



THE NEXT GENERATION OF  
PHYSICAL EDUCATION

**Teaching to Throw Program**



PHYSICAL EDUCATION PROGRAM

## A NEW, EXCITING, AND FUN WAY TO TEACH!

The Bottle Bash PE Program is the perfect combination of fun and education

- Just one extremely versatile and compact game set!
- Great for indoor and outdoor activities
- Adjustable and versatile for all age groups and level of play!

The Bottle Bash PE Curriculum teaches important motor and social skills to kids of all ages with games that are both engaging and safe for all levels of play.

### Teaching kids how to throw discs the safe way!

Worried about kids getting hurt by discs? **The Bottle Bash Soft Disc** has you covered!

Our new super safe soft discs take the stress out of teaching kids skills such as hand-eye coordination and depth perception by making it safer than ever to throw a disc, allowing you to have just as much fun as the kids!



Our new soft discs are specially designed to be both durable and injury proof all while throwing just like a normal disc!

### Not enough space to store or travel? No problem.

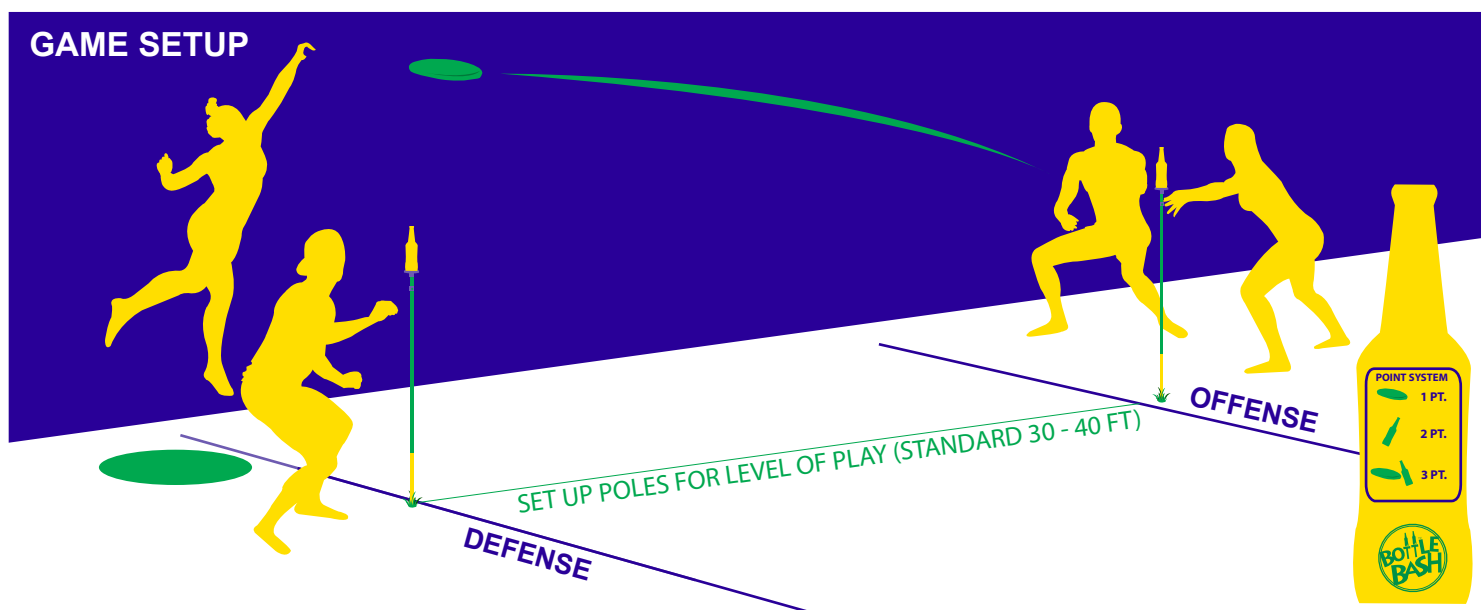
Every Bottle Bash game set is not only versatile by allowing you to both recreate old games and try new ones, but it also breaks down for ease of storage and transportation. Each game set comes with its own over-the-shoulder travel bag that can hold all of our Bottle Bash PE supplies and more!



# OBJECTIVES OF THE BOTTLE BASH PE PROGRAM

OUR STANDARDS DESIGNED TO  
BRING THE MOST VALUE TO YOUR  
STUDENTS

- Teach how to throw/catch a disc
- Practice and familiarize hand/eye coordination and depth perception
  - Fine tune reflexes and calculated motor skills
  - Encourage communication and teamwork skills
- Teach good sportsmanship, cooperation, and fair game play (personal and social conduct)
- Gives the opportunity to display ability to predict and manipulate future outcomes



# GOING ABOVE AND BEYOND THE NATIONAL STANDARDS FOR K-12 PHYSICAL EDUCATION

Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns

Standard 2. The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others

Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

Bottle Bash PE includes movement and reaction based game play and games that allow the student to experience many different situations that require different motor skills and types of movement.

The Bottle Bash PE Program provides situational games where students must plan, predict, and implement their knowledge of movement and performance in order to succeed in their common goals.

The Bottle Bash PE Program uses a publicly accessible game set that teaches kids skills and concepts that they can implement into all physical forms of their life and encourages physical activity by adding fun into their physical worlds!

Bottle Bash PE uses well thought out games that require team work and responsible social behavior to succeed and that leave everyone feeling fulfilled through teamwork and hardwork.

Bottle Bash PE shows every student that physical exercise and other skills such as teamwork are fun and valuable in their lives by creating games that are fun for all ages and skill levels!



# THE PROGRAM

## HOW TO THROW A DISC

We are passionate at Bottle Bash about teaching kids how to throw discs as soon as they are able to! If they're successful at using discs in their early years they will not only find joy in it in their youth, but will be able to pursue sports such as Bottle Bash, Ultimate Frisbee, and Disc Golf in the future as an alternative to traditional sports!

After all, not everyone of your students will have the opportunity to play team based competitive sports forever, so introducing them to different options that can help them pursue physical activity and wellbeing throughout their lifetimes is crucial!

This portion of the Bottle Bash PE Program is designed for K - 4th. We like to start these age groups by teaching them throwing and target practice skills using our Bottle Bash soft discs. These discs were designed to weigh, throw, and feel the exact same as a regular plastic disc, so as they transition and increase their skills and capabilities, they can continue to be successful and have fun with little additional instruction.

### Primary Objectives

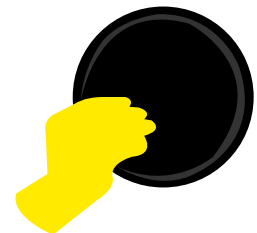
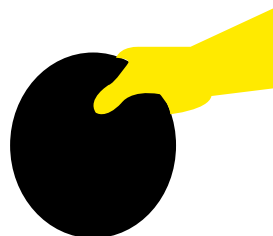
Throwing and catching a disc  
Teamwork and communication

Depth perception

Reaction time

Planning and future conceptualization of outcomes

THUMB ON TOP



FINGERS ON BOTTOM



## STEP 1 - THROWING A DISC (BACKHAND)

Backhand throws are generally much easier for students to learn before they venture into other types of throws. It allows them the best control of their throw and is the easiest to teach.

**1. Holding the disc:** Let students hold their discs and play with the squishy soft edges. This can be done at first with two hands, but the goal will be to eventually get them to be able to hold the disc comfortably with one hand. Thumb on top, fingers on bottom.

**2. Throwing the disc:** Teaching a student how to throw a disc can happen in several ways. Often just have them view you will not be enough. Have them break down the movements with you. (1) Point where you want the disc to go, (2) put on your seatbelt with the disc, (3) step with the same side of your body that is holding the disc, and finally (4) extend the arm and flick the wrist. When they have the basic motions down, let them attempt to throw in a general direction.

**3. Fine tuning:** Once your students have the basic concept in mind, we can begin to fine tune smaller actions. Foot placement is a great starting point. Have your students stand slightly off center from their target so when their arm extends out side-ways when they are pointing at their intended target. Other things may be how they are holding the disc, where they are looking as they throw, and so on.

POINT

SEATBELT

STEP

FLICK



## Step 2 - Aiming and Target Hitting

Once your students have mastered the skill of throwing the disc, we can teach them **WHERE** to throw the disc. Set up targets for them to aim at. Students, especially younger ones will find lots of fulfillment in successfully knocking a target over! Our Bottle Bash bottles work great for this!

When students are aiming at an object, have them point directly at the object they intend to throw at. Just like when you are teaching to throw with a ball, you want them to be pointing their arm directly at the object they intend to hit. This will help control over-throwing where students hold on to the disc too long or try to throw too hard resulting in the disc going... well, pretty much anywhere but towards the bottle!

## Step 3 - Start in incorporating games!

These can be games such as relay races or “knock the bottle” where one team tries to knock all the bottles over with discs while the other team (usually smaller) has to keep them upright! Other fun game variations are Simon Says and Redlight, Greenlight (Pictured on pages 7 & 8)

This will help reinforce students in throwing discs, build their confidence, and keep them engaged in your frisbee unit!

## Step 4 - Catching

The next step will be to teach students how to catch a disc. The easiest way to catch is the “alligator catch”. Have your students take turns throwing the disc to their partner (the alligator) who then crushes the disc with their massive jaws! Once they have mastered this skill, we can incorporate catching games such as an “egg toss” variation. Each time a team throws, they must take a step back until their team drops the disc.

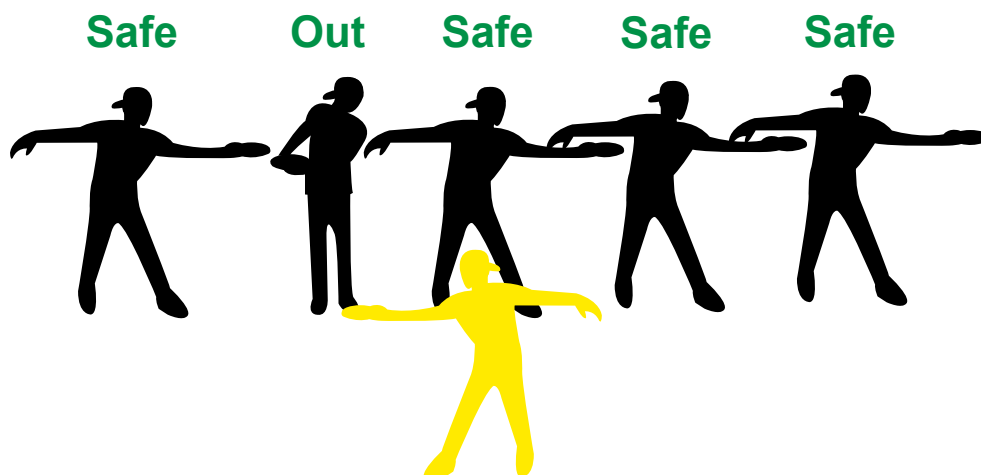
## Step 5 - Begin incorporating more games!

Now that your students have mastered the art of throwing and catching a disc, you can begin to select out of our catalog of games and activities to help keep your kids engaged and excited about playing with discs! From Traditional Bottle Bash, to disc golf, to capture the bottle, and so on! Even come up with your own games! Who knows, if you create something exciting, we might just add it to our program for other teachers to try!

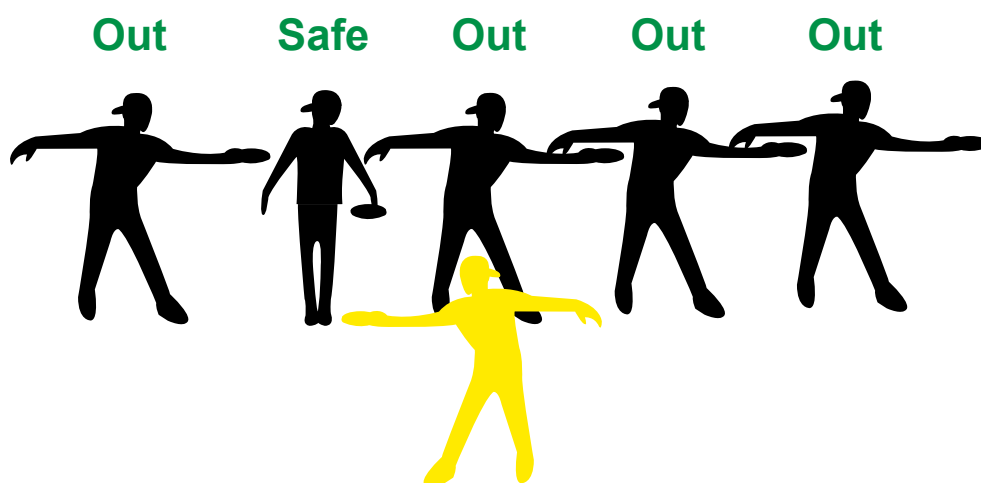


## Simon Says (Disc Variation)

**“SIMON Says...”**



**“Do this...”**



This is played like traditional “Simon Says” where the teacher plays “Simon”. Simon’s goal is to trick players into performing an action without the prerequisite phrase, “Simon Says” preceding a command. The rules are simple: When the teacher states “Simon Says... throw your disc to the left” all the students must throw their disc to the left. But, if the term “Simon Says” is not said preceding a task, then students must NOT perform the task. For example, “Throw your disc towards me”. Anybody who does perform this task is out of the game.

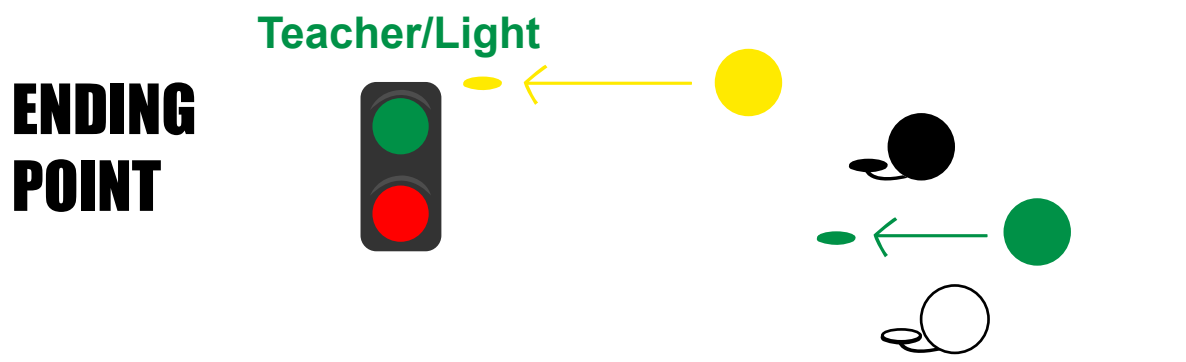
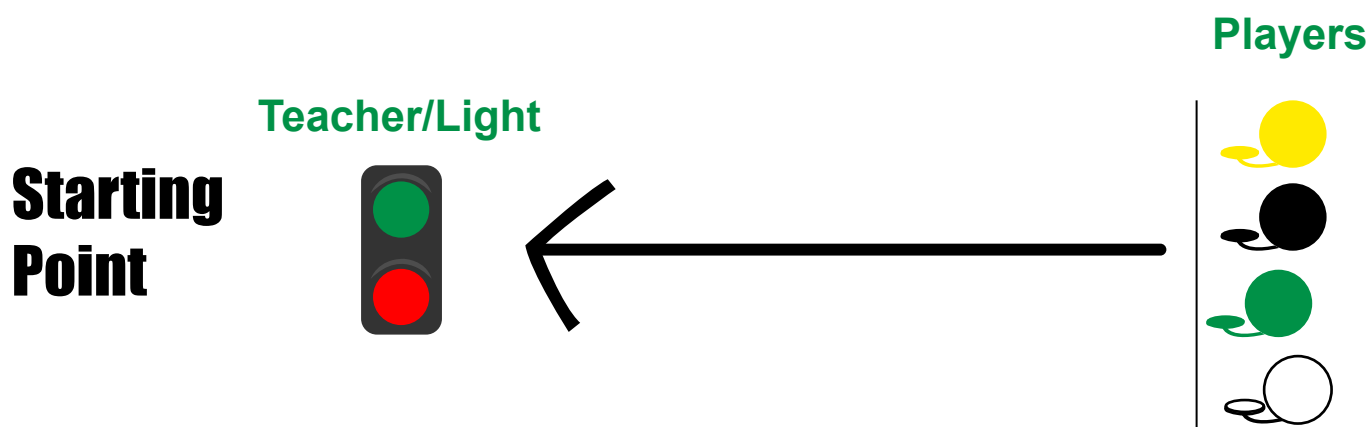
The goal of playing this game is to reenforce specific movements and actions involved in a good disc throw such as:

- Throwing the disc with left and right hand
- Follow through technique
- Wind up technique
- And so on!





## Redlight, Greenlight (Disc Variation)



The goal of Red Light, Green Light is to improve throwing. The teacher as the red/green light gives the students the opportunity to throw the disc and progress forward by saying either redlight or greenlight. **Redlight** means they have to freeze no matter where they are. If they are caught moving, they are out of the game. **Green light** gives them the opportunity to progress forward. The rules in this version of Redlight, Greenlight are that the player can only move to the point that they throw their disc, so on a greenlight a student will throw their disc and run towards its landing spot. They can repeat this as many times as they like given that there is a greenlight. When the teacher says red light and turns back around facing their students everyone must freeze, even if they aren't at their disc yet! You can also let your students pick a silly yellow light dance!



## Alternate Throws

### Forehand Throw (Sidearm)

The forehand throw, also known as a side arm throw, can be a little more difficult, but is generally the second most popular throw. Instead of holding the disc with your palm facing down, hold the disc with your palm facing UP towards the sky. To throw in this position, you will have to drop your shoulder in order to keep the disc level throughout the whole throw.



### Hammer Throw (Overhead)

The hammer throw is a more advanced throw. This throw is done by hold the disc over (or behind your head) like you are going to overhand throw a ball. In throw this way, your follow through will have your hand still higher than your head (Pointing at about 45 degrees between straight up and paralell to the ground). This throw is useful for game such as ultimate frisbee where there may be someone in the way and tossing above something or someone might be neccessary. The disc should be thrown in an orientaiton that allows for it to rotate flat.

### Bean Bag Toss (Putting - Short distance)

This toss is designed for accurate and controlled throws at short distances. Hold the disc like your are holding a bean bag or horseshoe, palm facing up and directly in front of you. Instead of a full wind up and follow through, imagine you are lightly lofting your disc into the air in forward direction. This will not travel far, but can be more accurate for shorter throws. This throw is useful for games like disc golf that require close distance accuracy.



# BOTTLE BASH PRICING AND DEALS

INTERESTED IN MAKING YOUR PROGRAM ONE OF THE MOST **UNIQUE** AND **EXCITING** PE PROGRAMS IN THE COUNTRY?



## PACKAGE ONE: The JV Bench Game Sets \$ 35

Comes with:  
(2) soft surface spikes, bottle holders,  
and poles  
(1) 25kg hard disc  
(1) Over-the-shoulder carry bag



## PACKAGE TWO: JV A + Soft Discs \$ 40



## PACKAGE THREE: Made the Team! (Varsity) + All Surface/Indoor Bases \$40



Note: All indoor play requires the use of all surface bases!



## PACKAGE FOUR: Varsity AllStar, Leading Goal Scorer, Starter, BOOM Standard Game Set + All Surface Bases + Soft Discs \$45



### POINT SYSTEM

 1 PT.

 2 PT.

 3 PT.



