

# Circular Team Toss

Item # 14920



- **Overview.** Participants will have a blast using these unique tossing and catching discs. Each brightly colored 24"-dia. disc has four 3' elastic bands for 2-4 participants to control. The challenge is for each team to propel the soft, disc-style balls (included) to the other team's disc-without hitting the floor/ground. Circular Team Toss is a great team-building activity. Set includes 6 discs, 1 each in red, yellow, green, orange, purple and blue; and six 5" plush disc balls, also 1 each in red, yellow, green, orange, purple and blue.
- **What Are the Educational Applications?**
  - Throwing and catching are important components used in almost every aspect of physical education activity, from dance routine props to typical sport movements, such as baseball or football. When teaching these types of activities, accuracy should be an important point of discussion. A higher level of success is usually achieved by asking students to focus on the target area to throw towards when stationary or moving.
  - By giving students an opportunity to practice catching accuracy, the instructor is helping to develop a life skill as well as providing a skill base for many different sports. Throwing towards a target and catching are skills that are used not only in sports, but in everyday life. It is often more efficient to toss an object to someone, rather than to walk and hand it over. The Circular Team Toss adds variety by allowing a small group to practice throwing underhand or overhand during a game setting as opposed to a more traditional sports setting. The Circular Team Toss also promotes team-building and teamwork.
  - Fitness and cooperation skills are an important component of any level in physical education. When teaching these types of activities, an important component of discussion is communication. Students focus on working in unison, rather than competing against each other. In this manner the entire group can feel a sense of accomplishment. Likewise, when students work together without arguing, it becomes a life lesson on the value of working collaboratively with others.
  - Helps teach colors to younger students.
- **How Can I Use This Product With My Students?**
  - **Where:** Can be used indoors or outdoors.
  - **Age:** Can be used with any age and skill level, elementary school and beyond.
  - **Group Size:** 2-24
  - **Basic Skills Needed:** Prior to using, teachers should teach underhand and/or overhand throwing cues.
- **Setup/Instructions:** Make sure the distance to catch from is appropriate for the given age group.

## The Games/Activities

- **Activity #1: Underhand Throw and Team Catch**
  - a. **Objective:** To teach students the underhand throwing technique.
  - b. **Set Up:** Have student stand facing the target, step toward the target, swing throwing arm under shoulder and follow through. Explain that when one catches using a glove, a pocket needs to be created.
  - c. **How to Play:** Have either two students hold two elastic bands, or four students each hold one elastic band. Then have students practice underhand throwing to the students with the disc. Instruct the disc students to try and catch the ball so the disc is folding together as a glove folds around the ball when catching.

• **Activity #2: Pepper**

- a. Objective: To teach students overhand throwing technique.
- b. Set Up: Have student stand with the opposite shoulder facing the target, step sideways, bring arm back behind the head, twist to face the target, then throw and follow through. Explain that when catching using a glove, a pocket needs to be created.
- c. How to Play: Have either two students hold two elastic bands, or four students each hold one elastic band. Then have students practice overhand throwing to the students with the disc. Instruct the disc students to try and catch the ball so the disc is folding together as a glove folds around the ball when catching.
- d. Extension: Have the students throw only at the target of the color ball they are holding after telling the teacher the name of the color.

• **Activity #3: Targets**

- a. Objective: To work on accuracy using the discs.
- b. Set Up: Using the straps, secure discs to soccer goal posts so that the disc looks like a hanging target inside the goal. Make sure to vary the height of each disc.
- c. How to Play: Have students work on either throwing the disc style balls at the target or kicking a soccer ball toward the target.



• **Activity #4: Tossing from Target to Target**

- a. Objective: Students will work cooperatively to pass discs.
- b. Set Up: Two or more students must hold the straps for each target. Up to four students may hold a strap on the target.
- c. How to Play: Holding the straps, the students must work together to pass the disc from one target to another.
- e. Extensions:
  - Use the target straps with a partner to toss the disc into a hula hoop on the floor/ground or into a large container.
  - Use the target straps to pass the ball onto a parachute from a certain distance away.
  - Move across the gym or playing field with another group while attempting to toss and catch on the moving targets.

• **Safety Issues & Concerns**

- It is important that everyone is paying attention and understands directions prior to beginning any maneuvers.
- Make sure discs are securely suspended in place.
- Do not allow students to pull on discs when hanging.
- Students should be aware and alert when retrieving objects from area where others are throwing objects.
- Students should only toss objects toward discs, not at others.
- When using straps make sure not to pull out and release when others are in proximity, as the elastic may snap on someone.

## Meets These NASPE Standards

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

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