






Activity Plan for Frisbee Games

Week 1			
Activity	How many or how long	How many days	Instructions
Double-Catch Frisbee 	15 mins	2 days/wk	With two Frisbees and a partner or group of friends/family members try to see how long you can continuously throw and catch the two Frisbees without dropping them. Try to throw the one right after the other so the catcher has to move quickly to get them.
Frisbee Games: Bocce Disc 	20 mins	Total for the week	For this game, you'll need 2 or more players, a few frisbees (you can get your friends to bring a disc each) and a fairly large space to be able to throw frisbees at targets. The object of the game is to get your frisbee closer to the target than any of the other discs. You can play this game as singles or teams (doubles). To play, one player selects a target, near or far. Each player/team takes turns throwing to the target. A player's throw may knock another player's/team's disc out of the way. After all the discs have been thrown see which disc is the closest to the target. The team/player with the disc the closest scores 1 point. The first player or team to score 7 points is the winner.

Week 2			
Activity	How many or how long	How many days	Instructions
Double Disk Frisbee 	15 mins	Total for the week	Double Disk Frisbee is a great summer 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.

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Week 3			
Activity	How many or how long	How many days	Instructions
Disc Golf 	30 mins	Total for the week	See if you can play a game of disc golf this week. Disc golf is played like ball golf, except using a flying disc. One point is counted each time the disc is thrown and when a penalty is incurred. The object is to acquire the lowest score, (without cheating). You must be standing behind the tee line or behind where your last throw landed before throwing again. The person farthest from the hole throws first. On a professional disc golf course, the “hole” is a metal basket on a pole. The basket is usually one meter or more above the ground. If you don’t have a real disc golf course near your house, you can make your own by drawing circles on the ground or putting hoops or garbage cans around the course as holes.

Week 4			
Activity	How many or how long	How many days	Instructions
Ultimate Frisbee 	40 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 visiting http://www.rulesofsport.com/sports/ultimate-frisbee.html