


Activity Plan for Ultimate Frisbee

Week 1			
Activity	How many or how long	How many days	Instructions
Frisbee Games 	15 mins	Total for the week	Double Disk Frisbee is a great game. You'll need two Frisbees, chalk or rope to mark off the ground. To play, mark a 20-foot line on the ground with chalk or a piece of rope and position two players facing each other on opposite sides of the line. Pass the discs back and forth simultaneously to a friend or family member. The object is to avoid having both discs on one side of the line at the same time.

Week 2			
Activity	How many or how long	How many days	Instructions
Ultimate Frisbee	20 mins	Total for the week	Play a game of Ultimate Frisbee with your friends or family this week. Ultimate is a really fun, and fast game that is a combination of Frisbee, football, soccer and basketball. If you don't know how to play Ultimate, check out the rules by reading "How to Play Ultimate" (Frisbee Ultimate Rules.pdf).

Week 3			
Activity	How many or how long	How many days	Instructions
Ultimate Frisbee	20 mins	Total for the week	Play a game of Ultimate Frisbee with your friends or family this week. Ultimate is a really fun, and fast game that is a combination of Frisbee, football, soccer and basketball. If you don't know how to play Ultimate, check out the rules by reading "How to Play Ultimate" (Frisbee Ultimate Rules.pdf).

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Week 4			
Activity	How many or how long	How many days	Instructions
Ultimate Frisbee	20 mins	Total for the week	Play a game of Ultimate Frisbee with your friends or family this week. Ultimate is a really fun, and fast game that is a combination of Frisbee, football, soccer and basketball. If you don't know how to play Ultimate, check out the rules by reading "How to Play Ultimate" (Frisbee Ultimate Rules.pdf).