



Moving with Frisbee Rings

- **Frisbee Toss.** Lay hula hoops on the ground or hang them vertically against a wall using painter's tape. Give each child a frisbee ring. Have the children throw the ring into the hula hoops. Did they throw them underhand? How about overhand? Use this game as an opportunity to teach children a new skill—the skill of frisbee throwing.
- **Frisbee Bowling!** Using cones, pool noodles, and painter's tape, build a homemade bowling lane. Place pool noodles and painter's tape on the sides to create a boundary. Then, set up 3-5 cones on the far side of the lane like bowling pins. When ready, have the children role the frisbee rings like a bowling ball down the lane and into the cones! Can they role the ring correctly? This activity helps build essential motor skills for throwing, catching, and rolling. Try this activity with beach balls and other spherical portable play equipment!
- **Ring Chase.** Using painter's tape, create a start line. Have the children lineup single file behind the line with a frisbee ring. Start by rolling the ring past the line and into open space. Once the ring starts rolling, chase after it! Try to catch the ring before it falls over. Teachers, if the kids cannot role the ring far enough to chase after it, roll the ring for them.
- **Circus Rings.** Place 3 cones in a triangle on the ground. Step back 3-10 steps, and try to toss the frisbee rings onto the cones. Try your best to throw the rings flat so they can land on the cones!
- **Transition Toss.** Teachers, use the frisbee rings to hold the attention of the children during transitions. You could use the frisbee ring as a way to transition outside, come back inside, etc.
- **The Learning Toss.** Gather the children into a big circle. Gently toss the frisbee ring to one of the children and ask them a question about what they're learning in the classroom. You could ask them about letters, numbers, animals, words, etc. Then, once they answer, have them throw the frisbee back to you and repeat the process for the rest of the class.