

# Movement Challenges & Games

## FRISBEE NINJA

- Define a playing area and distribute Frisbees to about  $\frac{1}{4}$  of the class.
- Those with Frisbees are the 'frisbee ninjas' and their job is to move around and with skill and accuracy throw the Frisbees to hit others below the shoulders. Those who are hit must squat down.
- Those squatting may be freed by any other free player. If you catch a frisbee then the ninja bobs down and you become one.

**Equipment:** Frisbees; gator skins; cones.

**Area Required:** Basketball courts or larger area.

### Benefits

- Throwing, catching and agility.

### How to explain the activity

- Create a story around the Ninja and their skills at throwing and catching the Frisbees.
- Make it clear the target is below the shoulders, make it below the waist if necessary.
- Have some time to explore Frisbee throwing and catching prior to this activity.

### Cues for debrief / reflection

- What throwing techniques have worked for you?
- How can you best avoid getting hit by a Frisbee?
- When you are a Ninja, how can you increase your chances of hitting others with the frisbee?
- What catching techniques have worked for you?

### How to vary the activity

- Variation 1:  
Any frisbee can be picked up by any free person. Catching one means the thrower bobs down. If a frisbee lands near a person bobbed down and they can reach it without moving their feet, then they can rejoin as well. Ninjas may throw to people bobbed down to get them back in the game.
- Variation 2:  
Iron balls (Gators) can also be included, with the same function as the frisbees.
- Variation 3:  
Frisbee Ninjas may not move when in possession of a frisbee.