

TRADITIONAL USE

Quoits is a traditional recreational game that can be played at any skill level. It requires little coordination of players and equipment and can be set up in areas of limited space.

Other Suggested Applications:

Used as relay batons - safe and easy change over

Indoor or modified discus

Throwing skill development

Use to place ball on top in order to stop it rolling away useful when setting up a game or for a PE display at a school open day.

Suggested Activities / Games:

HOOP QUILTS

Students attempt to throw their quoit into a hoop that is placed approximately 3 metres away.

The team with the most successful throws wins.

Teaching Tip: Ensure all students throw their quoit in a backhanded fashion. This could then lead on to other throwing activities and skills.

QUOIT BOWLS

Playing in pairs, and using a flexidome as the jack, students are to roll their rubber quoits towards it. The player who is closest wins the round.

Teaching Tip: Each student should use a different coloured quoit for easy identification. Also, increase the distance from jack as skill level increases.

QUOIT 10 PIN BOWLING

Using a set of Foam Skittles, students attempt to roll the rubber quoits to knock down the skittles. Score as per normal 10 pin bowling rules.

QUOIT DISCUS

Of particular use at a primary level, rubber quoits can be used as a modified discus because the size and weight of the rubber quoit allow smaller children to appreciate the feel of the discus rolling out of the hand and off the index finger.

Teaching Tip: Ensure students keep a straight arm, and quoit is tucked flat on to the palm. Allow students to swing their arm a number of times to improve their confidence of holding the quoit.

QUOIT DARTS

Draw a bullseye target on the ground with chalk and number the different rings with scores eg. Outer ring 1, next ring 3 and so on until you get to the smallest centre ring area worth 10 points. Players take turns at trying to get the most amount of points by throwing the quoit to land and stay in the bullseye area. Highest score wins.

QUOIT NETBALL

Substitute Rubber Quoits in place of netball. One further modification is not allowing any 'shot for goal' inside the semi-circle to increase the degree of difficulty.