

TEACHING PLAN



YOU.FO[®] RINGCROSS

WORLD FEDERATION

OFFICIAL YOU.FO RINGCROSS
PHYSICAL EDUCATION CURRICULUM

Welcome statement



We are excited to welcome you to the dynamic and inclusive world of YOU.FO RingCross - a unique, self-regulated non-contact sports game, that combines agility, coordination, teamwork and tactical thinking.

This curriculum has been developed with great care in order to facilitate great PE teachers, sports instructors and activity leaders all over the world.

Before you start teaching YOU.FO to others, we would like you to take a moment for the YOU.FO principles:

- YOU.FO RingCross is for everyone,
- It is Plug-and-Play: everywhere, each surface, anytime,
- No boundaries: continuous play and no out-of-bounds,
- Fail brilliantly: learning a new skill takes time, enjoy the process or learning and getting challenged.

As educators and coaches it is our job to teach people to be physically active for the rest of their lives. We hope the enclosed curriculum inspires and supports you to fulfill that mission and get people moving. For more insights on YOU.FO RingCross, please visit [our website](http://www.you.fo).

Have fun playing YOU.FO RingCross.

Bas Ruysenaars & Giel Bos
YOU.FO RingCross World Federation



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- Dr. John Byl (Canada), authored 30+ books on PE
- Anneke van Zanan-Nieberg (Netherlands), NOC*NSF President
- Yeongin Kim (Korea), Korean PE teacher/expert
- Maureen Vorwald (USA), SHAPE MidWest Teacher of the Year
- Kristin Gilmore (USA), President-Elect SHAPE Colorado

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The basics



1. Start

Hold the stick horizontal and aim by pointing in the direction you want to throw.

2. Push & Pull

Make a simultaneous and horizontal push and pull movement in the throwing direction..

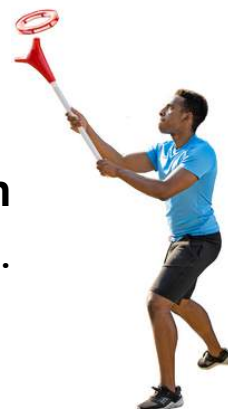


3. Stop & Fly

Make a sudden stop, this is the release point, so the ring will take off and fly.

4. Catch

Anticipate and catch the ring using your stick.



The basics:

All throwing techniques



Forehand Technique:

- Keep the stick horizontal throughout the entire movement.
- Use both arms in a smooth, simultaneous push-and-pull motion.
- Start with the stick next to your shoulder, but never behind it.
- Avoid rotating your upper body; otherwise, you will swing the ring instead of throwing it.
- Finish with a sudden stop in the direction of your target – the ring will follow through.



Backhand Technique:

- Use the same push-and-pull motion as the forehand, but in the opposite direction.
- Create space for the backhand by pivoting on your front or back foot, allowing you to throw over your shoulder toward your teammate.
- Do not start with the stick above shoulder height – this will cause the ring to dip downward and hit the ground.
- Instead, begin below shoulder level and finish above shoulder level to ensure a smooth, accurate flight.



The basics:

All throwing techniques



Catching the ring:

- Instead of moving toward the ring, move with the ring to absorb the bounce.
- Think of catching the ring like catching a raw egg —soft hands, controlled movement.
- Use your whole body, not just the stick, to secure the catch.
- Anticipate the ring's path and try to position yourself underneath it.
- Extend your arms toward the ring as it approaches.
- As the ring first touches your stick, move with it, following its direction.
- Ensure your arms and stick flow naturally in the same direction the ring was traveling.



Overhead Technique:

- Start with both arms raised above your head, holding the stick horizontally.
- Keep the stick horizontal throughout the entire movement.
- Cross your arms to generate the turning motion of the stick.
- Finish with your right hand pointing toward the intended throwing direction.

Floorsweep Technique:

This technique is advised to only use with highly skilled and responsible students due to safety reasons.

- Position yourself in front of the ring, facing the direction you want to throw.
- Keep the red tip of your stick pointing toward the ground throughout the entire motion.
- Step forward and push the ring smoothly in the intended throwing direction.
- Finish the motion low and forward — not too high — to avoid sending the ring upward.
- Maintain a smooth, simultaneous push to ensure a solid, controlled flight.

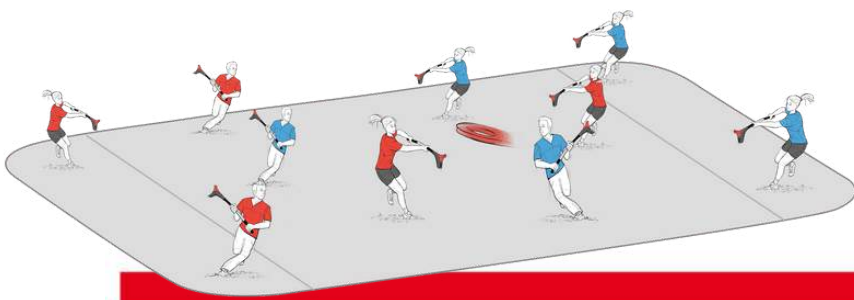


The rules



The official team game YOU.FO RingCross is played as an invasion game. It is mixed-gender, non-contact and self-regulated, and can be played 3 vs 3, 4 vs 4 or 5 vs 5.

- **Scoring:** A point is scored when a player successfully catches the ring in the opponent's scoring zone.
- **Passing:** Throw and catching the ring with your stick.
- **Running:** Not allowed to run with the ring on your stick, only pivot.
- **Defending:** Intercepting a throw, 'blocking' your opponent or 'claiming' the ring.
- **Blocking:** Tactical positioning in front of ring possessive player. For tactical and safety reasons.
- **Claiming:** If the ring isn't caught, anyone can claim it by being the first to tap inside the ring with your stick.
- **Personal zone:** Each player needs to have at least arm and stick length distance from the ring possessive player.
- **No out of bounds:** There is no out of bounds in YOU.FO, both teams agree on the scoring zone size and if the ring lands outside of these scoring zones. Just claim the ring and continue playing.



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Curriculum overview



YOU.FO RingCross is a versatile movement concept, based on the plug-and-play principle (it can be played anywhere, at anytime, by anyone) and without boundaries (continuous play and no out-of-bounds).

YOU.FO is a full movement concept that can be enjoyed by players of various ages, but is generally recommended for ages 5 and up. The indoor videos feature students aged 5 to 10, while the outdoor videos feature students aged 10 to 18.

Within this PE curriculum we provide activities for indoors (**in a gymnasium**) or outdoors, activities for large groups or small groups, even **ring only activities** (in case you don't have any YOU.FO sticks available).

The curriculum follows a Head–Body–Tail structure: Head (warm-up), Body (technical practice and challenges), and Tail (endgame). This method ensures each lesson has a constructive and well-rounded approach, providing both fun and challenge for all students.

We show modifications, safety regulations, and how to identify and fix the most common errors that can occur during your PE class.

Within this PE curriculum you can find over 50+ of activities (including tutorial videos), lesson progressions (**for elementary, middle and high school**), assessments, and more.

We hope you appreciate these free resources, enjoy the ambassador talks (from legendary PE experts from all over the world), and in case you have any questions or remarks, feel free to contact us (email: Giel@you.fo).

Elementary school



Lesson 1: Introduction

Objective: Bringing the joy of YOU.FO into your gymnasium.

Step 1: Learn how to hold the stick

Instructions:

- Make a large circle
- Already place the sticks before your students walk in, this way you can create a safe distance between sticks
- Let them experience arm and stick length distance. This way you ensure safety, but students already learn one of the golden rules (maintaining arm and stick length distance from the ring possessive player).



Warming-up: The circle game

Instructions:

- Make a large circle
- Count down, 3 to 0, at 0 everyone let's go of their own stick and quickly tries to grab the stick to their right
- In stead of 0, you can also use: LEFT or RIGHT, or BLUE (for left) and RED (for right), or PIZZA (for left) and FRIES (for right), etc.
- Students that are injured can help by counting and calling the assignment



Warming-up: The pick-up circle

Instructions:

- Make a large circle
- Count down, 3 to 0, at 0 everyone needs to pick up their ring as fast as possible and keep it up in the air
- You can also turn this into a team challenge. Create one or more circles and have them work together like a wave. The first student picks up their ring, then the next, and so on, until the entire circle has their ring in the air. The first team to complete the full wave wins



Elementary school

Lesson 1: Introduction



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Objective: Bringing the joy of YOU.FO into your gymnasium.

Technical practice: How to throw and catch

Instructions:

- The explanation of throwing and catching can still take place in the large circle. After the explanation make couples, divide them over two lines, and ensure enough distance in between couples.
- Have them throw and catch, giving them individual attention and suggestions for improvements.



Challenge: The youngster challenge

Instructions:

- Form pairs, facing the same throwing directions and enough space in between pairs.
- Points can be scored by throwing and catching successfully.
- Throw by stick, catch by hand = 1 point
- Throw by hand, catch by stick = 1 point
- Throw and catch by stick = 5 points
- After 1 minute, the pair with the most points wins.



Endgame: Hit the mat

Instructions:

- Make a large circle
- Count down, 3 to 0, at 0 everyone needs to pick up their ring as fast as possible and keep it up in the air
- You can also turn this into a team challenge. Create one or more circles and have them work together like a wave. The first student picks up their ring, then the next, and so on, until the entire circle has their ring in the air. The first team to complete the full wave wins



Elementary school



Lesson 2: Fun and action

Objective: Taking students to the next level, using fun and active games

Warming-up: Stick balance relay

Instructions:

- Divide the group into teams
- Each team has one stick
- The first player balances the stick on their open palm
- They walk to a cone, go around it, and return to their team – without dropping the stick or using their other hand
- It's a relay, so once the first player returns, the next person in line takes their turn



Technique practice: Throw and catch in pairs

Challenge: Game of dice

Instructions:

- Form pairs, facing the same throwing directions and enough space in between pairs.
- Players throw the ring back and forth
- After each successful catch, the players switch places
- While switching, one player rolls the die and adds the number rolled to the team's total score
- The ring must be caught cleanly before switching and rolling



Endgame: Parcheesi

Instructions:

- Create 4 large squares, spaced evenly across the playing area, one (or two) students per square
- Players can only throw the ring from inside their square
- The goal is to land the ring in another player's square
- Important rules:
 - o You may only throw the ring upward – no direct or downward throws.
 - o If a ring lands in your square, you're out! Go to the end of the waiting line.
 - o The first person in line immediately replaces you in the square.



Elementary school



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Lesson 3: Spacial awareness

Objective: Gettings students aware for (open) spaces and game sense.

Warming-up: Color-coded relay

Instructions:

- Divide the group into teams
- Players take turns, and each player is allowed to take one ring at a time. They must grab a ring in their team's color. After picking up a ring, they run back to their cone or hoop, drop the ring, and give their teammate a high-five to continue the relay.
- The team that collects all of their rings the fastest wins the game.



Technique practice: Throw and catch in pairs

Challenge: Rainbow pass

Instructions:

- Form teams of 4, 2 students on each side
- One player starts with two rings (each a different color) placed on their stick. He or she throws both rings at the same time toward their two teammates, who are standing on the opposite side.
- If only one ring is caught: 3 points
- If both rings are caught: 10 points
- If it is too difficult, allow students to catch by hand.



Endgame: Rival rings

Instructions:

- The goal is to collect as many rings as possible from the other teams.
- Players run into opponents' zones to grab a ring and try to return it to their own zone.
- But watch out! If you're tagged by a player while in their zone, you must drop the ring right where you were tagged.
- If you make it safely back to your zone, place the ring on your marker – it's yours now!
- Everyone plays offense and defense at the same time.



Elementary school

Lesson 4: Getting ready



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Objective: Preparing students for the official team game YOU.FO RingCross.

Warming-up: The goalie game

Instructions:

- Field players must use only their hands to throw and catch.
- Players may create a defensive wall by raising and waving their arms, similar to YOU.FO rules.
- When the ring is dropped:

Option 1 (like Ultimate Frisbee): It's an automatic turnover.

Option 2: The first player to step on the ring claims it. (Teacher's choice)

- To score, a field player must successfully throw the ring to their goalie, who catches it with the stick.



Technique practice: Focus on aiming with objects

Challenge: Tin Can Alley

Instructions:

- Set up targets, such as cones or tins stacked on top of objects or stands.
- Each team gets a set number of throws — based on how many rings you have available — to try to knock over the targets. After all teams have completed their throws, count the number of targets hit. The team that knocks down the most cones or tins wins the round!
- Vary distances based on grade and skill level. Repeat for multiple rounds if time allows.



Endgame: YOU.FO RingCross without sticks

Instructions:

- Teams pass the ring by throwing it with their hands, aiming to move it across the field.
- 2. Players cannot run while holding the ring — they must pass it to move forward (like in Ultimate Frisbee).
- If the ring isn't caught, the first one to put their feet on top of the ring claims it and get possession.
- A person can block at arm length distance, keeping their hands upwards. This doesn't allow the ring possessive player to throw over that person.
- To score a point, a team must Complete a pass into the opposing end zone to a teammate standing outside the scoring zone.
- After a score, the other team restarts with possession from their own end.



Elementary school



Lesson 5: Cross-curricular learning

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Objective: Not only learning YOU.FO skills, but cross-curricular learnings.

Warming-up: Wall to wall run

Instructions:

- The goal is to reach the opposite wall and back as many times as possible in 1 minute.
- However — it's not allowed to move while holding the ring. • One partner runs forward without the ring. The stationary partner then throws the ring.
- Once the runner catches the ring, they must freeze — now it's the other partner's turn to run and receive the ring.
- Players keep alternating, using teamwork to progress across the gym.



Technique practice: Throwing and catching in pairs

Challenge: Spell-It game

Instructions:

- The YOU.FO Spell-It Game is designed to challenge students to combine movement with spelling, math (such as solving equations), or cross-curricular learning.
- Relay game, each team has ring, if they hit a letter pick it up and bring it back to your team. If they miss, they simply retrieve the ring and give it to the next player in line.
- After one or two minutes, teams have 30 seconds to use their collected letters to build the longest word possible.



Endgame: YOU.FO Baseball

Instructions:

- Create a baseball diamond with 4 bases: first, second, third, and home.
- Place a cone or upright object (pion) at home base as the target for the fielders.
- The batter throws the ring using the YOU.FO stick from home base.
- After throwing, the batter decides to run to first base or try for multiple bases.
- The fielders try to catch or retrieve the ring by hand as quickly as possible.
- To get a runner out: Fielders can catch the ring. Fielders can tag a runner with the ring. Or fielders need to get the ring on a cone as fast as possible. If the runner is not on a base, he or she is out.



Elementary school

Lesson 6: King or Queen



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Objective: Sport is also about the learning process of winning and losing.

Warming-up: Hot potato

Instructions:

- Players form a circle and quickly pass the ring around while music plays.
- When the music stops, the player holding the ring is out and must sit down.
- If the ring falls – both the player who threw it and the one who missed the catch are out.
- Keep going until only one player remains...
- Last one standing wins!



Technique practice: Throwing and catching in pairs

Challenge: Ring Boccia

Instructions:

- Start by forming groups of 3 players. Each player gets a ring in a different color, and the group shares one extra ring – the target ring (e.g. red).
- To begin, one player stands in a hoop and throws the target ring into the open space. Then, each player takes turns tossing their own ring, trying to land it as close as possible to the target ring.
- The player whose ring lands closest to the target scores 1 point and gets to throw the target ring to a new location for the next round.
- Play continues for a set number of rounds or until time runs out.



Endgame: Parcheesi King and Queen of the Court

Instructions:

- Create 4 large squares, spaced evenly across the playing area.
- Players can only throw the ring from inside their square.
- The goal is to land the ring in another player's square.
- Important rules:
 - o You may only throw the ring upward – no direct or downward throws.
 - o If a ring lands in your square, you're out!
 - Go to the end of the waiting line.
 - The first person in line immediately replaces you in square 1.
- The 4 squares all have a number 1, 2, 3 and 4.
- If 3 is out! Number 4 can stay in their square, but 3 is out, 2 replaces 3, and 1 replaces 2, and the first person in line goes to 1.
- Goal is to be the king of the court, in square 4, at the end of the game. So, use a timer, and when the timer ends, the person at square 4 wins.



Middle and High School

Lesson 7: Getting started



Objective: Learn the three basic techniques in YOU.FO: throwing, catching and picking up the ring.

Warming-up: Relay picking up the ring

Instructions:

- Make groups of ± 4
- Each group stands in line behind each other
- A player can pick up only one ring at a time
- Continue playing until all rings are picked up
- Team with the most rings wins



Tips and tricks:

- Practice picking up the ring before starting the relay
- Important for picking up the ring:
 - Do not stand above the ring, but keep some distance between yourself and the ring
 - Make sure the red top of the stick faces upwards
 - Gently push on the edge of the ring (use the white dots)
 - Keep your patience

Technical practice: Forehand, static throwing and catching

Instructions:

- Make couples
- Stand opposite to each other, with 10-15 meters distance in between
- Catching is difficult? As a beginner you can also catch the ring with your hand, but during practice always advice to practice catching with the stick



Tips and tricks:

- Make a smooth pull and push movement. Start in slow-motion and don't try to force the movement with power
- Ring has a curve to the left? Make sure you keep the stick horizontal
- Throwing upwards makes catching easier; start at shoulder level with the top of the stick, and end at eye level for a catchable throw

Challenge: Highscore challenge

Instructions:

- Make couples
- Two (or one) minute(s) to score as many points as possible
- Every time you successfully catch the ring by hand (1 point) and by stick (3 points).
- Add all points als a couple, and the couple with the most points wins.



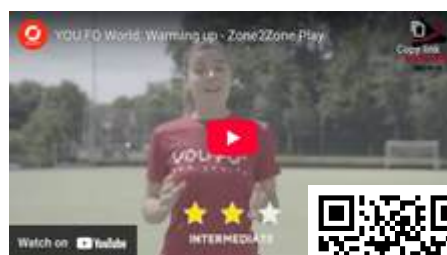
Tips and tricks:

- Too easy? Increase distance between players
- Change up the couples, so all players play with a different buddy
- Add some music for more fun and energy!

Instructions:

- Make couples
- Everyone starts at the sideline (or create a zone with markers)
- The couples have to get to the other side of the field as fast as possible by throwing and catching the ring
- One of the players can start running after the starting signal
- You are not allowed to run while holding the ring on your stick
- If the ring falls on the ground, the couple has to restart at the starting sideline
- The couple that makes the other sideline first, wins

Endgame: Zone 2 Zone play



Tips and tricks:

- Too easy?
- The couple cannot stand too close each other, they have to have at least "x" meters in between
- The couples have to go back to the starting sideline once they reach the other sideline
- Too difficult?
- Players are allowed to catch the ring with their hand
- Make a safety line in the middle of the field. When the couple crosses the safety line and the ring falls on the ground, they don't have to restart at the starting sideline, but at the safety line
- Mix up the players and make new couples before you do it again
- Add some music for more fun and energy!

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Middle and High School



Lesson 8: Dynamics

Objective: After learning the three basic techniques, it is time to apply and practice them in a dynamic way.

Warming-up: Run the ring chaos game

Instructions:

- Make couples
- There are as much rings as players
- Each player can run and claim at the same time, but each player can only take one ring with them
- The couple with three rings wins
- You cannot defend your own marker



Tips and tricks:

- Use colored markers, couples can only steal from a different colored marker
- Too easy? Teams need to have 4 rings in order to win
- Too difficult? Add more rings than players to make it more easy for them

Technical practice: Forehand, with running

Instructions:

- Make groups of 4
- Two players on each side, 10-15 meters distance in between
- Throw the ring and catch in dynamic form
- After throwing the ring, walk to the other side and get in line with the other players



Tips and tricks:

- Too easy? Do not use markers and let the players decide themselves where they stand and throw to
- Too difficult? Shorten the distance
- Add some music for more fun and energy!

Challenge: Serie challenge

Instructions:

- Make couples
- Two (or one) minute(s) to get your highest serie
- Every time you successfully catch the ring by hand (1 point) and by stick (3 points)
- If the ring falls on the ground, you need to start over from 0



Tips and tricks:

- Too easy? Only able to catch the ring using your stick.
- Too difficult? Make different levels, participants can decide which level they take (level 1, high-score / level 2, serie)
- Change up the couples, so all players play with a different buddy
- Add some music for more fun and energy!

Instructions:

- Point out a "monkey"
- The monkey tries to intercept the ring while the other players are throwing the ring to each other
- When the ring is caught by the monkey, that person becomes a player and the person who touched the ring last is the new monkey
- When the ring falls on the ground and the monkey claims it first, the monkey becomes a player and the player that touched the ring last will be the new monkey

Endgame: Monkey in the middle



Tips and tricks:

- Too easy? Play it with more than one monkeys
- Too easy? The monkey has to intercept the ring two times before switching spots
- Change up groups, so all players play with different players
- Add some music for more fun and energy!

Middle and High School

Lesson 9: Skill set



Objective: This lesson it is all about improving your throwing and catching skills in the most fun and challenging way.

Warming-up: Three in a row

Instructions:

- Make teams, 3 rings each
- Make 3 in a row grids for each team
- Players stand in line and can throw a ring when it is their turn
- After all three rings are thrown, but there is no 3 in a row. The first player in line picks up 1 ring and throws it from the marker



Tips and tricks:

- First team with three in a row wins
- Too easy? Increase distance from grid or make a smaller grid
- Too difficult? Make a bigger grid

Technical practice: Backhand, with running

Instructions:

- Make groups of 4
- Two players on each side, 10-15 meters distance in between
- Throw the ring using backhand and catch in dynamic form
- After throwing the ring, walk to the other side and get in line with the other players



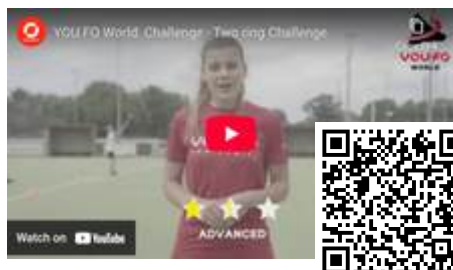
Tips and tricks:

- Use the same push and pull movement as the forehand technique, but instead of pushing away from your body, you now push and pull the other way around;
- Make sure you don't start above shoulder level with your stick. The ring will make a downwards movement and the ring will fly towards the ground;
- So start below shoulder level and end above shoulder level to ensure a smooth flight of the ring.

Instructions:

- Make couples
- Both players throw the ring to each other at the same time and try to catch the ring at the same time
- For every time a couple catches both rings at the same time they get 1 point
- Add all the points and see which couple has the highest score!

Challenge: Two ring challenge



Tips and tricks:

- Too easy? Try to make a serie. So, if one ring falls on the ground, the couple needs to start over at 0 points with a new serie
- Too difficult? It is also allowed to catch 1 ring by hand (or even both rings by hand).
- Add some music for more fun and energy!

Endgame: Square game

Instructions:

- Make 2 squares
- Score by grounding the ring in the opponent's square
- Change turns when the ring is caught or when the ring lands outside of the opponent's square
- Throw the ring above shoulder level
- First player to have 11 points wins



Tips and tricks:

- Too easy? Use 2 rings to increase the challenge
- More players: Use multiple squares or more players per square.
- Level up: Score with a backhand and receive two points.

Middle and High School

Lesson 10: Aiming



Objective: Aiming is the key to success. In this lesson we strive to create a challenging and fun way to improve your aiming skills in YOU.FO.

Warming-up: Basketball shot

Instructions:

- Start by forming teams and lining them up in front of a basket. This is a relay-style game, where each team tries to score as many points as possible within one minute.
- Scoring Options:
 - 1 point – Hit the backboard
 - 2 points – Hit the rim or envelope
 - 5 points – Score in the basket
 - 0 points – Miss entirely
- Note: Only the highest score per shot counts. For example, if you hit the backboard and the ball goes in, it's 5 points, not 1 + 5.



Technique practice: Throwing and catching in pairs

Challenge: Flip the hoop

Instructions:

- Each pair or team starts with: One player standing on the starting line. The other player standing in a hoop a short distance away, facing their partner.
- Each team has one ring and one hoop.
- How to Play: The player on the line throws the ring to their teammate in the hoop. If the ring is successfully caught, the team:
 1. Flips the hoop one step farther away.
 2. Switches positions – now the catcher becomes the thrower.
- If the ring is not caught, they keep trying. After 5 missed throws, they must switch positions, even if no catch was made. The team that gets their hoop furthest away by the end of the minute wins!



Endgame: Ringer

Instructions:

- On both ends of the field, place a mat or hoop as a no-entry zone (players may not step into or on it).
- Place a target (like a large cone or bucket) in the middle of this no-entry zone.
- Divide the class into two teams. Play like YOU.FO RingCross, but instead of an end zone, now you have a target and no-entry zone:
- Players are not allowed to walk or run while holding the ring on their stick – no traveling!
- Players must pass the ring to move it across the field.
- You may shoot at the target from anywhere outside the no-entry zones (hoops/mats).
- If the ring touches the target, your team scores a point.



Middle and High School

Lesson 11: Game strategy



Objective: After learning all the different techniques and games, it is now time to play the official competition game: YOU.FO Zone.

Warmin-up: YOU.FO Active Golf

Instructions:

- Make teams (groups of 3 or 4)
- Each group starts behind the starting point (line)
- Each team tries to reach the final line as fast as possible
- A player in possession of the ring can't walk, so work together as a team to reach the final line



Tips and tricks

- Too easy? Don't make it about time, but the team with the lowest amount of throws wins
- Too difficult? Also catching by hand is allowed, or add a safety line halfway through

Tournament day



Create teams, play competitive games against other teams. Compete to be class champion.

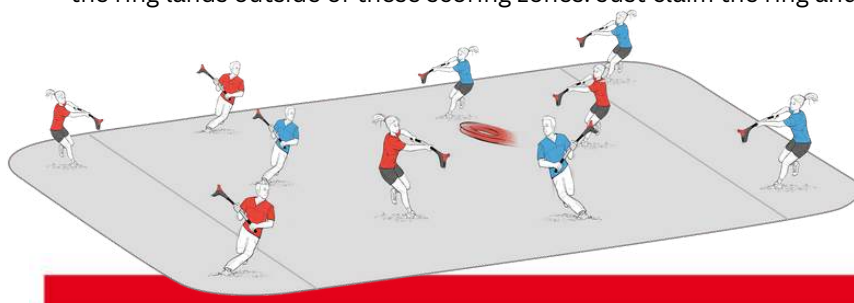
Remind students that this is a tournament. Self-officiating and respect for opponents are very important. Highlight the importance of respecting your opponent when competing.

Games will be 5-7 minutes long. Create a league system or bracket. Winners move up in the bracket, non-winners go into the consolidation bracket and keep competing.

The rules

YOU.FO Zone is the official YOU.FO World team game. It is a mixed-gender and non-contact game that can be played 3 vs 3, 4 vs 4 or 5 vs 5.

- **Scoring:** A point is scored when a player successfully catches the ring in the opponent's scoring zone.
- **Passing:** Throw and catching the ring with your stick.
- **Running:** Not allowed to run with the ring on your stick, only pivot.
- **Defending:** Intercepting a throw, 'blocking' or 'claiming' the ring.
- **Blocking:** Tactical positioning in front of ring possessive player. For tactical and safety reasons.
- **Claiming:** If the ring isn't caught, anyone can claim it by being the first to tap inside the ring with your stick.
- **Personal zone:** Each player needs to have at least arm and stick length distance from the ring possessive player.
- **No out of bounds:** There is no out of bounds in YOU.FO, both teams agree on the scoring zone size and if the ring lands outside of these scoring zones. Just claim the ring and continue playing.



www.you.fo

Activities without sticks (ring only activities)



We strive to create an inclusive sports and leisure game for all. In case your school or organization doesn't have (enough) sticks (for everybody), we hope they can already start playing (the concept of) YOU.FO, using these fun activities. In case you have sticks, the activities can also be done using sticks.

Hot potato

Instructions:

- Hot Potato is a fast-paced game that works great as a fun icebreaker!
- Players form a circle and quickly pass the ring around while music plays. When the music stops, the player holding the ring is out and must sit down.
- If the ring falls – both the player who threw it and the one who missed the catch are out.
- Keep going until only one player remains...
- Last one standing wins!



The superman game (human ring toss)

Instructions:

- Players work in pairs. One person is the thrower, and the other is the catcher.
- The thrower tosses a ring toward their teammate.
- The catcher must try to catch the ring on their arm, which should be fully extended and pointing in the intended catching direction.
- Each successful catch earns the pair 1 point. You can also play using a YOU.FO stick: Throw using the stick, and catch the ring on your extended arm.
- Play for time or points. The pair with the most successful catches wins!



Roll the ring

Instructions:

- Start by forming teams. Each team lines up with one ring at the starting line.
- The first player in line takes the ring and tries to roll it into a hoop placed in the playing area.
- If the ring lands inside a hoop, the player picks up both the hoop and the ring and brings them back to their team. That counts as 1 point.
- If the ring misses the hoop, the player retrieves the ring and returns it to the next teammate in line – no point is scored.
- The relay continues until the time is up.



Activities without sticks (ring only activities)



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Color the hoop

Instructions:

- This is a relay, so players take turns trying to throw their ring into a hoop.
- If the ring lands in an empty hoop, that hoop becomes your team's color — and scores 1 point.
- If the ring lands outside any hoop, retrieve the ring and bring it back for the next teammate to use.
- If the ring lands in a hoop already claimed by another team, the ring does not count. Return it to your team for reuse.
- Once all your team's rings have been used and scored, you may start retrieving both a ring and a hoop and return them to your team's base.



Wall to wall ringrun

Instructions:

- The goal is to reach the opposite wall and back as many times as possible in 1 minute.
- However — it's not allowed to move while holding the ring.
- One partner runs forward without the ring. The stationary partner then throws the ring.
- Once the runner catches the ring, they must freeze — now it's the other partner's turn to run and receive the ring.
- Players keep alternating, using teamwork to progress across the gym.
- If the ring falls to the ground, the pair must return to the last wall they reached and start again from there.



The two ring game

Instructions:

- Players form pairs, standing facing each other at a short distance.
- Each player holds one ring.
- On the teacher's signal, both players throw their rings at the same time toward their partner.
- The goal is to catch your partner's ring while your partner catches yours — simultaneously.
- Each time both players catch successfully, the pair scores 1 point. The pair with the most points at the end of 1 minute wins!



Activities without sticks (ring only activities)



We strive to create an inclusive sports and leisure game for all. In case your school or organization doesn't have (enough) sticks (for everybody), we hope they can already start playing (the concept of) YOU.FO, using these fun activities. In case you have sticks, the activities can also be done using sticks.

Rival rings

Instructions:

- The goal is to collect as many rings as possible from the other teams.
- Players run into opponents' zones to grab a ring and try to return it to their own zone.
- But watch out! If you're tagged by a player while in their zone, you must drop the ring right where you were tagged.
- If you make it safely back to your zone, place the ring on your marker — it's yours now!
- Everyone plays offense and defense at the same time.



The goalie game

Instructions:

- Each team scores by passing the ring to their teammate in the goal zone, where the goalie uses a stick to catch it.
- Field players must use only their hands to throw and catch.
- Players may create a defensive wall by raising and waving their arms, similar to YOU.FO rules.
- When the ring is dropped: Option 1 (like Ultimate Frisbee): It's an automatic turnover. Option 2: The first player to step on the ring claims it. (Teacher's choice)
- To score, a field player must successfully throw the ring to their goalie, who catches it with the stick.



YOU.FO RingCross without sticks

Instructions:

- Teams pass the ring by throwing it with their hands, aiming to move it across the field.
- 2. Players cannot run while holding the ring — they must pass it to move forward (like in Ultimate Frisbee).
- If the ring isn't caught, the first one to put their feet on top of the ring claims it and get possession.
- A person can block at arm length distance, keeping their hands upwards. This doesn't allow the ring possessive player to throw over that person.
- To score a point, a team must Complete a pass into the opposing end zone to a teammate standing outside the scoring zone.
- After a score, the other team restarts with possession from their own end.



Different colored ring activities



Based on the **(multiple colored ring package)**. Within YOU.FO we strive to create a full movement concept, which is inclusive, for all ages and abilities. For that reason, we developed a multiple colored ring package, including rings in the colors red, blue, green & yellow. Giving teachers the opportunity to vary their activities.

Silent memory game

Instructions:

- Players take turns. Each player gets one try per turn – they can check two rings.
- If the two rings are the same color, the player has a “memory match.” They return both rings to their cone or hoop and score a point for their team.
- If the rings are different colors, they must leave the rings where they found them and return to their team. The next player in line then takes a turn.
- During this game, it is not allowed to speak or communicate between team members. The game continues until all rings have been matched.



Color-coded relay

Instructions:

- In the color-coded relay, the group is divided into teams. Each team lines up behind a cone or hoop.
- Players take turns, and each player is allowed to take one ring at a time. They must grab a ring in their team's color. After picking up a ring, they run back to their cone or hoop, drop the ring, and give their teammate a high-five to continue the relay.
- The team that collects all of their rings the fastest wins the game.



Color-coded ring stack

Instructions:

- In the color-coded ring stack, the group is divided into teams.
- Each team lines up behind a cone or hoop.
- Players take turns, and each player is allowed to take one ring at a time.
- After picking up a ring, they run back to their cone or hoop, drop the ring, and give their teammate a high-five to continue the relay.
- The team that collects all of different colored rings the fastest wins the game.



Different colored ring activities



Based on the **(multiple colored ring package)**. Within YOU.FO we strive to create a full movement concept, which is inclusive, for all ages and abilities. For that reason, we developed a multiple colored ring package, including rings in the colors red, blue, green & yellow. Giving teachers the opportunity to vary their activities.

Color the hoop

Instructions:

- Players take turns. Each player gets one try per turn – they can check two rings.
- If the two rings are the same color, the player has a “memory match.” They return both rings to their cone or hoop and score a point for their team.
- If the rings are different colors, they must leave the rings where they found them and return to their team. The next player in line then takes a turn.
- During this game, it is not allowed to speak or communicate between team members. The game continues until all rings have been matched.



Ring Boccia

Instructions:

- Start by forming groups of 3 players. Each player gets a ring in a different color, and the group shares one extra ring – the target ring (e.g. red).
- To begin, one player stands in a hoop and throws the target ring into the open space. Then, each player takes turns tossing their own ring, trying to land it as close as possible to the target ring.
- The player whose ring lands closest to the target scores 1 point and gets to throw the target ring to a new location for the next round.
- Play continues for a set number of rounds or until time runs out.



Roll the ring

Instructions:

- Start by forming teams. Each team lines up with one ring at the starting line. The first player in line takes the ring and tries to roll it into a hoop placed in the playing area.
- If the ring lands inside a hoop, the player picks up both the hoop and the ring and brings them back to their team. That counts as 1 point.
- If the ring misses the hoop, the player retrieves the ring and returns it to the next teammate in line – no point is scored. The relay continues until the time is up. The team with the most hoops collected at the end wins!



Full class size activities



After hearing that some PE teachers often have difficulties finding class size activities for YOU.FO, we've decided to create a full chapter on full class size activities. Both for in- and outdoor situations.

The circle game

Instructions:

- Make a large circle
- Count down, 3 to 0, at 0 everyone let's go of their own stick and quickly tries to grab the stick to their right
- In stead of 0, you can also use: LEFT or RIGHT, or BLUE (for left) and RED (for right), or PIZZA (for left) and FRIES (for right), etc.
- Students that are injured can help by counting and calling the assignment



YOU.FO Baseball

Instructions:

- Create a baseball diamond with 4 bases: first, second, third, and home. Place a cone or upright object (pion) at home base as the target.
- The batter throws the ring using the YOU.FO stick from home base.
- After throwing, the batter decides to run to first base or try for multiple bases.
- The fielders try to catch or retrieve the ring by hand as quickly as possible.
- To get a runner out: Fielders can catch the ring. Fielders can tag a runner with the ring. Or fielders need to get the ring on a cone as fast as possible. If the runner is not on a base, he or she is out.



Stick balance parkour

Instructions:

- Stick Balance Parkour is a fun and challenging coordination game that helps students work on balance and control.
- Start by dividing the group into teams, with each team lining up behind a line. Each team has one stick. The first player in line balances the stick on their open palm. They walk across the parkour, for example, over a wooden bench or slaloming between cones, until they reach the final cone, go around it, and return to their team – without dropping the stick or using their other hand.
- It's a relay, so once the first player returns, the next person in line takes their turn.



Full class size activities



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Percheesi

Instructions:

- Create 4 large squares, spaced evenly across the playing area.
 - Players can only throw the ring from inside their square.
 - The goal is to land the ring in another player's square.
 - Important rules: You may only throw the ring upward – no direct or downward throws.
- o If a ring lands in your square, you're out!
- Go to the end of the waiting line.
- The first person in line immediately replaces you in the square.



Square It

Instructions:

- The first player in line picks up a ring. The remaining rings stay at the cone. This is a relay, so players take turns trying to throw the ring into their team's square.
- Scoring: 1. If the ring lands in your own square: Score 1 point – the ring stays in the square, and your teammate grabs a new ring for the next turn.
- 2. If the ring lands outside any square: No point – pick up the ring and bring it back to your team for the next player to use.
- 3. If the ring lands in another team's square: ⚡ That team gets 1 point – the ring stays there, and your teammate grabs a new ring.



Run the ring chaosgame

Instructions:

- Make couples
- There are as much rings as players
- Each player can run and claim at the same time, but each player can only take one ring with them
- The couple with three rings wins
- You cannot defend your own marker



Full class size activities



After hearing that some PE teachers often have difficulties finding class size activities for YOU.FO, we've decided to create a full chapter on full class size activities. Both for in- and outdoor situations.

The goalie game

Instructions:

- Each team scores by passing the ring to their teammate in the goal zone, where the goalie uses a stick to catch it.
- Field players must use only their hands to throw and catch.
- Players may create a defensive wall by raising and waving their arms, similar to YOU.FO rules.
- When the ring is dropped: Option 1 (like Ultimate Frisbee): It's an automatic turnover. Option 2: The first player to step on the ring claims it. (Teacher's choice)
- To score, a field player must successfully throw the ring to their goalie, who catches it with the stick.



Rival rings

Instructions:

- The goal is to collect as many rings as possible from the other teams.
- Players run into opponents' zones to grab a ring and try to return it to their own zone.
- But watch out! If you're tagged by a player while in their zone, you must drop the ring right where you were tagged.
- If you make it safely back to your zone, place the ring on your marker — it's yours now!
- Everyone plays offense and defense at the same time.



Monkey in the middle

Instructions:

- Point out a "monkey"
- The monkey tries to intercept the ring while the other players are throwing the ring to each other
- When the ring is caught by the monkey, that person becomes a player and the person who touched the ring last is the new monkey
- When the ring falls on the ground and the monkey claims it first, the monkey becomes a player and the player that touched the ring last will be the new monkey



In- and/or outdoor activities



YOU.FO is a concept that can be played everywhere, both in- as outdoors. But, to maintain safety for all students, we advise to always remain arm and stick length distance from other students. In addition, we chapter safety regulations you can find more information about how to maintain safety in your class.

Indoor activities

In case you play YOU.FO indoors, it requires extra attention for safety and maintaining enough distance in between players.

Using the lining and/or markers, to identify enough distance in between students.

in case your gymnasium is not big enough, make couples or teams, and have them take turns when throwing and catching.

Specially in small spaces we advise to use the YOU.FO FUN equipment, as it is developed for shorter distances. In addition, the FUN ring is softer in comparison to the PRO ring. Giving it more flexibility and a lower impact, in case it hits the wall or even a student.

Fun indoor example:

The card game



Instructions:

- Players throw the ring back and forth to one another.
- After every successful catch, players switch places, and one player picks up a card from the pile and keeps it.
- The ring must be caught cleanly before switching and collecting a card.

Outdoor activities

In case you play YOU.FO outdoors, take into account that it can be played on each surface: artificial turf, natural grass, basketball playground, parking lot, etc.

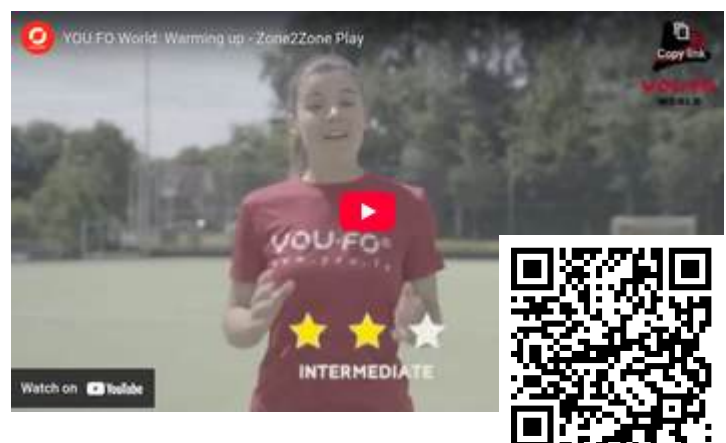
Important is to take the sun and wind into account. Always ensure sun and/or wind are coming from the side.

Use markers or cones to define the distance in between players, not only the throwing distance, but also the distance in between classmates (at least arm and stick length distance in between them).

Depending on age, we advise elementary students to use the YOU.FO FUN stick and ring (4 to 12 years old), and the middle or high school students to use the YOU.FO PRO stick and ring (12 years old onwards).

Fun outdoor example:

Zone 2 Zone play



Instructions:

- Make couples, everyone couple starts at the sideline (or create a zone with markers)
- The couples have to get to the other side of the field as fast as possible by throwing and catching the ring
- You are not allowed to run while holding the ring on your stick. If the ring falls on the ground, the couple has to restart at the starting sideline

Safety regulations

and frequently asked questions



YOU.FO Safety and Play Guidelines



1. Keep Your Distance

- The player with the ring must always keep an arm and stick-length distance from any opponent. This helps prevent accidental contact or hits during the game.
- During practice, you'll get to experience this spacing.
- Always maintain this safe distance from the person next to you.

2. If Space is Tight, Buddy Up

- If there isn't enough room for everyone to keep their distance, pair up!
- Stand one behind the other and take turns throwing the ring.

3. Throwing Direction

- Everyone should throw in the same direction to keep the game safe and organized.
- Outdoors, use lines or markers to show the throwing direction clearly.

4. Stick and Hand Use

- If you don't have enough sticks, only one side needs to use sticks.
- The other side can throw and catch the ring using their hands.

Here are some of the most commonly used coaching cues to help improve students' technique:



1. Keep the stick horizontal. If you notice the ring flying vertically or wobbling, it usually means the stick wasn't level during the throw. A simple fix is to remind students to keep the stick horizontal throughout the motion.

2. Aim by following through. Just like throwing a ball, proper aim comes from a good follow-through. Encourage students to finish their throw by pointing the stick in the direction they want the ring to go.

3. Make it easier to catch – throw with an arc. Ask your students: Is it easier to catch a ring thrown straight at you or one with a soft arc? The answer is: with an arc. Throwing the ring slightly upward gives the teammate time to anticipate and soften the catch—like they're catching a raw egg. So, teach students to give the ring a gentle upward angle to allow for a smoother catch on the way down.

4. Modify when needed. If catching with the stick is too difficult, allow students to catch the ring by hand. It's a great way to build confidence while still practicing timing and coordination.

Safety regulations



YOU.FO® RINGCROSS
WORLD FEDERATION

and frequently asked questions

How do I ensure safe sessions during my lessons?

- While playing YOU.FO there is one important rule that needs to be ensured at all time: safe distance of arm+stick length distance around the ring possessive player. So always keep arm plus stick length distance between another player, specially when this player is in possession of the ring.
- In addition, during technique practice always ensure the same throwing direction. Make sure the sun and wind are coming from the side and make two lines so you regulate the throwing direction.



I can't throw the ring consistently in one direction, what should I do?

- When throwing the ring with your stick, make a push and pull movement with your arms instead of swinging your upper body. You will easily generate force with the push and pull movement, which leads to a more consistent release of the ring in the direction you want to throw. You will also get more spin in your throw, which leads to a better flight effect and makes it easier to catch the ring!

Why is the ring getting off to early (and ends up next to me instead of in front of me)?

- You're moving too much with your hips and upper body, instead of your arms. Keep your shoulders and toes pointing the direction you want to throw and make a pull and push movement with your arms. In addition, make sure the stick is always in front or next to your shoulder, instead of behind your shoulder. You can also ensure this by fully stretching out your left hand in the direction you want to throw (if you're right-handed).

Why is the ring not thrown in the direction I want to?

- At the end of your throw, you have to follow through in the direction you want to throw. The throwing direction is based on the speed you generate during the push and pull movement and the immediate stop or follow through movement in the throwing direction. Make sure you end with your stick and right hand (if you're right-handed) fully stretched out in the direction you want to throw the ring.

Why is my throw uncatchable?

- Make a slight upwards movement, within the horizontal movement, when you throw. Start with the red tip of the stick at shoulder-height and end your throwing movement at eye-height. This way the ring is thrown slightly upwards, which makes it more easy to catch for your buddy/teammate.
- In addition, start by trying to do the throwing movement in slow-motion. Even in slow-motion you are able to throw 5-10 meters, but this makes it more easy to catch the ring.

Safety regulations



and frequently asked questions



Why does the ring bounce off my stick when I try to catch it?

- Unnatural in catching is that you don't have to move towards the ring, but you have to move away from the ring (follow the movement of the ring). It is important to anticipate on the ring, move with the ring with your entire body to collect the bounce, and follow through while catching the ring. Similar to catching a raw egg.



It's difficult to reduce the bounce by moving with the ring, what should I do?

- First, it's important that you anticipate where the ring will land and move towards the flight path. Then move your arms towards the ring and make sure they are almost straight. When the ring makes contact with your stick, follow the movement of the ring with your arms. Often people don't move their arms, but their entire body. It's easier to move with/follow the flight movement of the ring with your arms than your body.

How do I pick up the ring using the stick?

- Picking up the ring depends on the surface you're playing on. With turf, grass, beaches, you could use the friction of the surface to pick up the ring. When the surface is slippery (indoor gym, pavement), you need to push on the edge of the ring to pick it up. Here are some ways you can pick up the ring:

Soft ring (FUN ring):

- If you put the stick in the middle of the ring, turn it sideways so you can give pressure on the ring. If you now pull the stick towards your body (while giving pressure), the ring will capsize which makes it able to put the stick inside of the ring and pick it up.



Hard ring (PRO ring):

- The ring is surrounded with a small edge. If you push on this edge with the backside of the tip of your stick, the ring will capsize which makes it able to put the stick inside of the ring and pick it up.



Ambassadors talking



Dr. John Byl

“As an emerging sport, You.Fo offers a level playing field where all participants start with equal opportunity to learn and excel. Its unique combination of athleticism and strategy makes it an ideal addition to Physical Education programs and Sport Clubs. As an invasion game, You.Fo draws strong parallels with Ultimate and Lacrosse, allowing students to apply familiar tactics in a fresh context.

While initially challenging, the skills required to send and receive the ring can be quickly developed using the clear instructions provided in this curriculum package. Students will not only enjoy the fast-paced and inclusive nature of the game, but may also progress to competitive levels – including the You.Fo World Cup, where even at the highest levels, the game continues to be self-officiated by the players themselves.”

Dr. John Byl, PhD, is a leading figure in Canadian physical education—celebrated as a retired PE professor from Redeemer University College (1986–2014), former president of CIRA Ontario (2003–2018), and current Canadian Educational Consultant for Gopher Sport. Over his career, he has authored more than 30 books on topics ranging from game-based learning and sports management to promoting emotional well-being through physical activity.



Ambassadors talking



Anneke van Zanen-Nieberg

“YOU.FO is a beautiful sport, and it has the potential for sports participation worldwide. You will have lots of fun playing YOU.FO. I hope everybody learns to play YOU.FO. ”



Anneke van Zanen-Nieberg is a distinguished Dutch sports leader, serving as the President of NOC*NSF, the Dutch Olympic Committee and Sports Confederation, since May 2019. With a background as a former national youth handball player, she brings a deep understanding of sports at both grassroots and elite levels. Her leadership is characterized by a commitment to athlete well-being, inclusivity, and the development of physical education across the Netherlands.

Yeongin Kim

“YOU.FO helps us rethink what PE can be – less about competition, more about cooperation, movement literacy, and joy. It’s a game-changer for educators.”

Elementary physical education teacher and YOU.FO Korea representative. Core instructor for the Korean Ministry of Education’s “365 PE-ON” program. Head of PlayGround, a national research community of elementary teachers focused on PE and play-based instruction. Runs YOU.FO workshops at Cheongju, Jeonju, and Chuncheon National Universities of Education, and operates the YouTube and Instagram channels “Youngin’s PE Classroom.” Currently a PhD student in Elementary Physical Education at the Korea National University of Education, studying elementary PE and emerging sports.



Ambassadors talking



Maureen Vorwald

"I am always looking for ways to engage my students in new activities that promote teamwork, critical thinking, and physical activity. YOU.FO is a great game that combines strategy, skill, and movement in a way that keeps students actively involved and motivated."

"What I appreciate most is how YOU.FO encourages a growth mindset. While some students may initially find it challenging, students are able to experiment with different strategies, learn from their mistakes, and improve their abilities over time. It's not just about competition; it's about building confidence, fostering collaboration, and most importantly, having fun."



SHAPE America
TEACHER of the YEAR
2014

Maureen Vorwald is a national board certified teacher, spending most of her career teaching high school physical education in Platteville, Wisconsin, USA. She was recognized as the SHAPE Midwest Teacher of the Year in 2014 and is a respected leader in her state association, WHPE, for health and physical education teachers.

Kristin Gilmore

"I absolutely love YOU.FO. It is fun, dynamic, safe and non-contact."

"The rules are easy, and the non-contact element makes it safe for everybody. I love it so much, I even participated in the '23 and '24 World Cups."

Kristin Gilmore is an experienced PE Teacher from Denver Colorado. Kristin has been presenting YOU.FO at several state conventions for Physical Education all across the US. In addition, Kristin has been the captain for Team USA at the 2023 and 2024 YOU.FO RingCross World Cups.



SHAPE America's National PE Standards



YOU.FO RingCross is a dynamic, inclusive, team-based sport that emphasizes movement, cooperation, and fair play. Here's how this innovative game aligns with SHAPE America's National PE Standards and supports high-quality physical education.

Standard 1 – Develops a Variety of Motor Skills

YOU.FO RingCross requires players to throw, catch, strike, and maneuver an aerodynamic ring using specially designed sticks. This engages a wide range of locomotor (running, chasing), non-locomotor (balancing, pivoting), and manipulative (throwing, catching, striking) skills—fulfilling Standard 1's goal of developing diverse movement capabilities.

Standard 2 – Applies Knowledge of Movement & Fitness Concepts

Players must adapt their movement strategies depending on game pace, positioning, and team dynamics. These tactical decisions promote understanding of spatial awareness, effort control, and relationship between players—core movement concepts emphasized in Standard 2.

Standard 3 – Develops Social Skills Through Movement

YOU.FO RingCross is self-refereed; when disputes arise, players resolve them using the rock-paper-scissors method. This communication protocol fosters teamwork, conflict resolution, and fair play, directly supporting Standard 3's focus on social development through physical activity.



SHAPE America's National PE Standards



Standard 4 – Builds Personal Skills & Promotes Physical Activity

Originating from a simple idea of playing with a rubber ring and stick, YOU.FO grew into a fiercely innovative game played in multiple countries. Players and educators are encouraged to form their own teams or “HUBs”. This autonomy and creativity nurture personal agency, engagement, and ongoing physical activity—aligning perfectly with the student-centered and personal engagement principles of Standard 4.

Summary Table

YOU.FO RingCross Feature	Aligned SHAPE Standards
Throwing, catching, striking with sticks	Standard 1
Spatial awareness, effort control in gameplay	Standard 2
Self-refereeing, peer conflict resolution	Standard 3
Player autonomy, team creation, sport innovation	Standards 4

The YOU.FO RingCross curriculum exemplifies high-quality physical education by combining motor skill development, strategic thinking, social skills, and personal empowerment—precisely the comprehensive outcomes SHAPE America’s standards aim to cultivate.



Canadian National PHE Standards



YOU.FO RingCross, a dynamic and inclusive movement-based game, aligns closely with PHE Canada's vision for Physical and Health Education (PHE). This curriculum fosters physical literacy, social-emotional well-being, and equitable participation—principles at the core of Canadian PE standards.

YOU.FO alignment with the PHE Canada Competences (K-12):

- Being inclusive and adaptable, inviting learners of any age or skill—especially students aged 5 to 18, as featured in the curriculum videos.
- Encouraging decision-making and game awareness in fluid, fast-paced gameplay.
- Cultivating fair play, peer accountability, and conflict resolution through its simple self-referee system using rock-paper-scissors.
- Promoting resilience and agency, as students form their own groups, propose game variations, and take ownership of active participation.

Alignment with the QDPE Award Standards:

YOU.FO RingCross directly contributes to PHE Canada's Quality Daily Physical Education (QDPE) guidelines, because:

- Delivering well-structured lessons and units that develop physical literacy across grades.
- Using inclusive, enjoyable activities suited to various developmental stages.
- Incorporating multiple forms of assessment—observational, peer feedback, performance-based.
- Reinforcing healthy habits, psychology of participation, and sportsmanship.
- Empowering students to initiate school-wide YOU.FO clubs or "HUBs", fostering leadership and extended activity beyond scheduled PE.
- Aligning with provincial outcomes through adaptable lesson progressions that support local curriculum frameworks.

YOU.FO RingCross embodies the ideals of Canadian PE, cultivating physical literacy, healthy living, and student agency. It aligns excellently with both the PHE Canada competency framework and the QDPE quality guidelines—making it a robust and future-ready physical education curriculum in Canadian settings.

Australian HPE Curriculum Alignment



The Australian Curriculum: Health and Physical Education (F–10) is structured around two interrelated strands—(1) Personal, Social and Community Health and (2) Movement and Physical Activity—each with three sub-strands and multiple Focus Areas ([turn0search0], [turn0search1]). The curriculum emphasizes a strengths-based, movement-valuing, and critical inquiry approach.

How YOU.FO RingCross Meets Curriculum Standards:

1. Movement and Physical Activity: ‘Moving Our Body’ & ‘Learning Through Movement’
 - YOU.FO challenges students to refine movement skills (throwing, catching, striking), apply movement concepts, and promote teamwork and leadership—core outcomes of these sub-strands.
 - The self-refereeing system (e.g., rock-paper-scissors for decision-making) fosters critical and creative thinking in movement settings.
2. Movement and Physical Activity: ‘Games and Sports’ & ‘Fundamental Movement Skills’
 - YOU.FO organizes game structures that enhance fundamental skills and sports understanding, catering to learners from early years through secondary levels.
 - Ensures inclusive, active participation across all F–10 stages.
3. Personal, Social & Community Health: ‘Making Healthy, Safe & Active Choices’
 - Students learn to make safe, strategic gameplay decisions, understand movement-related health benefits, and develop emotional and social awareness through game-based learning.
4. Critical Inquiry & Health Literacy
 - YOU.FO’s gameplay encourages analysis of strategy, reflection on rules, and adaptation of movement skills—aligning with curriculum aims to foster critical inquiry, health literacy, and the ability to evaluate information and actions.
5. Strengths-Based Movement & Engagement
 - YOU.FO is designed to be inclusive, engaging, and open-ended, reinforcing the curriculum’s proposition to value movement, build confidence, and nurture lifelong physical activity habits.

Australian HPE Curriculum Alignment



Summary Table

Curriculum component	YOU.FO RingCross Contribution
Moving our body / Games & Sports	Develops movement skills and team-based gameplay insight
Learning through movement	Encourages leadership, collaboration, and problem-solving
Making healthy, safe & active choices	Promotes safety, strategy, and emotional awareness in play
Critical inquiry & health literacy	Engages students in reflective and adaptive physical engagement
Strengths-based movement & lifelong activity focus	Inclusive, engaging, and builds intrinsic motivation for activity

In summary, YOU.FO RingCross is a holistic, adaptable, and rich pedagogical tool that authentically embodies the essence of the Australian HPE curriculum—blending movement fluency, personal development, inquiry, and inclusive engagement across all student levels.



Dutch Physical Education standards



YOU.FO RingCross is an innovative, inclusive movement game that engages students in active and meaningful play – fully aligned with the Dutch core objectives (kerndoelen) and quality frameworks for Physical Education.

Alignment with (SLO/KVLO) Core Objectives & Learning Lines

- In primary education, core objectives 57 and 58 state that pupils must learn to “move responsibly” and “experience sport as part of an active lifestyle”.
- In the Basic Document for PE (SLO/KVLO) these objectives are elaborated into 12 learning lines, such as target games, tag games, balance, jumping, and regulatory goals (e.g. agreeing on rules, fair play, cooperation).
- YOU.FO RingCross activates these learning goals by:
 1. Target and tag games, balance & aiming: players throw, catch, and steer the ring.
 2. Regulation & fair play: through agreed rules, roles, and referee tasks.
 3. Experiencing and valuing movement: dynamic, inclusive, and playful learning.

Secondary Education: Core Objectives & Attainment Targets

- In lower secondary education, PE is aimed at experiencing and improving movement. In upper secondary, PE includes attainment targets and optional subjects like LO2 and BSM (Sports, Society, and Movement).
- YOU.FO contributes to these by:
 1. Actively involving students in a dynamic game with physical and social components.
 2. Offering opportunities for deeper learning via referee and organizer roles (aligning with LO2/BSM goals).

In conclusion, YOU.FO RingCross is a Dutch invention, but also a modern, socially engaging movement game that fits seamlessly into Dutch Physical Education standards. It fosters responsible movement, inclusion, self-regulation, and the joy of sport as part of lifelong learning.



European Union PE standards



Strictly speaking, the European Union does not have one single binding Physical Education standard like SHAPE (USA) or ACHPER (Australia). Education policy is considered a national responsibility within the EU. However, there are several European-level frameworks and recommendations that guide how PE should be approached.



YOU.FO RingCross & European Physical Education Standards

EU-Level Policy & Recommendations

- The Council of the European Union (2013) and the European Commission (2015) emphasized:
 1. Inclusive, high-quality PE for all children.
 2. Lifelong physical activity habits through school sport.
 3. Social development & fair play as key PE values.
- The European Physical Education Association (EUPEA) promotes “Physical Literacy for Life” – developing competence, confidence, and motivation to be active.

YOU.FO RingCross alignment:

- Easy to adapt for all ages, skill levels, and mixed-ability groups → supports inclusion.
- Teaches skills that extend beyond sport (teamwork, strategy, fair play).
- Playful and innovative → encourages lifelong enjoyment of movement

UNESCO & WHO (Global → European adoption)

European countries also follow broader frameworks:

- UNESCO Quality Physical Education Guidelines (2015): PE should promote physical, social, and emotional development.
- WHO European Physical Activity Strategy (2016–2025): schools as key setting for daily active movement.

YOU.FO RingCross alignment:

- Combines physical skill development (throwing, catching, coordination) with social skills (communication, respect).
- Fits into both PE lessons and recreational play, bridging school and leisure.



Pan-Asian PE standards



Asia does not have one official set of PE standards across the continent. Instead, countries like Japan, China, South Korea, Singapore, and India each define their own PE learning outcomes.

YOU.FO RingCross & Asian Physical Education Standards

🇯🇵 Japan – “Taiiku 体育” (National PE Curriculum)

- Focus: Fundamental movement skills, teamwork, fair play, moral education.
- YOU.FO Fit:
 - Throwing and catching develop locomotor and object control skills.
 - RingCross team play reinforces fairness, respect, and cooperation.
 - Like martial arts, YOU.FO emphasizes discipline and focus through precise throws.

🇨🇳 China – National PE & Health Curriculum

- Focus: Physical fitness, skill development, group unity, national pride.
- YOU.FO Fit:
 - Fast-paced rallies improve endurance and agility.
 - Works well in group drills → team-based culture of practice.
 - International competition (YOU.FO World Cup) connects with China’s goal of excellence in sport.

🇰🇷 South Korea – Physical Education Curriculum

- Focus: Health-related fitness, skill acquisition, character education.
- YOU.FO Fit:
 - Combines aerobic movement (running, chasing the ring) with technical skill (stick handling).
 - Promotes self-discipline and respect for opponents.
 - Adaptable rules allow teachers to highlight character values like responsibility and fairness.

🇸🇬 Singapore – PE Syllabus (MOE)

- Focus: Six learning areas → Games & Sports, Outdoor Ed, Dance, Gymnastics, Athletics, Health/Fitness.
- YOU.FO Fit:
 - Games & Sports: Team version (RingCross) fosters strategy, passing, and spatial awareness.
 - Outdoor Education: Easily played in open fields or urban parks.
 - Health/Fitness: Continuous movement builds stamina and motor skills.
 - Supports Singapore’s lifelong habit of physical activity goal.

🇮🇳 India – National Education Policy & PE

- Focus: Holistic development, yoga, indigenous games, physical literacy.
- YOU.FO Fit:
 - Promotes physical literacy through a new and engaging movement pattern.
 - Complements yoga by encouraging focus, balance, and coordination.
 - Inclusive for boys and girls, fitting India’s call for equal PE opportunities.



UK PE standards



YOU.FO RingCross is an excellent match for UK PE frameworks. It supports curricular goals, responds to afPE's vision for PE, and promotes inclusive, active, student-centered learning. It's truly a game designed for modern, meaningful PE.

YOU.FO RingCross & UK Physical Education Standards

National Curriculum for PE (England)

The Primary and Secondary PE curriculums emphasize these core aims:

- Developing competence across a range of physical activities
- Sustaining physical activity
- Engaging in competitive and collaborative sports
- Leading healthy, active lives

YOU.FO RingCross supports these aims by:

- Engaging students in throwing, catching, aiming, and movement—all core fundamental movement skills, especially at Key Stages 1 and 2
- Promoting continuous, inclusive gameplay that keeps participants active and engaged
- Enabling mixed-gender, self-regulated competitive play, aligning with the curriculum's aim to foster cooperation and fair competition
- Encouraging healthy, active participation in and beyond school hours, with minimal setup and flexible play environments

Association for Physical Education (afPE) Vision

The afPE advocates for PE to be a transformational, core subject in schools, offering inclusive, learner-centered curriculum that cultivates physical literacy and holistic development. They call for at least 2 hours of PE per week, specialist teaching, and a culture that embeds PE in school life.

YOU.FO aligns with afPE principles by:

- Being inclusive and adaptable, accommodating all ages and abilities—fostering equity in PE access
- Supporting physical competence, confidence, and motivation through a fresh, innovative format of play
- Facilitating self-directed learning (students form teams, manage play, and reflect on their performance)—nurturing personal agency
- Requiring minimal equipment and space—boosting sustainability and feasibility within packed curricula
- Contributing to a positive school PE culture by being fun, memorable, and easily integrated into lesson plans

PE assessment model for YOU.FO RingCross



We build an assessment framework based on physical literacy, teamwork, and game-specific skill

YOU.FO PE Assessment Framework

1. Skill Development (30%)

Assesses individual technical ability.

- Throwing Accuracy – Can pupils consistently throw the YOU.FO ring to a teammate within reach?
- Catching & Control – Can pupils catch the ring safely with the stick and transition quickly?
- Movement & Positioning – Do they move into space to receive a pass or intercept?

Rubric (1–4 scale):

1. Struggles to throw/catch ring, limited movement.
2. Inconsistent throws/catches, basic movement.
3. Accurate throws/catches most of the time, finds space well.
4. Confident, accurate, creative throws, anticipates play.

3. Collaboration & Sportsmanship (30%)

- Encourages teamwork, fair play, inclusion.
- Do they communicate with teammates?
- Do they encourage peers and respect opponents/rules?

Rubric (1–4 scale):

1. Rarely works with others, poor sportsmanship.
2. Sometimes works with team, occasional fair play.
3. Generally supportive, respects rules.
4. Strong communicator, includes everyone, role model.

2. Tactical Understanding (30%)

Assesses game sense and decision-making.

- Spacing & Awareness – Do they create space and use the field effectively?
- Passing Decisions – Do they make safe passes or force risky ones?
- Defensive Awareness – Do they anticipate opponents' moves and intercept?

Rubric (1–4 scale):

1. Limited awareness, follows ball only.
2. Some spacing, reactive play.
3. Shows awareness of teammates/opponents, makes smart decisions.
4. Reads game well, communicates, adjusts strategy.

4. Effort & Engagement (10%)

- Are they giving consistent effort regardless of ability?
- Do they stay active and try new skills?

Rubric (1–4 scale):

1. Minimal effort, disengaged.
2. Effort fluctuates.
3. Good effort most of the time.
4. Always active, pushes themselves, positive attitude.

YOU.FO RingCross Self-assessment form



Name: _____

Date: _____

1. My YOU.FO Skills (throwing, catching, moving into space)

- ☐ I found it very hard to throw/catch the ring.
- ☐ I could sometimes throw/catch, but not always.
- ☐ I threw/caught the ring well most of the time.
- ☐ I threw/caught the ring very well and even tried creative throws.

2. My Game Sense (understanding and tactics)

- ☐ I just followed the ring and didn't think much about where to move.
- ☐ Sometimes I moved into space or made a good pass.
- ☐ I often made smart passes and moved to help my team.
- ☐ I always thought ahead, moved into space, and made good choices.

3. My Teamwork & Sportsmanship

- ☐ I didn't really talk or work with my teammates.
- ☐ I sometimes helped my teammates or played fair.
- ☐ I usually talked with teammates and played fair.
- ☐ I encouraged my teammates, respected everyone, and included others.

4. My Effort & Energy

- ☐ I didn't try my best today.
- ☐ I sometimes tried, but not the whole time.
- ☐ I worked hard most of the time.
- ☐ I gave my best effort all the time and stayed positive.

5. My Favorite Part of YOU.FO:

6. One Thing I Want to Get Better At:

Certification and feedback



The YOU.FO RingCross World Federation also offers train-the-trainer clinics in order to receive official certification.

Difference in skill level and certification

Level A Instructor:

- Certified for Learn2Play workshop
- Skills: Teach the basics, being enthusiastic, understand the rules
- Quality level: Able to give all target groups a meaningful and enthusiastic introduction to YOU.FO

Level B Instructor:

- Certified for train-the-trainer workshop
- Skills: Teach the basics, error detection (and adjustment), ability to coach others
- Quality level: Able to give others the ability and confidence to teach others

Level C Instructor:

- Certified for national or within territory sports development
- Skills: Ability to develop new teaching material, error detection combined with skill development
- Quality level: Full understanding of the game, able to develop the game at national level



Contact us

In case you want to contact us, feel free to email (Giel@you.fo) or give us a call or message (+31683168870).

If you want to know or learn more, if you want to give us feedback and/or suggestions for improvements we would highly appreciate this and/or if you would like to take a instructor (certification) course, please feel free to contact us.