



# GOGO TOMAGO'S FLYING LIGHT DISC

ACHIEVE THE PERFECT "LIGHT DISC" THROW WITH THIS FLYING DISC ACTIVITY!  
(YOU CAN USE ANY DISC-SHAPED GLIDING TOY OR SPORTING ITEM FOR THIS ACTIVITY)

## GOOD TO KNOW!

The two forces that act on a flying disc are **lift** and **drag**.

**Lift** is the force that keeps the disc in the air by using the disc's curved design to create low pressure above and high pressure below the disc as it cuts through the air. These opposing pressures thereby provide the lift. **Drag** is a resistant force that acts on the disc, perpendicular to the lift and acting against its movement through the air. The angle at which a disc is thrown will affect its lift and drag. Lastly, the spin on a flying disc will affect its flight – spin creates angular momentum to allow it to cut through the air. The faster the spin, the more stable its flight.

## TRY IT OUT!

- Lay out a long string in a straight line on the ground in front of you.
- Stand with your feet at a 90-degree angle from the end of the string with your throwing side closest to the string. Hold the disc with your arm across your body, and the disc near your non-throwing shoulder.  
**TIP:** To hold the disc, place your thumb above the disc, your index finger against the side, and your remaining fingers touching the underside of the disc.
- When you're ready to throw, straighten your arm quickly and flick your wrist, releasing the disc directly above the string. Point your index finger toward the opposite end of the string when you release, visualizing where you want the disc to end up.
- Keep practicing until you achieve your perfect "light disc" throw!  
**TIP:** Throw the disc flat horizontally OR tilt it at an angle upwards before you release. Observe how different angles affect each flight.



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