



**Active Schools**

## What Does it Take to Be An Active Schools Champion?

Becoming an Active Schools Champion is a commitment to encouraging physical activity with your time, your talents, or just your enthusiasm. We have strength in numbers. The more Champions, the more attention. The more attention, the more action. The more action, the more activity.

[Become an Active Schools Champion Today!](#)



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# 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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# Disc Slam

Watch this activity demo on  YouTube 

## The Goal:

To score points by passing a flying disc to a partner who slams it into a hoop.

## What You Need:

Flying Disc, Hula Hoop (or laundry basket)

## How To Play:

- Player 1 stands holding the flying disc. Player 2 stands 10 paces away next to the hula hoop or laundry basket placed on the ground.
- Player 1 throws the disc toward the hoop and Player 2 tries to “slam” (i.e. bump or knock) it out of the air attempting to get it to land inside the hoop. Your team scores a point if you are successful.
- Switch places and repeat. How many points can you score after 10 attempts?



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# Twirl-a-Whirl

Watch this activity demo on  YouTube 

## The Goal:

How long can you twirl a disc on your finger?

## What You Need:

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

## How To Play:

- Begin in a ready stance with the disc resting on your finger.
- When the timer starts, begin twirling the disc using only your finger.
- How long can you keep the twirl going without a drop?
- Bronze = 30 seconds, Silver = 1 minute, Gold = 2 minutes



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# Spin Fit

Watch this activity demo on  YouTube 

## The Goal:

Add up your repetitions. Get the highest score possible after 3 rounds of fitness fun.

## What You Need:

Flying Disc

## How To Play:

- Round 1: Spin the flying disc like a coin and perform as many jumping jacks as you can until the disc stops.
- Round 2: Spin the flying disc like a coin and perform as many push-ups as you can until the disc stops.
- Round 3: Spin the flying disc like a coin and perform as many curl-ups as you can until the disc stops.
- Now add the three scores together to get your Grand Total.



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# Flying Saucer

Watch this activity demo on  YouTube 

## The Goal:

Get your flying saucer to the landing pad in the fewest attempts possible.

## What You Need:

Flying Disc, Hula Hoop, Partner (optional)

## How To Play:

- Place a hula hoop anywhere in your general space. You can lie it on the ground or lean it against an object.
- 1 or 2 players stand as far away as appropriate (consider safety and adult permission).
- Take turns throwing your flying saucer (disc) toward the landing pad (hoop).
- How many attempts does it take? Reposition and play again.



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