

# GET FIT DISC GOLF

## MATERIALS

**Frisbee or paper plate (or other throwing objects like socks), multiple small objects for markers (e.g., plastic cups, plastic measuring cups), paper, pencil**

## DESCRIPTION

Ensure there is enough space to do the activity away from any safety hazards. Design a disc golf course outdoors using materials available. For each hole, create a tee-off area and a hole a certain distance away from each other using small objects (e.g., plastic cups, plastic measuring cups, etc.). Each tee-off and hole object markers should be similar to distinguish different holes or consider numbering both the tee-off marker and the hole marker (e.g., the first hole's tee-off marker and hole marker both have a number 1). For each hole, write a different fitness activity on a piece of paper and place it by the tee-off marker. Examples of fitness activities include:

- Lunges x 5 per leg
- Wall sit x 30 seconds
- Squats x 10
- High knees x 10 per leg
- Plank x 30 seconds
- Jumping Jacks x 10
- Sit down and jump up x 5
- Run on the spot x 30 seconds

Play the disc golf course in pairs if possible, using the same throwing object and altering throwing turns. If two players are not available, the game can also be played with a single player. Start at the first tee-off and throw the object toward the hole. If it does not land or hit the hole marker, move to where the object landed and perform the fitness activity.

Continue this process until the object lands or hits the hole marker. Finish the course or play for a selected amount of time. Consider keeping score and playing again to see if the score can be improved.

## LEARNING OUTCOME

**Develop a course for a target game and perform aerobic, fitness, and core activities while throwing for accuracy.**

Activity from [PHECanada.ca/PHEatHome](https://www.phec.ca/PHEatHome)

## REFLECTION QUESTIONS

**Reflection is important to support learning during physical activity. Consider the reflection questions below and discuss answers together.**

- How did the accuracy of your throw change after performing some of the fitness activities?
- How could you design a more challenging course?



## At Home Cardio Workout

\*\* Repeat circuit 2-3 times to get your 30 minutes of daily activity\*\*

Number of Reps	Exercise
50	Jumping Jacks
20	Squats
10	Push Ups
30 seconds	Plank
50	Jumping Jacks
20	Lunges
10	Inchworm walk outs with shoulder tap*
15	Crunches
50	Jumping Jacks
Rest	2. minutes

\*Inchworm walk out Instructions

- Stand with your feet together, core engaged, and hands at sides.

- Bend forward at your hips to place your hands on the floor in front of you. You can bend your knees a little if you need to.
- Walk your hands forward until you're in a high plank, with your palms flat on the floor, hands shoulder-width apart, shoulders stacked directly above your wrists, legs extended, and core engaged.
- Tap your right hand to your left shoulder while engaging your core and glutes to keep your hips as still as possible. Try not to rock at the hips. Do the same thing with your left hand to right shoulder.
- Walk your hands back toward your feet and stand up to return to the starting position.



## Mandala Art: Rock Painting

“The Mandala symbol is used to represent the universe, mandala translates to “circle” in Sanskrit. The delicate way that the patterns and colors interlace within the Mandala represents the balance, harmony, and unity that one can find when looking closely at nature, life, and the universe.”

N. Roskach, 2017

The following steps are for rock painting. However, you can be creative and use any items you would like. If you do not have paint, you can use paper and any coloring utensils to create your Mandala art.

Household items you can use for dots.



### Step 1

Find a rock that is smooth and circular in shape

### Step 2

Paint the rock all one color, this will be your background color. You may also choose to not paint your rock a base color.



### Step 3

Wait until rock is completely dry.

Create a center dot in the middle of your rock (I used the flat end of a pencil).



#### Step 4

Add a dot North, South, East and West of your center dot (I used the back of a nail).



#### Step 5

Then you are going to add two more dots to fill in between each of the original 4 dots.



#### Step 6

This is your first layer; you can continue a similar dotted fashion or be experimental using various size dots. However, in order to keep your dots equally spaced, repeat step 5 each time.

Be creative and Enjoy 😊



### FHS Wellness Photo Scavenger Hunt Items

1.) Rock larger in weight than you.

11.) A bird's nest.

- 2.) Waterfall.
- 3.) 2 different animals.
- 4.) 2 different insects.
- 5.) Pinecones on a tree.
- 6.) Sheltered area used by animals.
- 7.) Poor example of “leave no trace”, then clean it up.
- 8.) Now show the difference.
- 9.) At least 100-year-old tree.
- 10.) A path made by man.
- 12.) Something new in your area.  
(within the last 2 years).
- 13.) Coolest pet someone has in your area.
- 14.) Oldest building near your house.
- 15.) Picture of the smartest person you know  
(from a safe distance).
- 16.) Someone doing something good.
- 17.) Colourful rock.
- 18.) Nature selfie.
- 19.) Nature shaped letter.
- 20.) Your favorite colour.

How many of the 20 were you able to get?

Create a photo album on your social media and challenge a friend or family member to see if they can do better.

GO KATS GO!!!





# Health and Physical Education Department Obstacle Challenge

The Obstacle Challenge is a great way for individuals to use their creative imagination and have fun being active indoors/outdoors.

## Materials:

Use equipment and tools that you have around your house. Some suggestions would include:

- Use your spare tires to roll a certain distance or at a target.
- Use a ladder to lay on the ground (run through it lifting your knees to avoid hitting the rungs). You can also hop through each space.
- Toss a ball or bean bag into a bucket or basket.
- Kick a ball into a net or target.
- Bounce a ball on a racquet x number of times.
- Use rope or string to make a “laser” course to cross.
- Balance an egg or potato on a spoon and weave your way through cones/obstacles.

**Remember to use your creativity to create your own unique obstacle course 😊**

## How to Play:

- Set up your obstacle course and then time yourself to see how long it takes you to complete your course.
- Challenge other people in your house to try and beat your time.
- Have a friend set up a similar obstacle course at their house so that you can challenge them. Keeping social distancing in mind, the use of FaceTime, Zoom, Skype, etc. are good ways to connect for this challenge.

## Safety:

- Make sure the playing area is safe from hazards.
- Set rules and procedures for safe participation.
- Proper clothing/footwear.
- Pay attention to your surroundings while participating.

**Have fun!**



# Wellness Corner

This week's resources will include some yoga/meditation and social activities.

## Yoga/Meditation Wellness:

1.) Juliane Nowe is an experienced yoga instructor who is trained in several forms of yoga. She instructs/guides adults, teens, and kids in ways to express themselves and find their inner self. Please check out her website and some youtube video sessions below.

[www.yoganowe.ca](http://www.yoganowe.ca)

<https://youtu.be/l6WzIDWhIDU>

[https://youtu.be/w3fC\\_oREqVY](https://youtu.be/w3fC_oREqVY)

<https://youtu.be/wen54rFJZzQ>

2.) This meditation website has an abundance of resources. You will find podcasts, blog posts, and youtube videos here.

<https://choosemuse.com/blog/ultimate-list-of-free-meditation-resources/>

## Social Wellness:

1.) This would be a great opportunity to put together a puzzle, draw, pick up a coloring book, or play a board game. You can also play games online with your friends (scrabble, chess, checkers, etc.).

2.) This website offers a blog with some great suggestions on how you can stay connected in this time of social distancing. Visit the following blog to get some suggestions on staying connected.

<https://gretchenrubin.com/2020/03/coping-with-covid-19-staying-connected>

