No Bullying Flying Disc Toss

Goal:
- To toss the Flying Disc closest to the target and win a letter to spell “No Bullying”

Anti-Bullying/Bullying Prevention Concept or Goal:
- Our target is to prevent and stop bullying so the closer we get to the target the better we can do it

Recommended Grade Level: Grades 4-8

Space or Activity Area: A large field area that is safe enough to toss Flying Discs a distance to a target

Equipment/Materials Needed:
- 1 Flying Disc per player #W18720—Bullying Awareness Flyer
- 1 Poly Spot or cone per group #W743—Spot Marker Set - 9" Round

Description of Activity/Game:
- Make teams of 2-4 players and assign them each a # (1, 2, 3, 4)
- The players as a team select a place to put their Poly Spot or Cone target
- Then Player #1 selects a tossing spot for the team
- From that spot, each player tosses their Flying Disc and tries to get it to land as close to the target as possible
- The player that has their Flying Disc land the closest wins a letter for the team starting with the letter N
- The player that wins the letter picks the next tossing spot
- This process continues until the team spells the words “No Bullying”
- When finished the team goes to the instructor and spells “No Bullying”
- If correct, the instructor assigns them another anti-bullying word to toss and spell and the game continues

Fitness Component:
- Running

Skills Component:
- Flying Disc tossing

Rules:
- Disc closest to the marker wins the letter for the team
- Team must spell No Bullying to finish the game
- Tossing spot must change for each restart
- Everyone must get a chance to pick a starting spot
- Team spells Anti-Bullying for the instructor
Assessment:
- Evaluate the tossing skills
- Correct Spelling of No Bullying
- Time it takes to complete the task

Debriefing Ideas:
- Talk about each person’s part in the activity
- Discuss whether all rules were followed
- Discuss the idea of different starting spots and why they are needed
- Brainstorm how to complete the task in a different new way

Extensions:
- Only the player with the closest toss wins the letter and picks the new starting spot
- Rotate the person that selects the new starting spot
- Next starting spot must be further away and at a different angle
- Change the word to be spelled

Additional Words:

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<th>Bully</th>
<th>Abilities</th>
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<tr>
<td>Bullied</td>
<td>Hazing</td>
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<td>Cyber Bullying</td>
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<td>Behavior</td>
<td>Name Calling</td>
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