

LESSON 4: FITNESS AND EXERCISE FOR DISC GOLF

Grade-Level Outcomes

Fitness knowledge: Describes the role of warm-ups and cool-downs before and after physical activity. (S3.M12.6)

Fitness knowledge: Designs a warm-up/cool-down regimen for a self-selected physical activity. (S3.M12.7)

Fitness knowledge: Designs and implements a warm-up/cool-down regimen for a self-selected physical activity. (S3.M12.8)

Embedded Outcomes

Health: Identifies components of physical activity that provide opportunities for reducing stress and for social interaction. (S5.M2.6)

Health: Identifies positive mental and emotional aspects of participating in a variety of physical activities. (S5.M2.7)

Health: Analyzes the empowering consequences of being physically active. (S5.M2.8)

Lesson Objectives

The learner will:

- design a warm-up routine with appropriate exercises to maximize disc golf performance.
- identify exercises that are effective for disc golf training.
- identify and document positive health consequences of participation in disc golf.

Equipment and Materials

- Blank journal page: 1 per student
- Pen or pencil: 1 per student
- Flying discs: 1 per 2 students

Introduction

Each and every component of health- and skill-related fitness can help disc golfers maximize each performance. However, two components of health-related fitness and two components of skill-related fitness are essential for peak performance. They are muscular strength and flexibility, as well as power and coordination. Like all components of fitness, these four components can be developed through training and will benefit from a proper warm-up. Let's explore these concepts in our fourth lesson of disc golf!

Instructional Task: Toss and Talk

■ PRACTICE TASK

Partners throw and catch using backhand and forehand throws and pancake catches from a distance of 15 to 20 feet (4.5 to 6 m) apart.

Prompt students to think, pair, and share about the following guiding questions while they throw and catch.

Guiding questions for students:

- Define the components of fitness identified in the introduction. Explain why they're important to disc golf.
- What are the components of an effective warm-up?
- How do disc golfers benefit physically, socially, and emotionally from playing the sport?

EMBEDDED OUTCOMES: S5.M2.6: S5.M2.7: S5.M2.8: Use these guiding questions to ensure students understand the potential wellness benefits of disc golf.

Guiding questions for students:

- In what ways can disc golf reduce stress in your life?
- Many people feel that disc golf provides an opportunity for a positive mental and emotional influence on their lives. Can you identify a couple of reasons why?
- Being physically active can give someone a sense of empowerment. How can disc golf make someone feel that way?

Student Choices/Differentiation

Post questions around the activity area for students to reference throughout this task.

What to Look For

- Students describe multiple components of fitness and their importance to disc golf.
- Students are using proper elements of disc golf while performing the warm-up.
- Students describe multiple benefits of playing disc golf.

Instructional Task: Purposeful Interval Planning

■ **PRACTICE TASK**

Print a series of exercise routines (www.darebee.com is a great reference) and post them on cones in a circuit throughout the activity area.

Pairs rotate around the circuit, demonstrating each routine with proper form and attention to safety.

Guiding questions for students:

- Which exercises could be used to build an effective warm-up?
- Which exercise could be used to develop the fitness components essential for disc golf?
- Which exercises did you enjoy the most?

Extensions

- Students design a warm-up routine to be performed as an instant activity for the remainder of the disc golf module.
- If time allows, students can design an exercise interval workout that can be done at home to develop muscular strength and flexibility, as well as power and coordination.
- Possible assessment: If time and schedule allow, repeat this instructional task with one station within the circuit as an assessment station. At this station, review students' work with them, providing feedback and direction.

Student Choices/Differentiation

- Provide routines from basic to complex, allowing for different skill and fitness levels.
- For classes struggling with independent participation, select or create a routine to complete as a class.

What to Look For

Student writing samples: Take the time to debrief and then use student writing samples to focus student effort and refine their fitness knowledge.

Formal and Informal Assessments

- Student journal pages
- Assessment station

Closure

- What components of fitness are essential for peak disc golf performance?
- How would you summarize the importance of a warm-up with respect to disc golf performance?
- Can you elaborate on the reasons why power and coordination are essential to the sport of disc golf?

Reflection

- Did students demonstrate an understanding of an effective warm-up routine?
- Did students demonstrate an understanding of health- and skill-related fitness?
- Did I provide targeted and relevant feedback to each student?

Homework

Disc golf interval workouts and warm-ups: Have students practice the interval workout or generated warm-up at home.

Resources

Darebee: www.darebee.com

Internet keyword search: "exercises for disc golf"