

# Cone Ring-Frisbee Golf

by  
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**Grade Level:** K-12

**National Standards:**

#1: #2: #3: #4: #5: #6:

**Learning Objectives:**

- The student will utilize previously learned skills for throwing a Frisbee.
- The student will work cooperatively with a small group and maintain proper personal responsibility.
- The student will use proper social support.

**Space Needed:**

- A large, flat area is best such as a grassy field, cafeteria, blacktop, or gym.

**Equipment & Materials Needed:**

- One (1) Ring-Frisbee per two (2) students.
- Cones to designate the boundaries.
- Two (2) cones per "hole".
- Flags or markers for each hole.

**Set-Up:**

- Place the cones around the edge of the playing area to designate the boundaries.
- Make a golf course using one (1) cone for the T-off and a second cone for the "hole".
- Make a map of the golf course and provide each group with one.
- Make a score card with pars and max attempts and provide each group with one.

**Description of Learning Activities:**

- Teacher verbally cues students to practice throwing a Frisbee.
- Proper Ring-Frisbee Throwing Technique: athletic stance; grip Ring-Frisbee with the thumb on the top, first finger on the lip, and the other fingers underneath; pivot to the non-dominant side; bring Ring-Frisbee to chest with elbow pointing to the target at shoulder height; step out, towards the target, with the dominant foot; straighten arm; snap wrist; follow through with fingers pointing to the target.
- Place each pair of students with another pair making up the foursome.
- Team 1, player 1, throws the Ring-Frisbee (T's-off), using proper throwing technique, from behind the T-off cone, to "hole", the 2<sup>nd</sup> cone.
- Team 2, player 1 then T's-off.
- Team 1, player 2, throws her team's Ring-Frisbee from where it landed.
- Team 2, player 2, throws her team's Ring-Frisbee from where it landed.
- Repeat this process until each team's Ring-Frisbee "rings" the cone or they hit their max attempts, which should be five (5) throws.
- Write down the number of strokes it took to get from the T-off cone to the "hole" cone.

**Authentic Assessment:**

- Teacher observation of students' social support and group cooperation working with a small group.
- Students give themselves an assessment regarding how they interacted with their partner and foursome.
- Instructor may use a skills checklist to determine skill level of each student, for throwing Ring-Frisbee.