No Bullies Here Flying Disc Flipping

Goal:
- To flip the flying discs so that all the No Bullying signs end up facing up!

Bullying Awareness/Bullying Prevention Concept or Goal:
- We want to show our No Bullying side every time.

Recommended Grade Level: Grades 2-8

Space or Activity Area: A play area that is safe enough to toss and flip a flying disc into a 6’ circle

Equipment/Materials Needed:
- 1 Flying Disc per player, #W18720—Bullying Awareness Flyer

Description of Activity/Game:
- Make teams of 4-6 players and give them each a No Bullying Flying Disc
- The players on the signal must toss and flip (at least 1 flip) the flying disc into the air, have it come down into the 6’ circle and land with the No Bullying sign side up

Skills Component:
- Flying Disc flipping

Rules:
- All discs must flip at least once
- Height of flip must be above the head of the standing flipper
- All discs must be flipped at the same time
- All disc must land and stay No Bullying side up
- All flips must be done from outside of the circle

Assessment:
- Evaluate the flipping skills
- Check correct landing of the No Bullying sign
- Time it takes to complete the task
- Number of times it is accomplished

Debriefing Ideas:
- Talk about each person’s part in the activity
- Discuss whether all rules were followed
- Discuss the idea of flipping heights and why they are needed
- Brainstorm how to complete the task in a different new way
- Talk about why we all need to have the No Bullying at the same time
Extensions:
- Higher flips
- More flips of disc on each flip
- Change the style of the flip (right hand, left hand, backwards)

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Adapted from Pizza Flipping activity in the FlagHouse 60 Second Countdown, Minute to Win It physical education activity book #18394
For more great 60 Second Countdown Challenges, download #W18394—FLAGHOUSE 60-Second Countdown Electronic Guidebook