



## 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>