

FLY DISC BASEBALL

STUDENT TARGETS

- ✓ **Skill:** I will throw and catch the disc using skill cues.
- ✓ **Cognitive:** I will discuss the importance of self-officiating.
- ✓ **Fitness:** I will actively engage in base running and fielding while applying the health-related fitness components.
- ✓ **Personal & Social Responsibility:** I will follow the rules and etiquette of the game.

TEACHING CUES

Throw

- ✓ Thumb on Top
- ✓ Curl Disc In, Extend and Snap

Catch

- ✓ 2 Hands Out in Front
- ✓ Palms Facing Each Other
- ✓ Snap Together

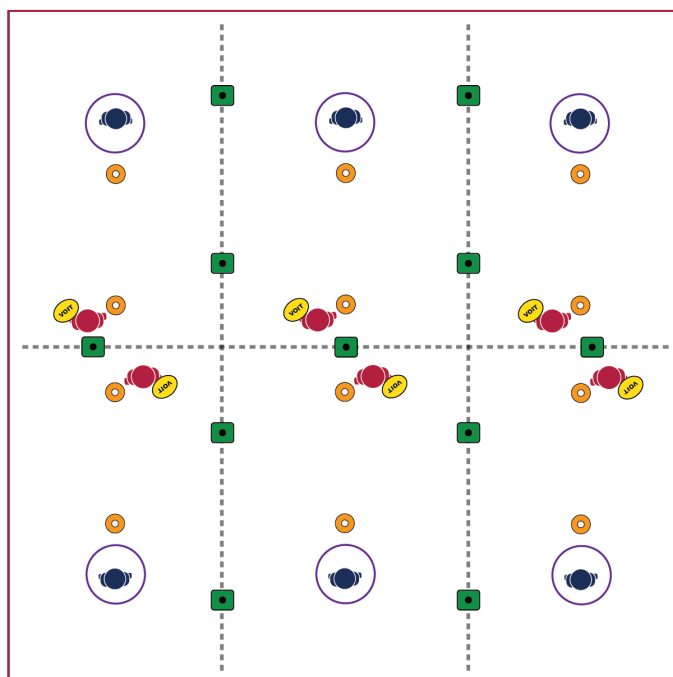
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✓ 1 foam disc per pair of students
- ✓ 1 base (spot marker or low-profile cone) per student
- ✓ 1 hoop
- ✓ Large cones for field boundaries

Set-Up:

1. Create 1 “field” for every 2 students using large cones.
2. In each field, set up 2 cones about 20 feet from one another, a hoop just behind 1 cone. Be sure there is enough space between fields for safe activity.
3. Pair students, each pair at a field with a disc, each student at a cone.



Activity Procedures:

1. It’s time to play Fly Disc Baseball. The object of the activity is to score as many runs as you can. We’ll develop our cardiorespiratory endurance and practice throwing for distance (“huck”).
2. One student is the fielder, and the other is the batter. The batter will start behind their cone and throw the disc anywhere in the “field” (behind the fielder). The throw to start the game is called a “pull.” The fielder starts inside the hoop.
3. As soon as the disc is thrown, the batter will start running back and forth between the cones. Meanwhile, the fielder will chase the disc and then jog back to their hoop. As soon as the fielder is back in the hoop, yell, “OUT!” The batter gets 1 point for each lap from cone to cone (there and back counts as 1 point).
4. Next, switch positions and continue in this way until you hear the stop signal. Then we’ll all switch partners. Teachers, remind students of safety best practices for this activity.

Grade Level Progression:

- 6th: Play the activity as described above.
- 7th: Fielding players must tag runners for force them to stay on a base to create an out.
- 8th: Play with teams of 2. Fielders must pass the disc back to the cone. Fielders with the disc cannot take any steps.

FLY DISC BASEBALL

UNIVERSAL DESIGN ADAPTATIONS

- ✔ **Adaptation:** Shorten the distance between cones. This activity is great for outdoor instruction, but could be modified for gymnasium play: Students could demonstrate muscular strength by traveling around bases while crab or bear walking.
- ✔ **Extension:** Have the students play in teams of 2 to increase teamwork and apply levels of offensive and defensive strategy.

ACADEMIC LANGUAGE

Backhand, Control, Etiquette, Huck, Pull, Spirit of the Game

STANDARDS & OUTCOMES ADDRESSED

- ✔ **Standard 1 [M2.6-8]:** Throws with a mature pattern for distance or power appropriate to the practice task (e.g., distance = outfield to home plate; power = 2nd base to 1st base) (6); Throws with a mature pattern for distance or power appropriate to the activity in a dynamic environment (7); Throws with a mature pattern for distance or power appropriate to the activity during small-sided game play (8).
- ✔ **Standard 2 [M2.6-8]:** Executes at least one the following offensive tactics to create open space: moves to open space without the ball; uses a variety of passes; uses pivot, fake, or give & go (6); Executes at least two of the following offensive tactics to create open space: give & go; a variety of passes; fakes, pivot) (7); Executes at least three of the following offensive tactics to create open space: moves to create open space on and off the ball; uses a variety of passes, fakes, and pathways; give & go (8).
- ✔ **Standard 4 [M6.6-8]:** Identifies the rules and etiquette for physical activities/games (6); Demonstrates knowledge of rules and etiquette by self-officiating modified physical activities/games (7); Applies rules and etiquette by acting as an official for modified physical activities/games (8).

DEBRIEF QUESTIONS

- ✔ **DOK 1:** How would you describe a self-officiated game?
- ✔ **DOK 2:** How would you apply knowledge of a game/sport in self-officiating?
- ✔ **DOK 3:** How is etiquette related to Spirit of the Game?
- ✔ **DOK 3:** How is etiquette related to self-officiating?

TEACHING STRATEGY FOCUS

Organize students to interact with content: Fly Disc Baseball is designed to help students practice skills, but equally important, it is an instruction to applying game etiquette and Spirit of the Game. The rules and scoring of this game are very basic and allow students the opportunity to practice self-officiating following etiquette and Spirit of the Game principles.