



MATERIALS & LINKS BY SESSION

Session Materials

- Discussion disc
- GUM kit
- Markers/pens
- Writing paper
- SMART worksheets
- Cones
- Optional: stopwatch, clipboards
- Post-it, or other place marker (Session 1)
- Pre-test and post-test (Sessions 1 & 7)
- 1 hula hoop or stick/pole per 5-7 players (Session 2)
- Index cards (Session 3)
- Beading/friendship bracelet string (Session 3)
- Ultimate Community Project invitations (Session 6)
- Prepared self-officiating scenarios (Session 7)
- Agenda/objectives/group agreements visuals (Session 7)
- Final packet (Session 8)
- Program awards/certificates of completion (Session 8)

Resource Links

SESSION 1: Building Our Team

- Get Familiar with the Disc
 - 1-1: <http://tinyurl.com/GUM-ms-1-1>
 - 1-2: <http://tinyurl.com/GUM-ms-1-2>
- Introduce Yourself
 - 1-3: <http://tinyurl.com/GUM-ms-1-3>
- Shadow Pivoting
 - 1-4: <http://tinyurl.com/GUM-ms-1-4>
- Tag Game
 - 1-5: <http://tinyurl.com/GUM-ms-1-5>

SESSION 2: Cooperation Means Communication

- Group Push-up
 - 2-1: <http://tinyurl.com/GUM-ms-2-1>
- Helium Hoop / Helium Stick

2-2: <http://tinyurl.com/GUM-ms-2-2>

2-3: <http://tinyurl.com/GUM-ms-2-3>

2-4: <http://tinyurl.com/GUM-ms-2-4>

- Toss It in the Box, Pairs
 - 2-5: <http://tinyurl.com/GUM-ms-2-5>
- Toss It in the Box, Defense
 - 2-6: <http://tinyurl.com/GUM-ms-2-6>
- Galaxy Game
 - 2-7: <http://tinyurl.com/GUM-ms-2-7>

SESSION 3: Diversity & Inclusion

- Flow Game
 - 3-1: <http://tinyurl.com/GUM-ms-3-1>
- Look Over Your Shoulder!
 - 3-2: <http://tinyurl.com/GUM-ms-3-2>

SESSION 4: Conflict Resolution

- Ice Breaker: Ro Sham Bo Rockstar
 - 4-1: <http://tinyurl.com/GUM-ms-4-1>
- Body Contact
 - 4-2: <http://tinyurl.com/GUM-ms-4-2>
- Keep Away Game
 - 4-3: <http://tinyurl.com/GUM-ms-4-3>
 - 4-4: <http://tinyurl.com/GUM-ms-4-4>

SESSION 5: Being a Great Teammate

- Ice Breaker: Find Somebody Who...
 - 5-1: <http://tinyurl.com/GUM-ms-5-1>

SESSION 6: Personal Discipline

- Disc Golf Game
 - 6-1: <http://tinyurl.com/GUM-ms-6-1>
 - 6-2: <http://tinyurl.com/GUM-ms-6-2>

SESSION 7: Self-Advocacy

- Ice Breaker: Run & Rally
 - 7-1: <http://tinyurl.com/GUM-ms-7-1>