

# Flying Disc Target Course Game Set PE00573



Flying Disc Target video link Terrific Testing Squad >  
<https://youtu.be/sW3M-MU3BV0>

With bases, poles, target rings, numbered flags and flying discs, the flying disc target course game is perfect to maximise opportunities to engage pupils in physical activities and understand the importance of health and fitness.

- ❖ **Develops many fundamental motor skills such as running, jumping, aiming and throwing.**
- ❖ **Develops hand/eye coordination.**
- ❖ **Great for developing different throwing skills.**

There are many ways to use the Flying Disc game. Here are some activity ideas that you can try. Have fun and enjoy playing with Flying Discs!



# Disc Target Game



## How to throw a flying disc

- ❖ Get the **grip** right with thumb on top, fingers underneath in a fist type hold.
- ❖ **Throw** by positioning body towards the target, feet at 90-degree angle and arms to make a cross shape. Pull the front arm into chest and point the disc towards the target. Step and flick with leading leg and arm and release the flying disc.
- ❖ **Catch** either with two hands in an alligator snap- hands out in front of you with palms facing clapping hands in the middle of the disc. Or one-handed in a crab claw using thumb and fingers to pinch.

## Flying Disc Number Game

- Number the targets- could use multiples of chosen X tables.
- Players move around playing area trying to score in the targets.
- Could go through the targets in order, or a caller could call out the calculation and the winner is the one to hit that target first.

- Or one player throws the disc in the air, calling out a number from one of the targets. The other players try to catch it before it hits the floor. If no one catches it, then the caller can claim it. That person throws the disc to that target. If they hit it, then they score that number.
- Whoever has the greatest score wins.

## Flying Disc Team Timed Relay

- Divide the class into two or more teams.
- Each team has a flying disc and a target.
- The teams line up behind a starting line, facing their target.

- The first player throws the flying disc towards the target and runs to retrieve it and then passes it to the next player and goes to the back of their line.
- Scores are added as targets are hit.
- Time the relay. After the time chosen total the scores. The highest score wins.

## Flying Disc Square Targets

- Set up four targets in a square formation, with enough space between them.
- Divide the class into four groups. Each team has a flying disc and stands behind one of the targets.

- The teams take turns to throw their flying disc across the square, trying to hit the opposite target.
- If they hit the target they score. If they miss, the disc is left where it lands, and the next team take their go.
- The teams score with each target they hit. They get double points if they make a square and hit all four targets.



- ❖ **The Flying Disc Target game can be used across the curriculum.**
- ❖ **Enjoy inventing games.**
- ❖ **Practise throwing, catching and aiming skills and encourage pupils to engage in competitive and cooperative physical activities.**

### Flying Disc Handball

- Set up two targets at opposite ends of the play area, as goals.
- Divide the class into two teams.

- Teams throw the flying disc to each other with the aim of throwing it into the goal of the other team and scoring 5 points.
- They cannot run with it or touch it with their feet.
- The game follows the rules of handball.

### Flying Disc Rounders

- Set up like a game of rounders using the flying disc targets for the bases, back stop, and centre. You can choose whether or not to use all the bases and poles.
- Split the class into two teams, one team the fielders/disc throwers and the other the runners.

- The first runner throws the disc at the centre target. If they hit the target their team gets a point, if not the other team get the point.
- The fielders then throw the disc around the bases while the runner runs. Aim is for the fielders throwing to beat the runner!

### Flying Disc Golf

- Arrange the targets out like a golf course, with different distances and obstacles.
- Each individual or team has a flying disc and tries to hit each target in as few throws as possible.

- The score is the total number of throws for all the targets.
- The lowest score wins.

(Have fun setting up different courses with different obstacles around the course.)

## More ideas....



### Flying Disc Rangers

- Set up the targets around the play area, with different numbers on them.
- Divide the class into small groups, each group with a flying disc and a score card.
- The groups move around the play area, trying to throw the flying disc through as many targets as they can.

- Each time they hit a target they write down the number on the score card.
- The game ends after a certain time limit or when all targets have been hit.
- The group with the highest score wins.

### Flying Disc Stations

- Set up the targets around the play area, with different number/ letters on them.
- Each individual/group is given an orienteering card with their own sequence of the numbers/letters.

- They work their way around the course trying to hit each target in their sequence.
- Each target hit can gain a set of points that can be added up at the end.
- The one with the highest score wins.

These are just some examples of how you can use the Flying Disc Target Course Game. Give them a go and adapt them to suit your needs.

You can also create your own games or modify existing ones. If you have any brilliant ideas for using this resource, please get in touch. We'd love to hear from you.