



THE NEXT GENERATION OF
PHYSICAL EDUCATION

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BOTTLE BASH

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 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 are having!



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.

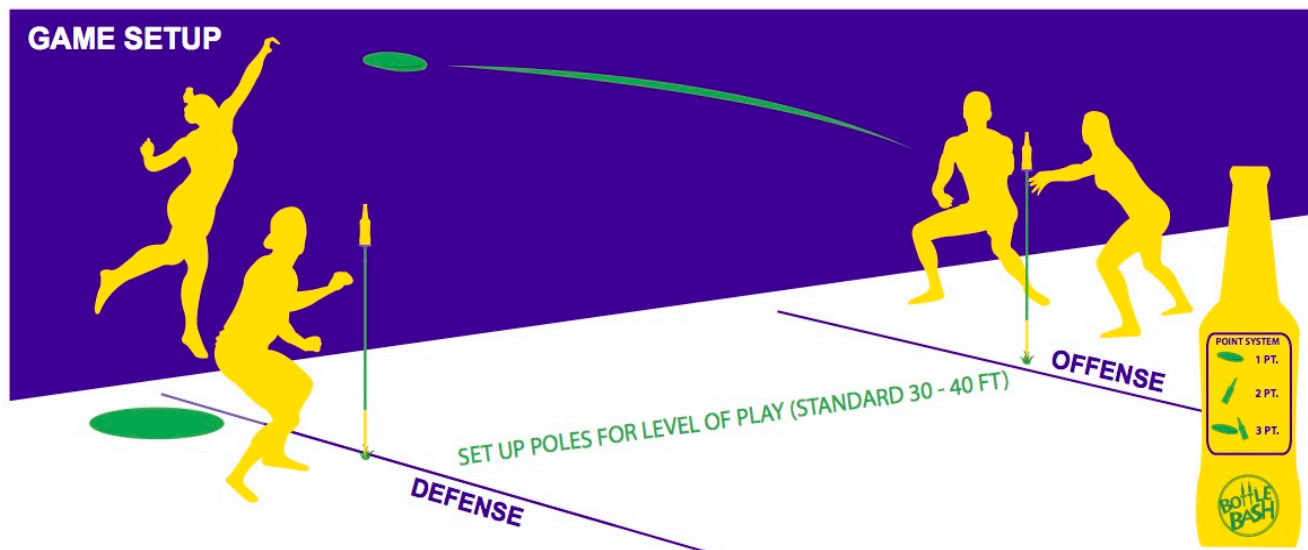
Every Bottle Bash game set is not only versatile by allowing you to both recreate old games and try new ones, but it also breaks down for ease of storage and transportation. Each game set comes with its own over-the-shoulder travel bag that can hold all of our Bottle Bash PE supplies and more!



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 bringing the 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

Game One: Bottle Bash Classic

Step One: Two teams on two separate sides.

Step Two: Teams take turns throwing the disc with the objective of knocking the other teams bottle off their pole.

Step Three: The defensive teams goal is to catch both the bottle and disc before they hit the ground, denying the offensive team points.

Points are accrued on the basis of the disc and bottle being dropped

1 point for a dropped disc, 2 points for a dropped bottle (a total of 3 points for both a dropped disc and bottle).

Only the offensive team can get points.

There is no blocking the disc before it hits the pole.

First to 21 wins, winning points can only be scored when the disc hits the bottle or pole.

Primary Objectives

Standard 5

Throwing and catching a disc (Standard 1 & 3)

Teamwork and communication (Standard 4)

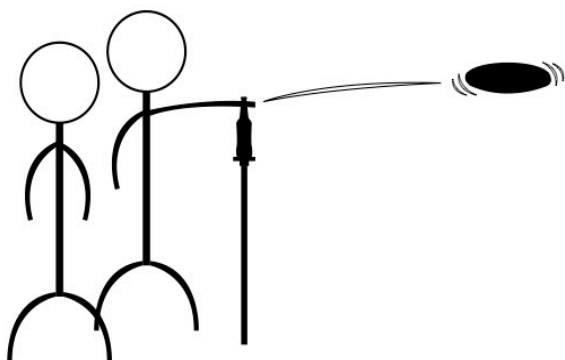
Depth perception (Standard 1)

Reaction time (Standard 1)

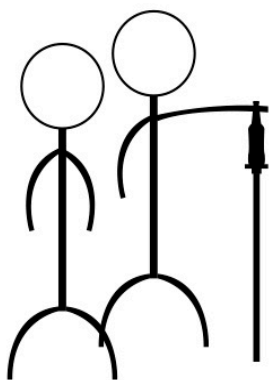
Planning and future conceptualization of outcomes (Standard 2)



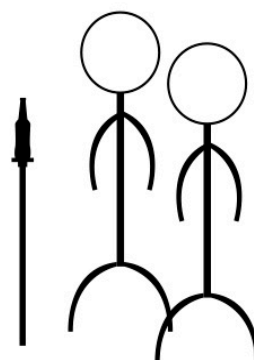
Team One



Offense



Team Two



Defense



Game Two: Bottle Bash Snatch

Played in a similar style as Bottle Bash Classic

In this game, if the **offensive** team hits the bottle off the pole and BOTH the bottle and disc are caught, the offensive team must do a lap all the way around the other teams pole and then back to their pole as fast as possible.

While the offensive team is doing their lap, the defensive team has a chance to gain an extra point. To do this, at least one player must run to team's pole, grab the bottle and get back to their side before the other team gets back to their pole.

If the **defensive** team fails to catch BOTH the bottle and disc then they must do a lap around the other teams pole and back to their pole as fast as possible.

While the defensive team is doing their lap, the offensive team has a chance to gain an extra point. To do this, both players from the offensive team must run to the other teams pole, one player replaces the bottle on the top of the pole and the other retrieves the disc. Once both offensive players return back to their pole, the one who "stole" the disc has one chance to throw and knock the other teams bottle off.

If the team running the lap makes it back before the other team as a chance to score another point, they must play defense.

Primary Objectives

Throwing and catching a disc (Standard 1 & 3)

Teamwork and communication (Standard 4)

Depth perception and accuracy (Standard 1)

Reaction time (Standard 1)

Planning and future conceptualization of outcomes (Standard 2)

Cardiovascular health (Standard 1)

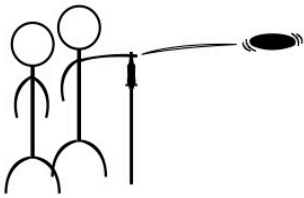
Speed and dexterity (Standard 1)

Performance under pressure (Standard 2 & 3)



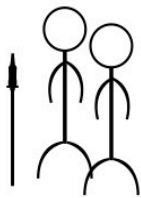
Defense scores extra point

Team One



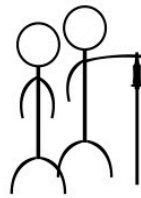
Offense

Team Two



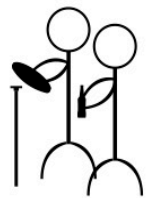
Defense

Team One



Offense

Team Two

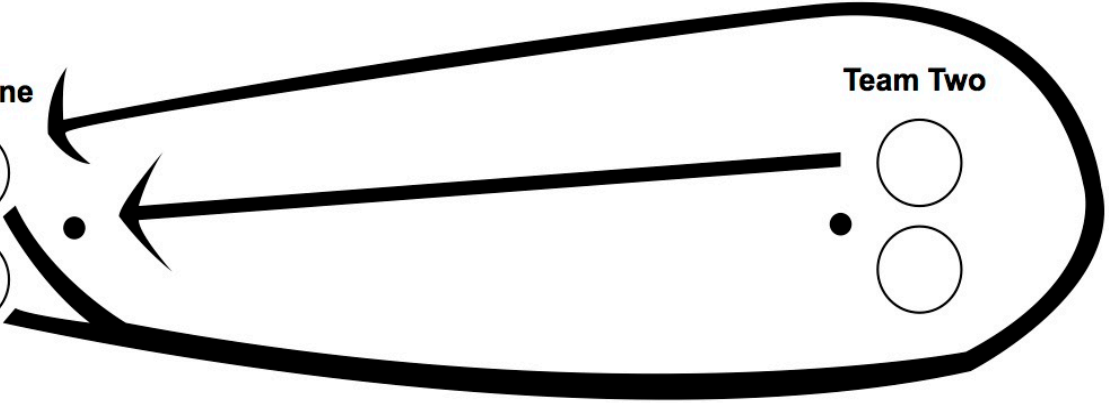


Defense

Team One

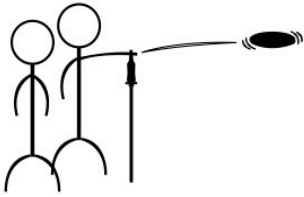


Team Two



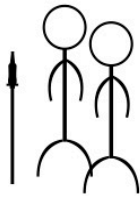
Offense scores extra point

Team One



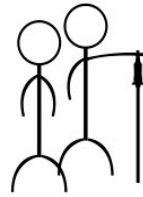
Offense

Team Two



Defense

Team One



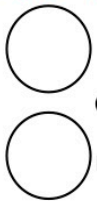
Offense

Team Two

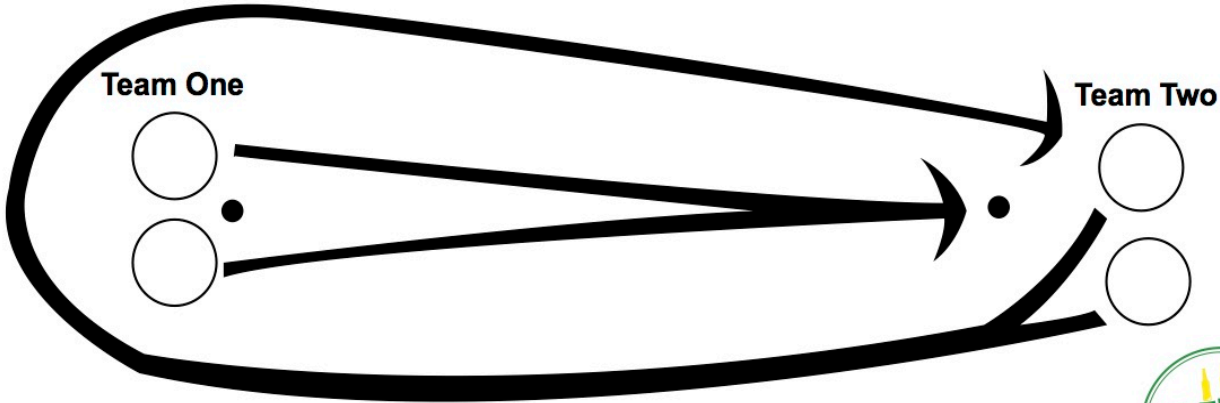


Defense

Team One



Team Two



Game Three: Bottle Bash Knock Out

Played in the style of a knockout basketball game. Two courts are set up.

Every player starts in a single file line in Court One. The first two people in line receive discs. They must throw the discs to hit the pole from a specified distance.

The disc must be thrown from the spot that it lands in all sequential throws.

The first person in line throws first and attempts to hit the pole before the second person to remain in the game.

The second person can throw as soon as the disc leaves the first player's hands. **If the second person hits the pole before the first person, then the first person moves to Court Two.**

The last player in Court One is the king of Court One.

The court one player then waits until the final three in Court Two. That player then joins to determine the winner of the game.

Can be played in "infinite" knockout form where, when a player who has gotten others out of the game is knocked out, the players that they eliminated are back in the game.

Primary Objectives

Throwing a disc (Standard 1 & 3)

Depth perception (Standard 1)

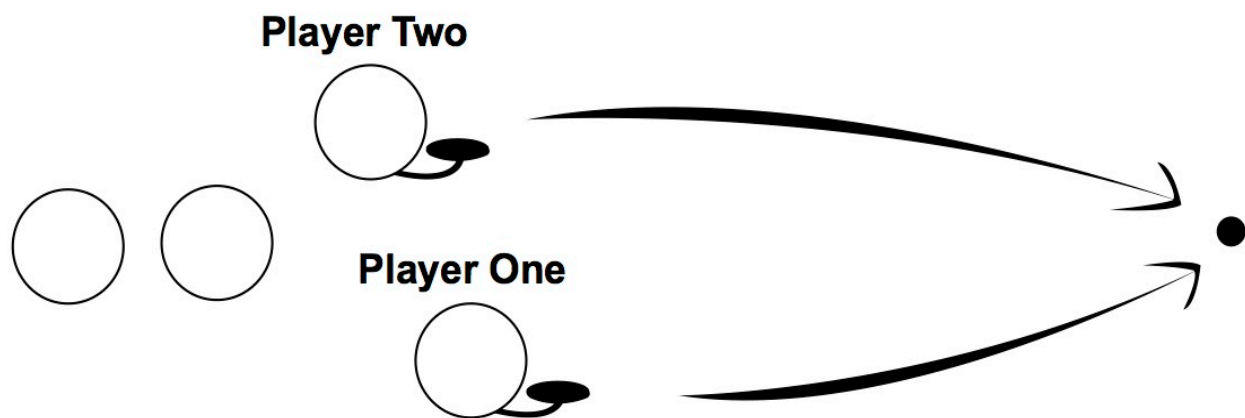
Fine motor skills, control, and aim (Standard 1 & 3)

Patience and focus (Standard 4)

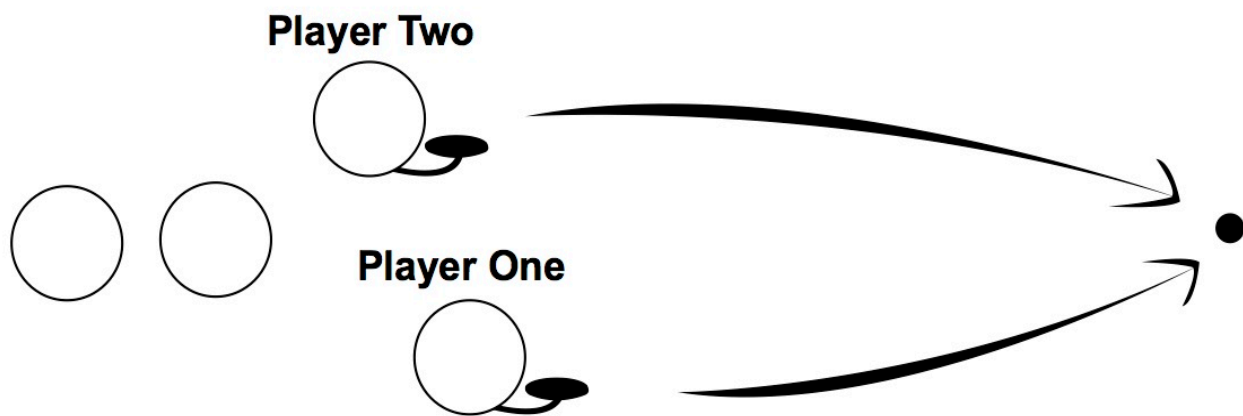
Cardiovascular health (Standard 1)



COURT ONE



COURT TWO



Game Four: Bottle Bash Relay

Bottle Bash Relay is set up as a relay race between two or more teams.

Each team is in a single file line and has their own bottle and pole.

The objective of each team is for each person in their team to hit the bottle off the pole before the other team(s) do.

The first person in line gets one throw. If they miss they must retrieve the disc as fast as possible and get it to the next person in line who then throws. They must then go to the back of the line.

If the thrower hits the bottle off the pole, they must retrieve the disc and reset the bottle as fast as possible. They no longer have to throw.

The first team to have every player hit the bottle off the pole wins.

Variation: Includes a defensive element. If one team hits two throws in a row, the last person to throw plays defense on the other teams bottle for one throw, meaning they are allowed to try and catch the bottle before it hits the ground.

They are not allowed to touch the disc.

Primary Objectives

Throwing disc (Standard 1 & 3)

Teamwork in larger groups and communication (Standard 4)

Depth perception (Standard 1)

Fine motor skills, control, and aim (Standard 1 & 3)

Patience and focus (Standard 4)



Team One

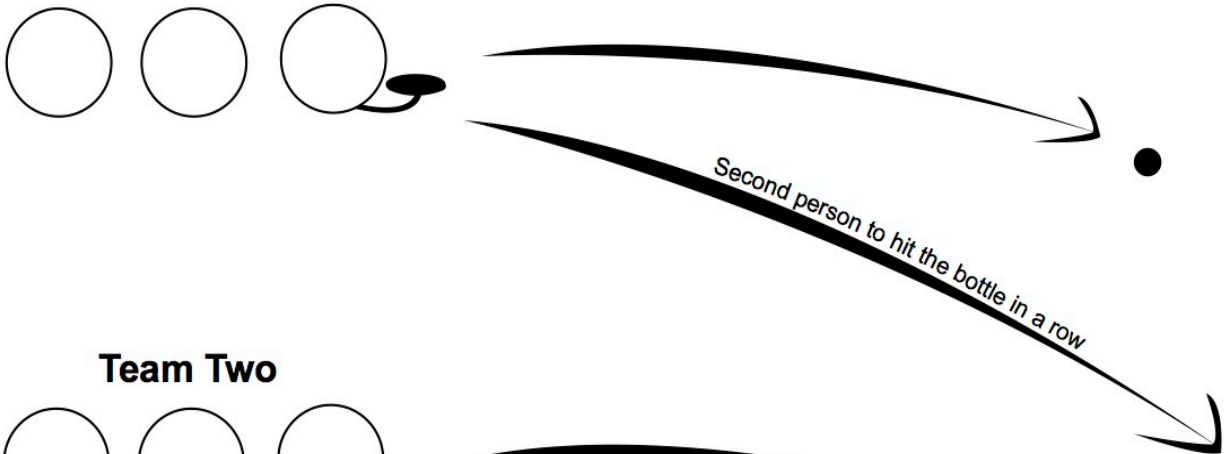


Team Two



Variation: If Team One hits the bottle off twice in a row

Team One



Team Two



Game Five: Bottle Bash Ultimate

Played like regular ultimate Frisbee, two teams on the field. Each team's objective is to get the disc into the other teams "bottle zone".

The person in possession of the disc can't take more than three steps.

The team not in possession can play defense (catch, intercept, or block), but must be at least 5ft away from the person with the disc.

If the disc hits the ground, possession is turned over from the spot that it is dropped.

Once within the "bottle zone", the offensive team can throw the disc at the bottle to knock it off the pole. When the bottle is knocked off, this rewards a point (or 7pts).

The defensive team cannot be within a 10ft radius of the bottle.

Variation: The defensive team allowed one person at a time to defend the bottle within the 5ft bottle radius. They must catch BOTH the bottle and the disc to successfully deny points.

Possession is then turned over.

Primary Objectives

Throwing and catching a disc (long distance and accuracy)
(Standard 1 & 3)

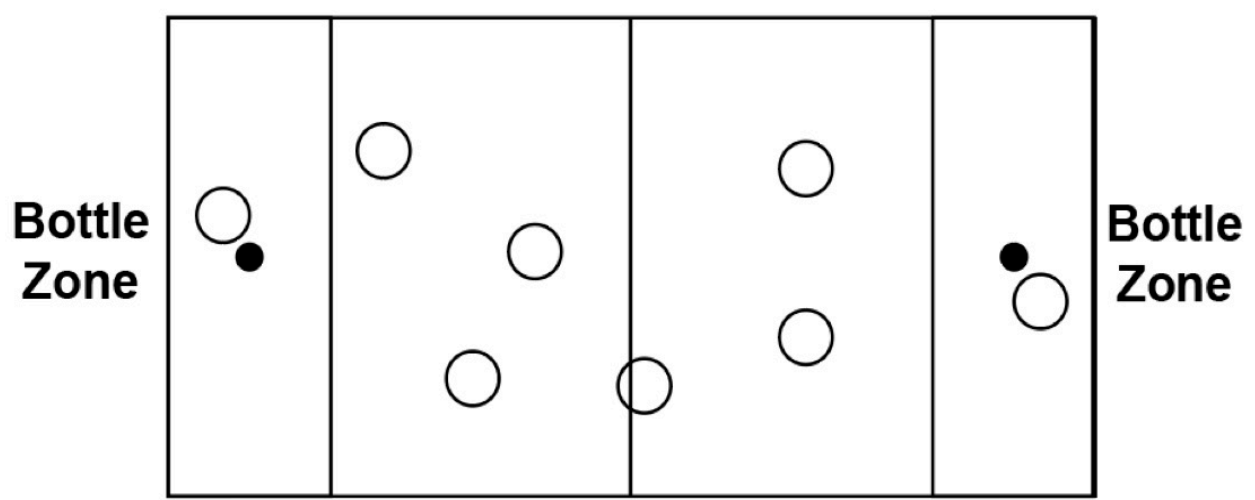
Complex teamwork and communication/planning
(Standard 4)

Depth perception (Standard 1)

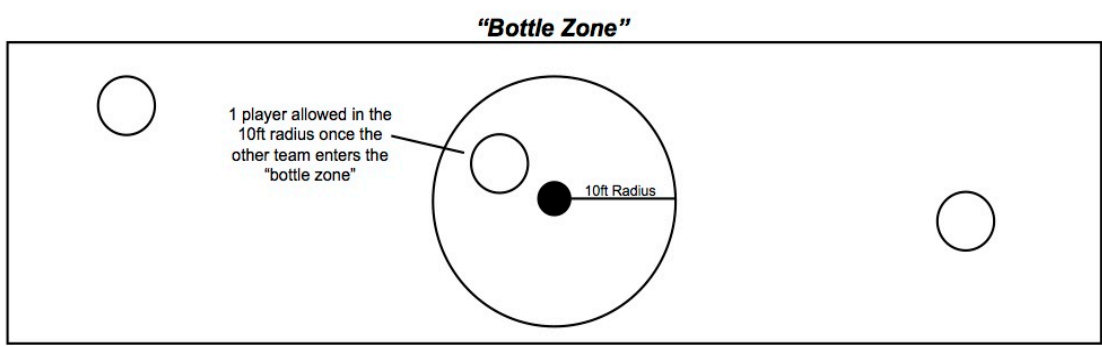
Athletic ability and cardiovascular health (Standard 1)



Field



Variation: One defensive player can be within the 5ft radius of the bottle



Game Six: Bottle Bash Capture the Bottle

Played like traditional capture the flag, but three bottles are set up on three poles towards the back of each team's half of the field.

There are also three empty poles on each team's side. **The objective is to get all the bottles onto your side of the field, onto the empty poles.**

Whichever team gets all the bottles on their side or ends with the most bottles on their side wins.

Tagging is done in freeze tag style. **Once a player is tagged they must freeze where they are tagged and return the bottle to the other teams endzone.**

Each team has three soft discs. **The only way to tag a member of your team back in is by throwing them a soft disc from your side of the field of which they must catch.** They get to safely walk or jog back to their side of the field.

Variation: This game can also be played with a jail. Traditionally, once tagged, you must freeze until one of your team members successfully unfreezes you. In the jail version, once you are tagged, you must go to the team's jail located behind their bottles or at the back of their half of the field. Team members in jail are released by successfully catching a disc thrown from their side of the field.

The whole jail is cleared if a disc is thrown and knocks off one of the other team's bottles.

Primary Objectives

Throwing and catching a disc (long distance and accuracy)
(Standard 1 & 3)

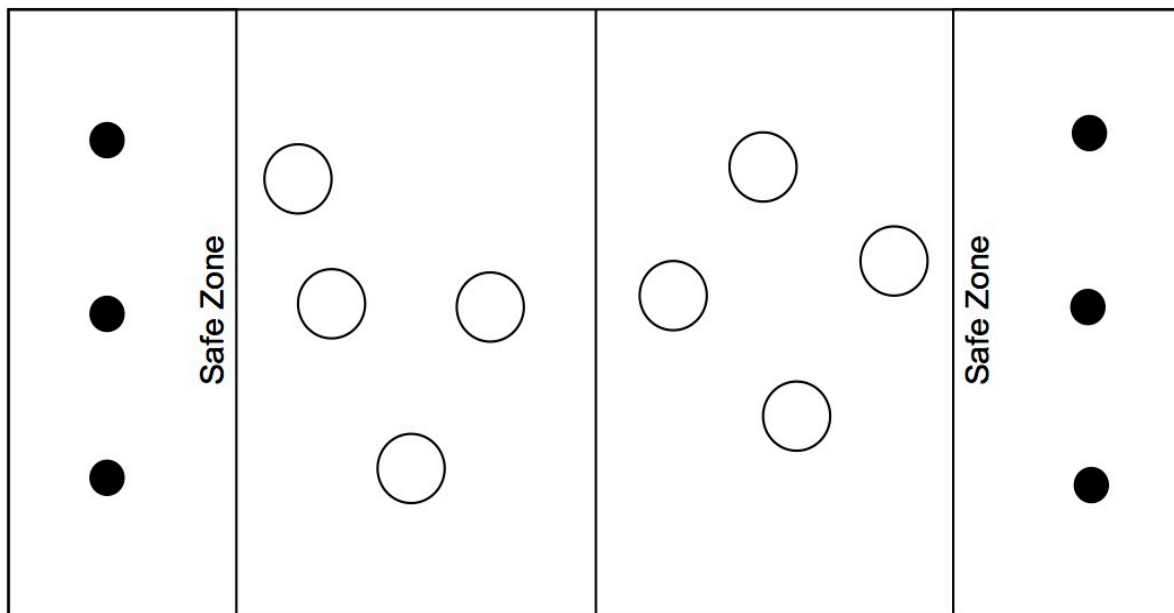
Teamwork, communication/planning, and sportsmanship
(Standard 4)

Depth perception (Standard 1)

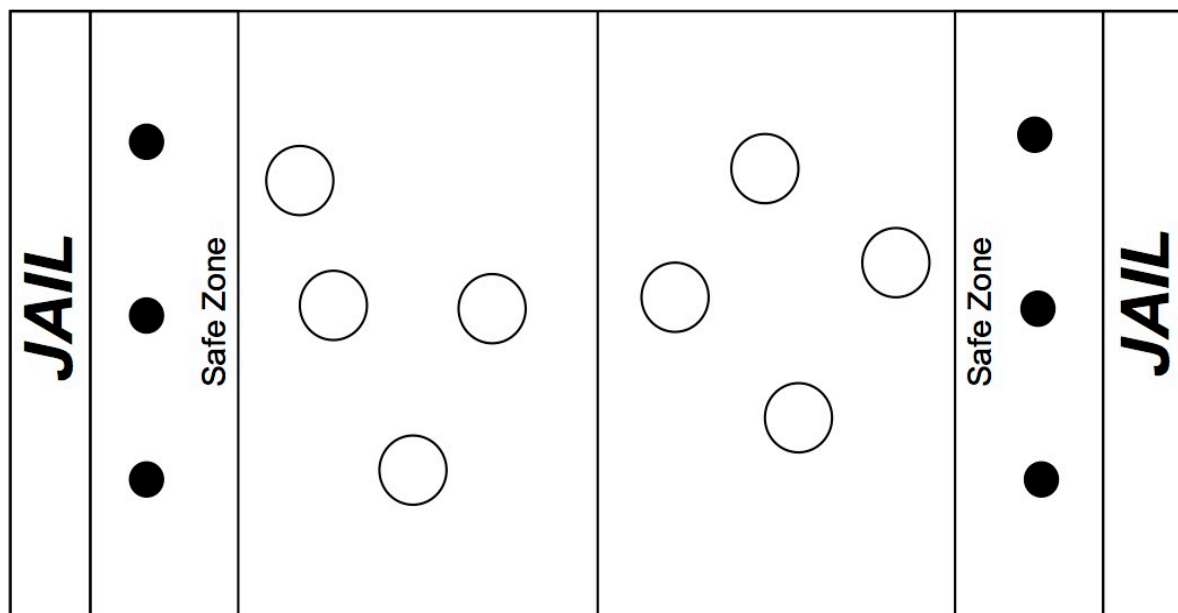
Athletic ability, speed, and cardiovascular health (Standard 1)



Field



Variation Field



Game Seven: Bottle Bash x Disc Golf (Bolf!)

The Bottle Bash Set can also be used to play traditional disc golf (BOLF!). Set up as many poles with bottles in whatever locations best suit your space.

Knocking the bottle off the pole is a hole.

On their par shot (meaning one point before they hit par), if a player hits the bottle off the pole, they deduct one point off their score.

Additional “holes” and obstacles can be included in the course based on environment. For example, trees, signs, walls, etc.

Variation: Indoor disc golf! (Mini Bolf!) This variation requires that each player “putt”, meaning that they hit the bottle off of each pole to get the hole.

Obstacles can be set up to increase difficulty of “putts”. For example, the disc must be thrown through a hoop, then hit the bottle or the disc must be thrown low under a suspended pole.

Primary Objectives

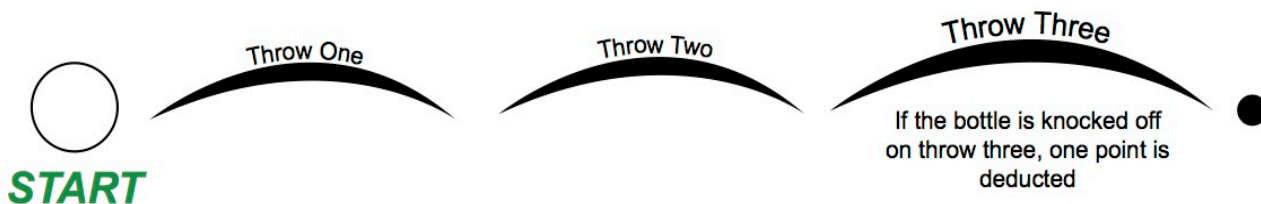
Throwing a disc (long distance and accuracy)
(Standard 1 & 3)

Depth perception and accuracy (Standard 1)

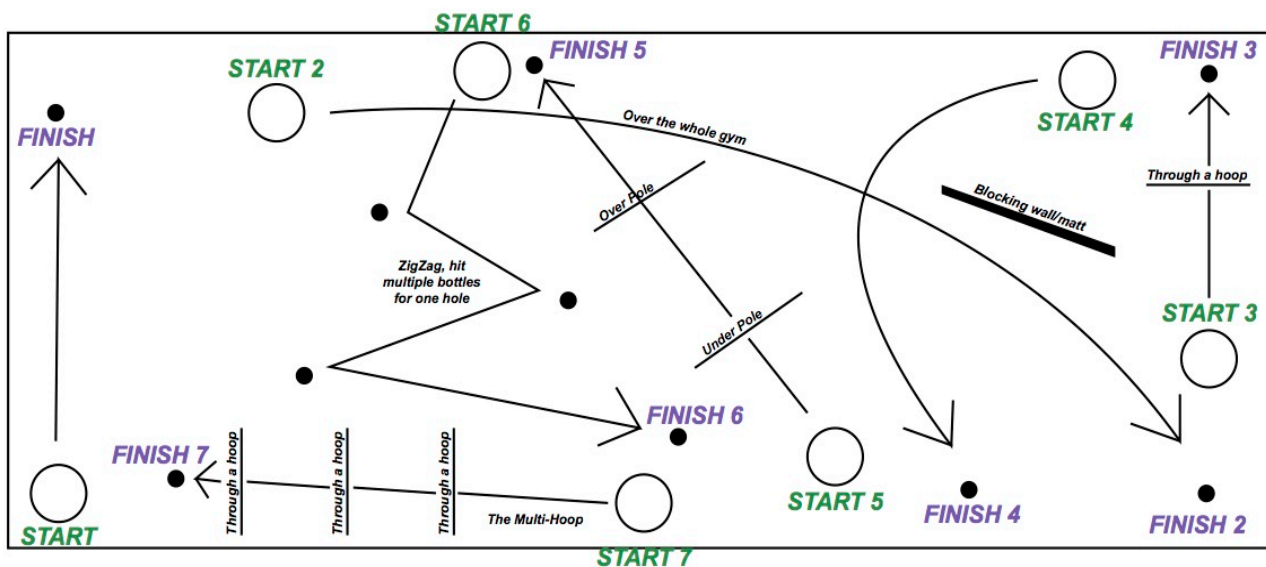
Patience and focus (Standard 4)



Example of point reduction: Emample Par 3



Variation: Mini Bolf



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

BOTTLE BASH PRICING AND DEALS SHEET



**PACKAGE ONE: The JV Bench
6 Game Sets
\$204**

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



**PACKAGE TWO: JV A
+10 Soft Discs
\$329**



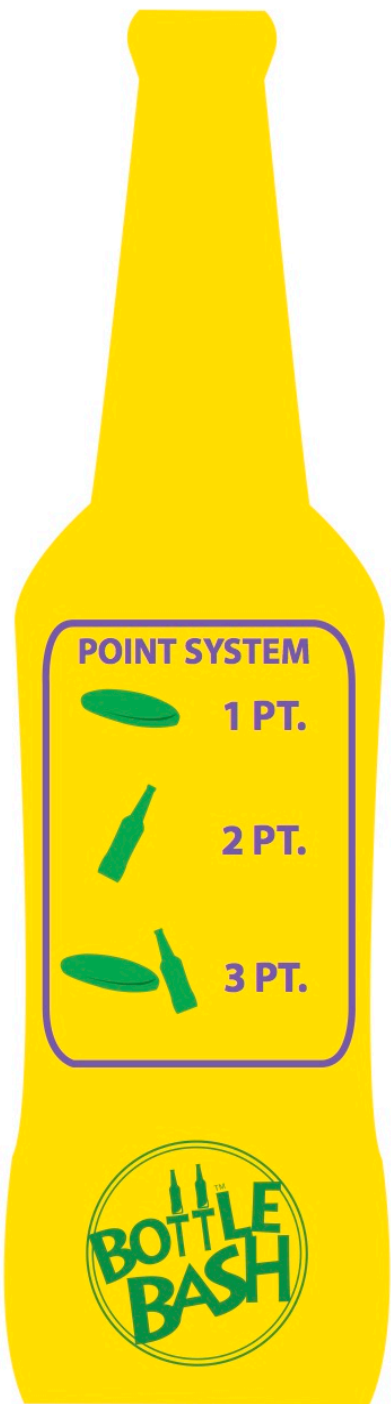
**PACKAGE THREE: Made the
Team! (Varsity)
+6 All Surface/Indoor Bases
\$306**



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



**PACKAGE FOUR: Varsity
AllStar, Leading Goal Scorer,
Starter, BOOM
6 Standard Game Set + 6 All
Surface Bases + 10 Soft Discs
\$431**



POINT SYSTEM

	1 PT.
	2 PT.
	3 PT.



BOTTLE BASH BOLF SCORE CARDS



Post a photo of your winning score card on instagram and tag us (@bottle bash) for FREE STUFF!

Date:

Distance																				
Par																				
NAME	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	Total	+/-

Date:

Distance																				
Par																				
NAME	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	Total	+/-

Date:

Distance																				
Par																				
NAME	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	Total	+/-



POINT SYSTEM



1 PT.



2 PT.



3 PT.



