

BAG TOSS

Objective: Toss bag into the hole.

Toss: Underhand toss from behind the cone/line.

Safety: Do not retrieve bags until all players have tossed **all** bags.

Start: Choose a color. Decide who goes first. Alternate tossing the bags. Each round alternate which team goes first.

*Two Players: Each player has 4 bags.

*Three Players: Each player gets 2 bags.

*Team Play (Four players): Two teams of two. Each player gets 2 bags.

Points: Points are only counted after everyone has thrown. Bags may be knocked off board by any player.

*Three points for bag in hole.

*One point for bag on board.

Culture: Modern game can be traced to the Midwest, USA (most likely Cincinnati, Ohio). Also known as Baggo, Beanbag Toss or Cornhole.

Invention Story: Matthias Kueperman, inventor of the game in the year of 1325. Matthias was out walking one day in the spring and saw some boys attempting to throw some large size heavy rocks into a hole that was in the ground. When he saw this he started thinking that the boys could get hurt doing this. He decided to create a safer game based on what the boys were doing that day. That was the birth of the cornhole game and it wound up being a safe game to boot.

BOCCE

Objective: Toss ball closest to the **polina.

Toss: Underhand toss from the spot of the first thrower.

Safety: Do not retrieve balls until all players have tossed all balls.

Start: Choose a color. Decide who goes first. Alternate tossing the balls. The team that scored the points throws the polina for the next round.

*Two Players: Each player tosses 4 balls.

*Three Players: Each player tosses 2 balls.

*Team Play (Four Players): Two teams of two. Each player gets two balls.

Points: Points are only counted after everyone has thrown. Only balls of same color that are closest to polina. One point for each ball that is closer to the polina than your opponents.

****Polina:** small ball (tennis ball) that is tossed out into playing field to be used as the target.

Culture: Egypt 5000 B.C. Modern game resembles what was played by Romans and Greeks in 500 B.C. Very popular sport in Italy and France. Similar games: Boules and lawn bowling.

LADDER GOLF

Objective: Toss *bola toward ladder to wrap it around a step of the ladder.

Toss: Underhand toss from behind the cone.

Safety: Do not retrieve bolas until all players have tossed all bolas.

Start: Choose a color. Decide who goes first. Alternate tossing the bolas. Each round a different player should go first.

- Each player gets 3 bolas. (1-4 players/ladder)

Points: Points are only counted after everyone has thrown. Players may knock opponents off steps.

- 3 Points for top step
- 2 points for middle step
- 1 point for bottom step
- One bonus point if all of your bolas are on the same step.

***Bola:** two balls on the ends of one rope.

Culture: Played in campgrounds around the U.S. in the 1990's. Also known as ladder game, lasso golf or Flingy Pongy.

Invention Story: Many believe that cowboys in western U.S. or Mexico used to throw snakes like bolos at fences or branches for points.

HORSESHOES

Objective: Wrap horseshoe around the ***stake.

Toss: Underhand from behind the cone.

Safety: Do not retrieve horseshoes until all players have tossed all horseshoes.

Start: Decide who goes first. Alternate tossing the horseshoes.

Points: Points are only counted after everyone has thrown.

- Three points for a *ringer.
- Two points for a **leaner.
- One point for any horseshoe one shoe length from stake.

***Ringer:** Any shoe wrapped completely around stake.

****Leaner:** Any horseshoe leaning up against stake.

*****Stake:** small metal pole in ground

Culture: Modern game 1860's England. Also known as quoits.

JARTS

Objective: Toss jart into the ring.

Toss: Underhand from behind the cone.

Safety: Do not retrieve jarts until all players have tossed all jarts.

Start: Choose a color. Decide who goes first. Alternate throwing of the jarts.

*Two players: 2 jarts each.

*Team Play (Four players): 1 jart each.

Points: Points are only counted after everyone has thrown all jarts.

*Three points for each jart inside the ring.

*One point for jart closest to ring.

****Jart:** dart like object made of plastic

WASHER TOSS

Objective: Toss washer into the cup.

Toss: Underhand toss from behind the cone.

Safety: Do not retrieve washers until all players have tossed all washers.

Start: Choose a color. Decide who goes first. Alternate tossing of the washers.

Points: Points are only counted after everyone has thrown all washers.

- Three points for each washer in center cup.
- One point for each washer in box.

****Washer:** donut-like ring

Culture: Forms of tossing small things into holes have been around for thousands of years. Modern game is from Indiana, USA. Also called Wa-Shoos.

Invention Story: One story has washers starting from people simply throwing washers into oil cans to pass the time with friendly competition. "Betcha I can *toss* this here *washer* into that oil can over yonder"

KUBB

The Viking game.

Objective: To toss the Kastpinnars (casting pins) and topple all of your opponents Kubbar (blocks-knights). Once you topple all Kubbar you can go for the Kung (king) in the middle.

Set Up: Set up five Kubbar on each side with the Kung in the middle (*see back side*).

Toss: Under hand toss of casting pins. Pins must be thrown end over end.

Start: First team to go only throws five kastpinnars. After that every team will toss six. If you knock over the Kung/king before knocking over all your opponents knights you lose.

How To Play: After you are done tossing, all knocked over kubbars/knights must be tossed to your side by your opponents. Set them up after they are tossed within the boundaries. This team now must knock over all these new knights before

going for the endline knights. Play continues back and forth this way until someone gains the advantage.

Safety: Look before you toss. Stay back when opponents are tossing.

How To Win: You must knock over all knights on the opposite side and then knock over the king (in that same round) to win and end the game.

Culture: Scandinavian game from the 1800's played with firewood. Sweden.

Invention Story: The not very reliable theory is that Vikings used skulls and thigh bones. More probable theory is that they used pieces of firewood.

CROQUET

Objective: To hit the ball through the wickets to the opposite stake and back.

Set Up: Pound two stakes in ground about 8-10 yards apart. Place wickets in ground in a zig zag pattern (see back side for picture).

Equipment: Choose a mallet and matching colored ball.

Start: The highest color on the stake goes first. The rest go in order of the colors on the stake. Place ball in front of stake and hit through the wickets.

How To Play: Alternate taking turns hitting the ball through the wickets. For every wicket you go through you get another hit. You must also hit the stake at the opposite end before heading back to starting stake. The winner is the first person back to the starting stake.

Safety: Look before swinging mallet. *Do not swing like golf club, hammer or baseball bat.*

Culture: Originated in France in the 1,300's. The game was called paille-maille which means ball-mallet.

Invention Story: "Croquet is believed to have been first played by thirteenth century French peasants who used crudely fashioned mallets to whack wooden balls through hoops made of willow branches. The origins of the modern game have been traced back to 1852 when a game called "crooky" was introduced to England from Ireland where it had been played since the 1830's.

CAN-JAM

PE Variation to Kan Jam

Objective: Grade 4-8

Throw the Frisbee into the Can/bucket.

Set Up: Set up two Cans/buckets about 5 yards apart. Teammates should be standing at opposite sides behind the buckets. Teammate with the frisbee is the thrower and teammate waiting at opposite can is the deflector. Play 2v2.

How To Play: One player throws (thrower) the Frisbee from behind Can-1 to can-2. His/her teammate can let it go into the can or tip/deflect it into the Can. Next, opponent throws Frisbee from Can-1 to Can-2 and his/her teammate can try to tip it in. Players who did the tipping now become the throwers from behind Can-2.

Equipment: Two 5 gallon buckets. Two frisbees. Two teams of two.

Points

- “Bucket”=Five points if Frisbee goes in Can (bucket) untouched.
- “Slam Dunk” =Three points if Frisbee is tipped in Can.
- “Duece” =Two points if Frisbee hits Can.
- “Dinger”=One point if Frisbee is tipped to hit can.

Culture: Originated as a garbage can disc game around 1990 in the USA. Played at campgrounds, backyards, college campuses and beach parties. **Invention Story:** Charles and Mitch originally began playing the game throwing a disk into a banged up metal garbage can. **Game Adaptation Rules:** Sarah Total

FRISBEE HOOPLA

Objective: Throw the Frisbee at the cone.

Set Up: Set up a cone in a hula hoop and another about 5-7 yards apart. Teammates should be standing at opposite sides behind the cones.

How To Play: One player throws the Frisbee from behind cone-1 to cone-2. His/her teammate can try to catch it with at least one foot in hoop or let it hit cone. Next, opponent throws Frisbee from Cone-1 to Cone-2 and his/her

teammate can try to catch it. Players who did the catching now become the throwers from behind cone-2.

Points

- Five points if Frisbee knocks over cone (untouched).
- Three points if Frisbee is caught in hula hoop.
- One point if Frisbee lands in hula hoop.

Creator: Mike Neilsen, International School of MN

DISC GOLF

Objective: Throw Frisbee at cone or tree.

Throw: Sidearm motion.

Safety: Do not stand in the flight path of a Frisbee.

Start: Stand behind cone and throw Frisbee at target.

Points:

ROLLERS

Objective

UNDER CONSTRUCTION

SMASHBALL

Under construction

Under construction by Total Adventures
RECREATIONAL/YARD GAME
“CREATE A GAME”

Must be heart safe, body safe.

Must include everyone.

Keep rules simple.

- What type of toss will you use?
 - Underhand, rolling...
- How to set up?
 - Tossing line
 - Where is your target?
- How to start?
- Scoring?

- Basic rules?
- Name?

BOCCE GOLF (ROLL INTO A HOOP), FRISBEE GOLF (HIT A CONE), SOCCER GOLF (ROLL INTO HOOP W/CONE), CROQUET GOLF (HIT THROUGH A GATE/HOOP), TOSS THE CHICKEN, 500, ROLLERS, BULLS-I-BUCKET

Recreational sports provide challenges and adventures for individuals. In the economic aspect, promoting physical activity for employees makes good business sense. As for college students, recreational sports programs and activities are correlated with overall college satisfaction and success. Students become more socially oriented than other students who don't participated in recreational sports.

Other benefits of recreational sports include reduction of stress, improvement of happiness, build character, improve interaction with diverse sets of people, and contribute to time management.

Better Body

Outdoor recreation provides a multitude of advantageous physical activities that may be performed in solitude, with several friends and family members, or with your local recreational sports team. Sports such as hiking, canoeing, swimming, racket and ball sports and numerous other physical activities give you more choices for enjoyable exercise, which is likely to keep you motivated. The Centers for Disease Control and Prevention suggests that adults perform at least 150 minutes of moderate aerobic activity or 75 minutes of intense activity every week.

Social Benefits

Adults and children alike benefit socially from outdoor physical activity. Participating in sports and recreation provides kids to seniors with an opportunity to meet and build relationships with others. Participating on a team will help you to form lasting friendships with people who share your passion for outdoor recreation.

Feel Good Factor

Physical activity helps reduce stress and prevents some cases of depression. Exercise reduces anxiety, and consistent activity provides more relief for anxiety and depression. Better self-esteem often results from consistent recreation, partially due to a decrease in stress and to the overall feeling of well-being that occurs from regular aerobic exercise. Breathing fresh air in a natural, serene environment also helps many people to relax and reduce stress and anxiety.

Mind and Movement

Studies show that people who exercise regularly experience longer, deeper, more restful sleep. Better sleep results in more energy and alertness the following day, allowing better concentration and ability to think on higher levels. Along with better rest and rejuvenation for your body during the night, regular physical activity that reduces stress, anxiety and symptoms of depression will help you to concentrate more during the day.

Invention Story: 1920's

The first known instance of anyone playing golf with a flying disc occurred in Bladworth, Saskatchewan, Canada in 1926. Ronald Gibson and a group of his Bladworth Elementary School buddies played a game throwing tin plates at targets such as trees and fence posts. They called the game *Tin Lid Golf* and played on a fairly regular basis on a disc golf course they laid out on their school grounds

Early 1950's

On the east coast, Bill Robs markets the [Space Saucer](#) in college campus bookstores.

1969

The first official disc golf tournament was held at Brookside Park in Pasadena, California.

