

# Flip the Disc

*Activity*

**Resource:** PlaySport

**Division(s):** Intermediate Senior

**TGfU Category:** Zone Games

**Locations:** gymnasium, multipurpose room, outdoor space (e.g., field, tarmac)

## Game/Sport Connections

Zone games are activities that involve controlling an object, keeping it away from opponents, and moving it into position to score. Both offensive and defensive players share the same playing area as they work to prevent the other team from scoring. By playing these games, participants develop skills and tactics to play other zone games or games that require the application of similar skills, concepts, and strategies (e.g., soccer, handball, ultimate Frisbee, football, basketball, hockey, goalball, wheelchair basketball, lacrosse).

## Activity Overview

Participants learn about and practise moving into an opponent's space to score the greatest number of points while avoiding being tagged.

# Key Movement Skills, Concepts, and Strategies

Throughout the activity, consider highlighting the following skills, concepts, and strategies to help participants move into the other group's space and avoid being tagged. Note that this list is not exhaustive and further learning opportunities may arise during the task.

## **Movement Skills and Concepts**

Spatial awareness: moving appropriately in different directions and pathways in order to be successful in the activity (e.g., knowing how to move effectively as an individual or a group to move into the other group's space).

## **Movement Strategies**

- Applying skills and strategies to avoid being tagged and/or tagging other participants (e.g., using speed to move quickly to avoid being tagged, observing where the tagger is to decide when best to flip a disc).
- Creating and applying tactics to enter the other group's space to score points (e.g., working with group members to distract the opponents so that other group members can enter their space).

## Considerations

- Incorporate some or all of the variations listed in the "Variations" section while planning the activity. This will help to best meet the diverse backgrounds, identities, needs, and interests of participants and maximize the fun, inclusion, participation, and success of everyone.
- To elevate participant voice and choice, periodically pause the activity and share the variations with participants. Ask them to determine how they would like to change the activity to maximize the fun, inclusion, meaningful participation, and success for everyone. Encourage participants to add any variations of their own.

## Equipment

- 4 pool noodles per group (optional)

- 10 discs or floor markers per playing area (e.g., rubber/vinyl spots, cones, pylons)
- 20 hula hoops or skipping ropes per activity area
- Tape or a piece of paper for each disc to identify a point value

## Safety

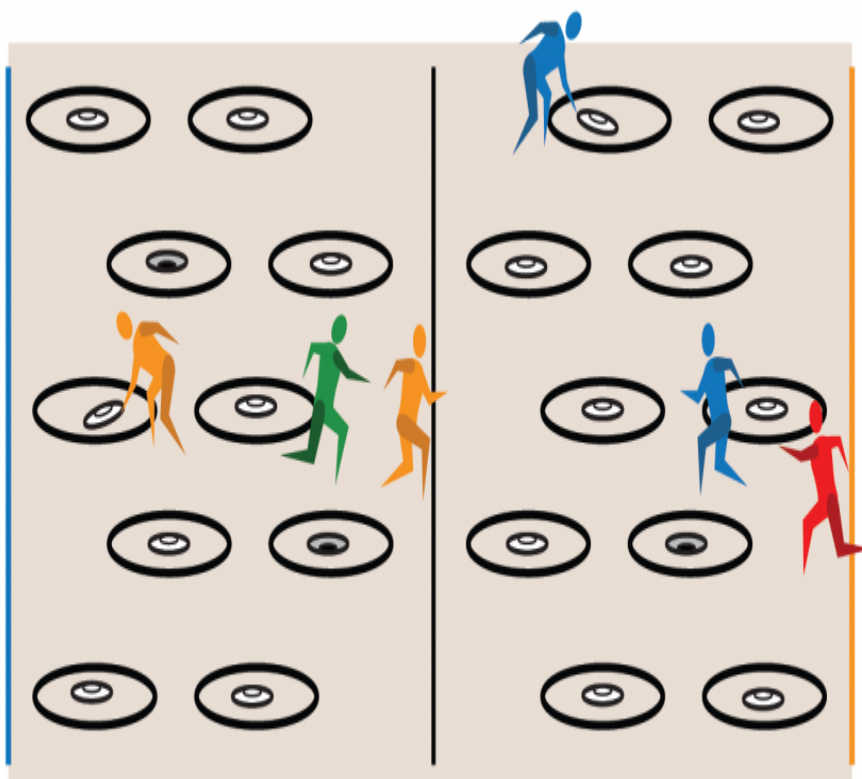
- Inspect the equipment and activity area to identify and remove hazards. Check that the activity surface provides sufficient traction.
- Establish the boundaries for the designated playing area at a safe distance from walls and obstacles. Share the boundaries with participants.
- Review the safety rules and activity instructions with participants prior to the activity.
- Instruct participants to be aware of their surroundings, including the locations of other participants during play.

## How to Play

- Divide participants into 2 groups.
- Divide the activity area in half and assign each group to a side.
- Groups scatter 10 hula hoops or skipping ropes formed into a circle on each side of the activity area. They then place 1 disc or floor marker (e.g., rubber/vinyl spot, cone, pylon) in each circle.
- Groups assign a point value to each disc or floor marker by writing the value on a piece of tape or taping a piece of paper with a number to the underside of the disc or floor marker.
- Groups ensure the numbers are facing down so that the point values are hidden.
- Ask 2 participants from each group to volunteer to be the designated taggers. Participants may choose to use pool noodles to tag other participants. Remind participants that a tag is a touch on the back, shoulders, or arms—not a push, punch, or grab. Ask various participants to choose to be the taggers throughout the game or after each game.
- The object of the game is for one group to cross into the other group's side and flip over discs or floor markers to score the points indicated while avoiding being tagged.

- If a participant is tagged, they must return to their side immediately.
- Once a participant has 1 foot inside the hoop or skipping rope, they are safe and cannot be tagged.
- Taggers must stay outside of the hula hoop or skipping rope.
- A participant can flip over only 1 disc or floor marker at a time, after which they return to their own side of the activity area.
- Once the participant has returned to their side of the activity area, they may return to the other side to attempt to flip another disc or floor marker.
- Groups work together to collect the most points by flipping as many discs or floor markers as possible. Restart the game if 1 group succeeds in flipping all of the other group's discs or floor markers.
- After a period of play, provide participants with some or all of the variations. Ask them to decide how they might change the game to enhance their fun, challenge, and success. Encourage participants to add any variations of their own.
- Consider having groups share their variations and select another variation to try with their group.

## Image: Visual Depiction of the Activity Instructions



## Pause for Learning

Throughout the activity, ask open-ended questions to help participants refine their movement skills, strategies, and tactical solutions. Examples include:

- When is the optimal time to enter the other group's zone and why?

- How can you work as a group to be successful at turning over the discs or floor markers?
- What is one strategy you can apply to prevent being tagged by the other group?
- How do you use verbal and non-verbal communication with your group in order to be successful during the activity?
- How can you position yourself in the offensive and defensive zones to increase your group's chances of success during the activity?
- Which games or sports have you played or know about that use similar rules and strategies to the ones used in this game?

## Variations

- Increase or decrease the number of discs/floor markers and hula hoops/skipping ropes.
- Designate 1 participant per group to act as a "healer" who can turn the flipped discs or floor markers back over, removing the points from the other group.
- Eliminate the point value and use a time limit to flip as many discs or floor markers as possible. The group with the most flipped at the end of the time is the winner of the round.