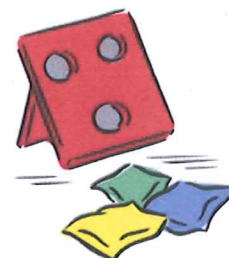


# AlterToss



## Play:

- 1 player from each team stands at opposing boards.
- Opponents at board alternate tosses until bags thrown.
- Throw standing behind a designated line or the board.
- Only an underhand toss is allowed.
- The score is decided once all 8 bags are thrown.
- Opponents may call "Foot Foul" & must be honored.
- Last team to score on previous round tosses first next.



## Scoring:

- 5 points for each bag in the top hole.
- 3 points for each bag in bottom holes.
- 1 point for each bag on the board.
- Bags pushed in by an opponent count.



**How to win:** Play to exactly 21 points without going over. If team goes over 21, they go back to 11 points.

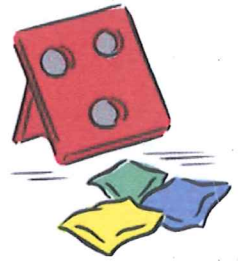


**Cardio Kick:** After throws, players do one lap around the opposite board and back while other players score throws.



# AlterToss

## *Advanced Play Challenge!*



**Play is same as regular, except:**

- Round 1: Throw with non-dominant hand.
- Round 2: Balance on disc (or stand on one leg).
- Round 3: Throw non-dominant AND Balance on disc.

*\*Can increase or decrease game distance each round.*

**Add "Horseshoe Cancellation Policy":** If a bag of your opponent goes through same hole after your throw, it cancels out your points and opponent gets points.



**Scoring:** Same as regular OR you can close holes or change amounts per hole.



**How to win:** Play to exactly 21 points without going over. If team goes over 21, they go back to ZERO points.



**Skill-Related Fitness Challenge:**  
Jump Rope



# Beanbag Bocce



## Play:

- Set jack black beanbag (or floor spot) at far end area.
- The team that tosses the jack goes first.
- Only an underhand toss is allowed.
- The teams alternate tossing the beanbags.
- Once all the bags have been tossed, the score is tallied.
- Each player has 1 to 4 bags.
- Team who scored the points sets the jack next round.



## Scoring:

- Team with the closest bag to the jack is the **ONLY** team that can score points in each frame.
- Scoring team receives 1 point for each of their bags that is closer to the jack than the closest bag of opponent.



**How to win:** The first team to 13 points.



## Cardio Kick:

Jog in place while waiting to throw. Choose a new locomotor movement each time you go out to retrieve throws and add up score (skip, jog, hop, etc.)





# Beanbag Bocce

## *Advanced Play Challenge!*



**Play is same as regular, except:**

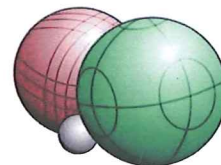
- Round 1: Underhand toss with non-dominant hand.
  - Scoring Same as regular. First team to 13 pts.
- Round 2: ***Cooperative Speed match.*** You and partner try to be first pair to 13 points total. Each teammate throws one bag. All throws score towards total. Play another team who is plays with a separate setup.
  - Scoring: 2 points for landing on the jack bag. And 1 point for touching the jack bag or floor spot.
- Round 3: ***Competitive Speed match.*** Play 1 vs. 1 and try to be first to 13 points total. Each person throws one ball. Retrieve as fast as possible and throw again to jack.
  - Scoring: 2 points for landing on the jack bag. And 1 point for touching the jack bag or floor spot.



**Skill-Related Fitness Challenge:**  
Speed Sprints to bags.



# Bocce Ball



## Play:

- One team throws jack to far end of playing area.
- The team that sets the jack tosses first.
- Only an underhand toss is allowed.
- Teams alternate tossing the bocce balls.
- Once all balls have been tossed, the score is tallied.
- Team who scored sets the jack for the next round.



## Scoring:

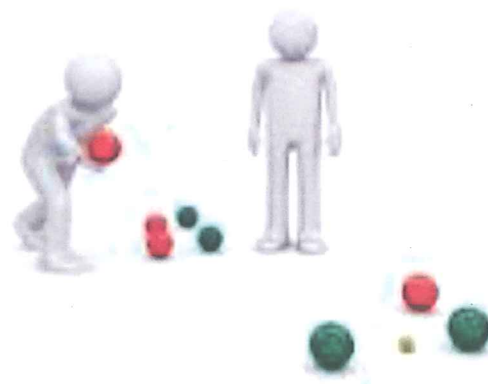
- Team with the closest ball to the jack is the ONLY team that can score points in each frame.
- Scoring team receives 1 point for each of their balls that is closer to the jack than the closest ball of opponents.



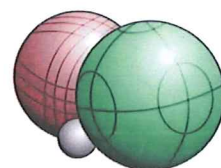
**How to win:** The first team to 13 points.



**Cardio Kick:** Choose a locomotor movement each time you go out to retrieve and add up score (skip, jog, grapevine, etc.)



# Bocce Ball



## Advanced *Play Challenge!*



### Play is same as regular, except:

- Round 1: Underhand toss with non-dominant hand.
  - Scoring Same as regular. First team to 13 pts.
- Round 2: **Cooperative** Speed match. You and partner try to be first pair to 13 points total. Each teammate throws one ball. All throws score towards total. Play another team who is plays with a separate jack.
  - Scoring: 2 points for touching the jack. And 1 point for being within one-foot length of jack.
- Round 3: **Competitive** Speed match. Play 1 vs. 1 and try to be first to 13 points total. Each person throws one ball. Retrieve as fast as possible and throw again to jack.
  - Scoring: 2 points for touching the jack. And 1 point for being within one-foot length of jack.



### Skill-Related Fitness Challenge:

(outdoors) Speed Sprint to jack

(indoor) Slam Ball





# Disc Bonk



## Play:

- Play with 2 teams of 2 players.
- 1 player from each team stands at opposing poles (*the fault line*).
- Throw must be catchable & thrown from behind own pole.
- Throwing team is trying to knock the ball off the pole
- Receiving team is trying NOT to let the disc & ball hit ground.
- The score is tallied (either team can score on any throw).
- It is now the other team's turn to repeat the above stages.
- Teams take turns throwing disc at opposite pole.
- The other team cannot interfere with a throw or deflection.



## Scoring:

**\*Points can go either way on any throw for Receiving or Throwing Teams.**

- Catchable disc hits ground (*not caught*) = 1 pt. for Throwers
- Catchable disc is caught by receiving team = 1 pt. for Receivers
- Balls hits ground = 3 pts. for Throwers
- **BOTH** Ball & catchable disc hit ground = 4 pts. for Throwers
- Fouls result in 1 point for other team: Interference or catching disc in front of pole.



**How to win:** The first team to 21 points after even innings.

## Teamwork is key:

- *Who is going to catch the disc?*
- *Who will focus on the ball?*



**Cardio Kick:** While waiting to throw or catch, jog in place.



# Disc Bonk



## *Advanced Play & Fitness Options!*



### **Play is same as regular, except:**

- Round 1: Throw disc with non-dominant hand.
- Round 2: Try forehand throw only.
- Round 3: Try backhand throw only.
- Round 4: All players must have one hand behind back or hold an object (ball, beanbag, etc.) in 1 hand at all times.

*\*Can increase or decrease game distance each round.*



**Scoring:** Same as regular except you may play where the receiving team does not score points for catching the disc.



**How to win:** Play to exactly 21 points! If team exceeds 21 points, they drop back to 15 points.

### **Teamwork is key:**

- *Who is going to catch the disc?*
- *Who will focus on the ball?*



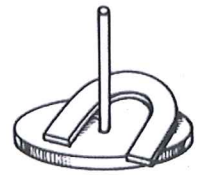
### **Skill-Related Fitness Challenge:**

Reaction Ball Drop **OR** just play more because this works on your Reaction Time!





# Horseshoes



## Play:

- First team member tosses both horseshoes toward the other pin by standing next to their pin.
- Only an underhand toss is allowed.
- Other team member tosses their 2 shoes.
- Score is tallied and this completes an inning.
- Team with highest score throws first in next inning.



## Scoring:

- Ringer – 3 points – Any horseshoe around the pin (*by measuring the ends of the shoe being around the pin*).
- Closest – 1 point – Each shoe within a horseshoe length of the pin. Each closest shoe counts for each team.



**How to win:** The first team to 21 points.



**Cardio Kick:** After throws, players do one lap around the opposite board and back while other players score throws.



# Horseshoes



## *Advanced Play Challenge!*



**Play is same as regular, except:**

- Round 1: Throw with non-dominant hand.
- Round 2: Balance on disc (or stand on one leg).
- Round 3: Throw non-dominant AND Balance on disc.

*\*Can increase or decrease game distance each round.*

**“Horseshoe Cancellation Policy”:** If a horseshoe of your opponent lands on yours after your throw, it cancels out your points and opponent gets those points.



**Scoring:** *Same as regular...plus*

- Leaner – 2 points – Any horseshoe that is leaning off the pin. \*Not normally used in traditional horseshoes.



**How to win:** Play to exactly 21 points without going over. If team goes over 21, they go back to 11 points.



**Skill-Related Fitness Challenge:**  
Hurdle Jumps Drill



# Kan Jam



## Play:

- One player from each team stands at opposing Kans.
- Teams take turns throwing a full side.
- Player tosses Frisbee towards opposing Kan.
- Their teammate by that Kan is the “deflector” and can hit the Frisbee to help hit the Kan or go inside the Kan.
- Frisbee can only be deflected once, cannot be caught/carried.
- The score is tallied.
- The deflector is now the thrower and does the same towards the other Kan (their teammate is now deflector).
- The score is tallied. This is a full side.
- It is now the other team’s turn to repeat the above stages.
- The other team cannot interfere with a throw or deflection.



## Scoring:

- Dinger – 1 point – Frisbee hits outside of Kan by deflection.
- Deuce – 2 points – A direct hit of the Kan by the Frisbee.
- Bucket – 3 points – Frisbee goes through the front slot or in the top of the Kan by being deflected.
- Instant Win – Frisbee goes directly into front slot or top of the Kan bucket *without* assistance.



**How to win:** First team to 21 points after even innings (each team has a side) **OR** an Instant Win throw by a team.



**Cardio Kick:** Jump rope (or pretend jump rope) while waiting for opponent to complete side.





# Kan Jam

## *Advanced Play Challenge!*



**Play is same as regular, except:**

- Round 1: Throw disc with non-dominant hand.
- Round 2: Throw from knees.
- Round 3: Use backhand throw only.

*\*Can increase or decrease game distance each round.*



**Scoring:** Same as regular



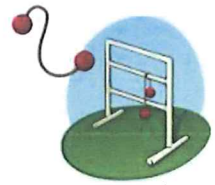
**How to win:** Instant win throw OR Play to exactly 21 points!  
If team goes over 21, they go back to 15 points



**Skill-Related Fitness  
Challenge:** Slam Ball



# Triple Toss



## Play:

- First player tosses all 3 bolos by standing next to one ladder and tossing onto the other ladder.
- Only an underhand toss is allowed.
- The second player then tosses all 3 bolos of the other color.
- Score is decided once all 6 bolos have been tossed.
- The team with the highest score tosses first in the next inning.



## Scoring:

- 1 point for each top bar
- 2 points for each middle bar
- 3 points for each bottom bar

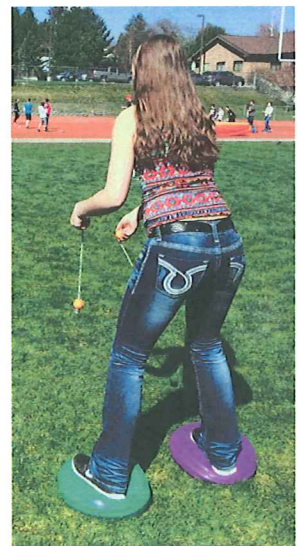
**Bonus Points:** \*1 extra point for a team if they get all 3 bolos on the same bar (or) \*1 bolo on each of the 3 bars.



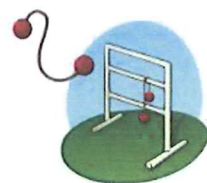
**How to win:** The first team to reach exactly 21 points without going over. If a team goes over 21 points, they go back to their score they had in the last inning.



**Cardio Kick:** While waiting for others to throw or scoring, jog in place or do 15 jumping jacks.



# Triple Toss



## *Advanced Play Challenge!*



**Play is same as regular, except:**

- Round 1: Throw with non-dominant hand.
- Round 2: Balance on disc (or stand on one leg).
- Round 3: Throw non-dominant AND Balance on disc.

*\*Can increase or decrease game distance each round.*

**Add "Horseshoe Cancellation Policy":** If a bolo of your opponent lands on the same bar after your throw, it cancels out your points (and your opponent gets those points.)



**New Scoring (reversed):**

3 point for each top bar

2 points for each middle bar

1 points for each bottom bar

**Bonus Points:** \*1 extra point for a team if they get all 3 bolos on the same bar (or) \*1 bolo on each of the 3 bars.



**How to win:** Play to exactly 21 points without going over. If team goes over 21, they go back to 11 points.



**Skill-Related Fitness Challenge:**

Star Footwork Drill: Touch each dot 5x

- Both feet
- Single foot. Do each.





# Washer Toss



## Play:

- Players alternate throwing each of the 4 washers to the board from behind designated line.
- Only an underhand toss is allowed.
- Score is decided once all washers have been tossed.
- Team with higher score tosses first next round.



## Scoring:

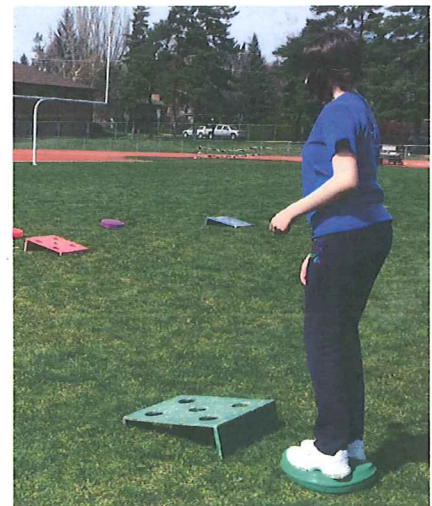
- 1 point for each washer that lands on the board
- 3 points for going through one of the outside holes.
- 5 points for going through the center hole.



**How to win:** First to reach at least 21 points wins the game.



**Cardio Kick:** After throws, players do one lap around the opposite board and back while other players score throws.



# Washer Toss



## *Advanced Play Challenge!*



**Play is same as regular, except:**

- Round 1: Throw with non-dominant hand.
- Round 2: Balance on disc (or balance on one leg).
- Round 3: Throw non-dominant AND balance on disc.

*\*Can increase or decrease game distance each round.*

**Use "Horseshoe Cancellation Policy":** If a washer of your opponent goes through same hole after your throw, it cancels your points and opponent gets those points.



**Scoring:** Use traditional scoring OR teams decide to make each hole worth a different amount (no more than 5 points).



**How to win:**

Play to exactly 21 points without going over.

If team goes over 21, they go back to 11 points.

*\*OR back to ZERO for those extreme gamers!*



**Skill-Related Fitness Challenge:**

Agility Ladder Drill

