

## Disc Games/Activities

During this unit, you will have the opportunity to learn and participate in three disc activities; Kan-Jam, Ultimate Frisbee and Disc Golf.

**Kan-Jam** is a “back yard” partner game. The object of the game is to throw a Frisbee towards a can with a slot in it, attempting to score 1, 2, 3 points or an instant win toss. Two cans are placed about 50 feet apart from each other. Partners face each other standing behind one can; similar to horseshoes. The winning team reaches 21 points exactly first. You play with a partner, attempting to deflect the Frisbee toward the can. Opponents play alongside you and your partner, taking turns after each other. There is no defense in this game.

To score one point, a player must toss the Frisbee toward the can and the partner redirects the disc to hit the can. This is called a Dinger for one point. To score two points, (a deuce) a player directly hits the can by tossing it at the can on their own. To score three points, a player tosses the Frisbee and the teammate “dunks” the Frisbee into the top of the can. To instantly win the game, the disc is tossed directly into the slot of the can. If a team goes over 21 points, they will subtract the points earned until they reach 21 exactly.

**Ultimate Frisbee** is a team sport played between two teams on a large field area with boundaries clearly marked. The object of the game is to throw and catch the disc between teammates in order to advance the disc toward an end line. The teams begin on opposite sides of the field. One team “kicks off” (throws the disc toward the opposing team) this is called a “pull”. The receiving team gets the disc and advances the disc by throwing to each other. When in possession of the disc, the player cannot take any steps, and they have three seconds to release it. As a defender, the player must stay an arms-length away and give a three second count out loud. In order for a team to score, the disc must be caught over the designated end line. The “Spirit of the game” is based on honesty and self-officiating. The game should move quickly and there is no contact! If an intended receiver misses the disc and it touches the ground, possession changes immediately from that spot to the opposing team. Play continues quickly.

**Disc golf** is a recreational game similar to golf. Groups of two, three or four play a nine-hole golf course. Each player chooses from a variety of discs, a set of discs to be used during the course. The discs are made to travel differently; a putter for shorter distances, a driver to travel great distances and a mid-range disc. There are several other types of discs to be used in different wind and climate areas. The object of the game is to get your disc to the “target cage” (the hole) in the least amount of throws. Players take turns so that no one gets hit by the disc. Letting the player go first who is farthest from the hole would be proper etiquette. Screaming the word “FORE” is a warning that a disc is heading toward a person. Players count their throws and place the number on a score card. Adding the scores up after the full round will give you your score. Low score wins!

