



Flying discs can provide a variety of ways for kids to get out and play or add a fun twist to familiar games. Did you know kids need 60 minutes of physical activity per day? Disc throwing helps develop gross motor skills, improves vision, burns extra energy, and can help maintain mental clarity and focus.

TARGET PRACTICE

Get a feel for your flying disc by trying different throwing techniques. See how high you can throw, measure your distance or try to aim for a nearby tree, set up different size goals or make a target on the ground and see if you can improve your aim.

IN THE HOLE

Set up different size targets like baskets, buckets or trash bins. Try getting your disc to land in these targets spread around the yard.

DISC TAG

Kids love to play tag. Why not add a disc to the mix? Divide into two teams or play one-on-one. The team that's not "It" passes the disc to each other, keeping it away from the "It" team. Once the "It" team gets the disc, the teams switch roles.

COIN TOSS

Set a target such as a tree for your goal. Players pick the "top" or "bottom" of the disc. Flip the disc in the air as you would a coin. As soon as it lands, the player whose side is facing up must run to the target. The other player must try to catch them before they reach it.

DISC H-O-R-S-E

Instead of shooting hoops, use a disc for this game of H-O-R-S-E. The first player creates a challenge, like hitting a target. If they complete the challenge, everyone must try it. Complete the task and receive a letter every time you fail the challenge until you spell H-O-R-S-E. Take turns being the challenger.

DISC BOCCE

Choose a starting line; players will throw their discs from behind this line towards the target. The first person throws a ball several feet in front of the starting line. Players then toss their disc, trying to land it on or close to the ball. The player whose disc is the closest gets one point — two points if they land on the ball!

500 UP

Many of us have played 500 Up in baseball or kickball growing up. Now transform this game into a great disc game! One person is the thrower and everyone else is the catcher. The thrower decides how many points will be awarded for each throw and yells out the number of points as they throw the disc. If the catchers catch the disc in the air, they get the points that were called. If the catchers drop it, they will be deducted the amount of points. First player to reach 500 points wins and becomes the next thrower.

For questions or more information, call (574) 364-2496 or email CommunityEngagement@goshenhealth.com.

