

Noc-It Towers Set

Item #18247



- **Overview.** Take tossing fun to new heights! Set up a competitive tossing course for teams, disc golf and more in your gym or outdoors! Builds coordination as players score points by knocking down their opponents' tower targets. Features 8 adjustable height PVC pole towers (38", 44", 50", and 56"); 8 water/sand-fillable bases; 8-8"L Noc-It tubes; 8-9"-dia. flying discs (4 blue and 4 yellow); 8 ground stakes; and carry bag.
- **What Are the Educational Applications?**
 - The Noc-It-Tower can be used to enhance virtually any curriculum that involves accuracy, aiming and concentration. Those skills can translate to several other sport and life-related activities.
 - Flying disc activities can provide upper and lower body conditioning, aerobic exercise, and promote a combination of physical and mental abilities that allow very little risk of physical injury. In addition to physical well-being, participants can increase concentration skills through obstacle and shot challenges.
 - Improves coordination, and develops hand-eye coordination.
- **How Can I Use This Product With My Students?**
 - **Where:** Can be used indoors or outdoors.
 - **Age:** Can be used with various ages, from school age to golden age.
 - **Group Size:** From one person to several people.
 - **Basic Skills Needed:**
 - Throwing an object in an accurate manner while stationary or moving.
 - The ability to perform the above skills with a partner or small group of players.
- **Set Up/Instructions**
 - Demonstrate proper technique prior to allowing students to use equipment.
 - Make sure students have enough personal space before throwing flying discs or other items.
 - Bases should be secured in place.
 - Players of limited fitness levels can start slowly, and gradually increase their level of play as fitness improves.

The Games/Activities

TOWER POWER

- **Activity #1: Collapse the Tower**
 - a. **Objective:** To strike the Noc-It tube with the disc.
 - b. **Set Up:** Divide students into small groups with the Noc-It tube on the Noc-It-Tower, and the tower at the highest level.
 - c. **How to Play:** Each time a member of the group knocks the Noc-It tube off the pedestal using a flying disc, the height is adjusted to lower the tower. This continues until the tower is at the lowest adjustable point.
- **Activity #2: Ultimate Noc-It Tower**
 - a. **Objective:** To pass the disc to a moving or stationary target.
 - b. **Set Up:** Divide students into two teams. Set up four Noc-It-Towers at the end line of each side.

c. **How to Play:** Students who are on offense will try to pass the flying disc down the field to each other and ultimately score a point by knocking down one of the Noc-It tubes from the pedestal. Students on defense try to block the passes or knock the flying disc to the ground so the offense does not score. If the flying disc touches the ground, possession changes to the other team. Students cannot move while holding the flying disc. The first team to earn four points by knocking down all of their team's Noc-It tubes wins.

• **Activity #3: Tower E-X-E-R-C-I-S-E**

- a. **Objective:** To acquire points by throwing the disc accurately.
- b. **Set Up:** Divide students into small groups (possibly by ability level).
- c. **How to Play:** Students take turns aiming the flying disc to knock the Noc-It tube off the pedestal. If a student is successful in knocking down the tube, the next student must throw from the exact same spot. If s/he is successful then play continues. If the student is unsuccessful, they receive a letter (alphabet beanbags, paper letters, etc). If a student receives all the letters that spell out "exercise," the group pauses play and everyone does an exercise chosen by the person with the least amount of letters. Once the exercise is completed, the game resumes and the student who spelled "exercise" goes back to having no letters.

• **Activity #4: Make the Grade**

- a. **Objective:** To throw accurately from varied distances.
- b. **Set Up:** Divide students into small groups. Place one cone and four plastic hoops in a line at an age-appropriate distance away from the Noc-It-Tower for each group. Students will wait for their turn behind the cone. The hoop closest to the Noc-It-Tower will be for first grade; next closest will be second grade; then third grade; then fourth grade.
- c. **How to Play:**
 - One at a time, students start at the closest hoop (first grade), and while keeping at least one foot in the hoop, throw the flying disc to try and knock the Noc-It tube off the pedestal. Student will have one opportunity to throw. Make it or miss, the student gets back in line after his/her turn.
 - If a student hits the Noc-It tube off the pedestal, on their next turn they throw from the hoop that is further back. If not, the student will throw from the same hoop.
 - This continues until the student graduates through all four hoops. Students then start from the beginning at the closest hoop using his or her opposite hand. Once a student graduates for the 2nd time, they are finished with this activity.

A NEW SPIN ON FAMILIAR ACTIVITIES

• **Activity #5: Tower Horseshoes**

- a. **Objective:** To acquire points by throwing the disc closest to the tower.
- b. **Set Up:** The instructor can space off the distance between towers (typically placing them between 10-50 yards apart) depending on the age and throwing ability of the students. Set as many playing areas up on the field as needed. Group the students and assign them a playing area. The game can be played one-on-one or in small team groups.
- c. **How to Play:** This activity is similar to the game of horseshoes. The student whose disc lands closest to the tower gets 2 points. If a student knocks the Noc-It tube off the tower, they receive 5 points. Set the scoring points to fit your needs.

• **Activity #6: Tic-Tac-Toe**

- a. **Objective:** To acquire points by throwing the disc accurately until successful at tic-tac-toe.
- b. **Set Up:** Group students into pairs.
- c. **How to Play:** Students throw the flying disc from a designated distance to try and knock the Noc-It tube off the pedestal. If successful, that student marks an open space on the tic-tac-toe board. If a student gets "tic-tac-toe," he/she chooses an exercise to do with their partner before clearing the tic-tac-toe board and starting a new round.

• **Activity #7: Disc Golf**

- a. **Objective:** To acquire points by throwing the disc and counting the number of shots taken.
- b. **Set Up:** Divide students into small groups. Using polypots or domes, create a tee-off area for each Noc-It-Tower. The tee-off areas are marked by cones to ensure safety. The area in between the tee-off area and Noc-It-Tower will serve as that tower's course.

c. How to Play:

- Each group will start from the tee-off area and work their way through the course, aiming every shot towards the tower to get the flying disc to knock the Noc-It tube off its stand.
- Students can work as a group and alternate who takes the next shot once the flying disc lands; or each student may use an individual flying disc.
- Once the course has been completed, each group proceeds to the next tee-off area while they wait for any golfers on that hole to finish before they begin.
- For safety reasons, students who are not actively taking a turn must wait in a plastic hoop by the cone. Only the person teeing off is allowed in the tee area.
- If students are taking turns, each group of students has one flying disc and one student starts and stays where their shot landed, as long as it is far enough away from others to ensure their safety.

• **Safety Issues & Concerns**

- Make sure that the students are alert at all times to avoid hitting someone with any part of the equipment.
- Make sure that the students aim at the Noc-It Tower, not other students.
- If students are adjusting tower height, they must hold the pieces so that their skin does not get pinched.

Meets These NASPE Standards

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

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