

FRISBEE

FRISBEE THROWING RACE

Need: Frisbee **Players:** 2 or more **Movement Skills:** Throwing & Catching
This is one of the easiest Frisbee sports to learn, which makes it ideal for children.

- 1) Before starting the game, you have to prepare the ground first.
- 2) Take a playground chalk, draw two parallel lines.
- 3) Distance of 10 yards between the lines mark as "Line 1" and "Line 2".
- 4) Two teams one on Line 1 and one on Line 2.
- 5) Give the Frisbee to one child on "Line 1" and allow them to get ready with their partner.
- 6) Once they're both ready to play, shout "Go/Begin/Start" and they should start throwing the Frisbee back and forth with their playmate.
- 7) The winners are determined by the team that achieves 20 straight catches.

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FRISBEE TENNIS

Need: Frisbee **Players:** 6 or more
Movement Skills: Throwing & Catching

- 1) Draw a tennis court with chalk.
- 2) In some instances where a tennis court isn't available, players can use either the volleyball or basketball courts. You should also have a net.
- 3) The game requires two teams and each should consist of at least 3 people.
- 4) Begin by allocating the teams their various spots on either side of the net, such that they stand facing each other.
- 5) The teams will serve each other the Frisbee over the net, with the receiving team trying to catch it.
- 6) If the receiving players can't grasp the Frisbee or won't get it over the other side with at least, three throws, the servers acquire a point.
- 7) And if the serving team throws the Frisbee off-point, the receiving team gains a point.
- 8) The first team to achieve 10 or 15 points (depending on agreement) are declared the winners.

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FRISBEE FLIP

Need: Frisbee **Players:** 2 or more
Movement Skills: Throwing & Catching

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- 1) This activity has kids pairing off and picking "top" or "bottom" of the Frisbee.
- 2) Flip the disc in the air as you would a coin.
- 3) As soon as it lands, the player whose side is facing up must run to a predetermined spot. The other player must try to catch them before they reach it.

FRISBEE TAG

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Need: Frisbee **Players:** 4 or more
Movement Skills: Throwing & Catching

- 1) Kids love to play tag. Why not add a Frisbee to the mix?
- 2) Divide the kids into two teams for this activity.
- 3) The team that's not "It" passes the Frisbee to each other, keeping it away from the "It" team.
- 4) Once the "It" team gets the disc, the teams switch roles.

WOW!

FRISBEE BOCCE

Need: Frisbee + Tennis Ball
Players: 2 or more
Movement Skills: Throwing & Catching

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- 1) The players form a line.
- 2) The first person rolls a tennis ball.
- 3) Each player tosses their Frisbee, trying to land it on or close to the ball.
- 4) The player whose disc is the closest gets one point — two points if their Frisbee lands on the ball!



Kid's frisbee games will:

Improve their ability to run at high speed

Increase their endurance

Improve their agility

Improve their hand eye coordination as they catch fast moving frisbees

Improve their strength as they jump to catch frisbee and throw the frisbee long distances