or Activity Area:** Soccer field with a center line of cones or poly spots

<table>
<thead>
<tr>
<th>Team A</th>
<th></th>
<th>Team B</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>3 points</td>
<td>2 points</td>
<td>1 point</td>
<td>3 points</td>
</tr>
</tbody>
</table>

**Equipment/Materials Needed:**
- 1 Flying Disc per team of 4, #W18720—Bullying Awareness Flyer

**Description of Activity/Game:**
- The teams (4 players, 2 on each side of “net”) begin tossing the flying disc across the net
- The points are scored based on where the flying disc is caught
- The further the throw and catch, the higher the point value
- The teams try to score the highest # of points in the time period given

**Fitness/Skill Components:**
- Flying disc tossing
- Catching
- Running

**Rules:**
- Players must stay on their side of the net
- The score is based on where the flying disc is caught
- The team receives a total score by adding both sides together
- Throws must be caught before it touches the ground
Assessment:
- Throwing skills
- Catching Skills
- Team Work
- Following directions

Debriefing Ideas:
- Ask which skills they feel they liked the best
- Discuss the different positions in the game
- How can a team work better together using their skills?
- What was the most challenging aspect of the game?
- Brainstorm on other scoring methods

Adaptations:
- Increase the distance of the playing field
- Increase the number of flying discs in play
- Change the type of throws
- Change the type of catches

Author: John L. Smith
1989 NASPE National Teacher of the Year
FlagHouse Educational Consultant