

Roll-n-Run

Watch this activity demo on  YouTube 

The Goal:

To score points by rolling a disc that passes through your legs.

What You Need:

Timer / [Interval Music](#), Flying Disc

How To Play:

- Roll a flying disc on its edge along a flat surface.
- Quickly run and position your legs in a straddle position.
- If the rolling disc passes through your legs, you score a point!
- Continue for 1 minute.
- Keeping track of your score and earn as many points as possible.
- Bronze = 1-2 points, Silver = 3-4 points, Gold = 5+ points



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