

Frisbee® Games & Activities



Sure you could go outside and play plain old Frisbee® catch but there is a lot more fun to be had with your friends and your Frisbee®!

Bocce Anyone?

Who needs an expensive set of bocce balls for an afternoon of fun? Not Frisbee players. Merely toss a tennis ball or baseball into the yard, then take turns trying to land a Frisbee as close to it as possible. A player who manages to land a throw directly on the ball automatically wins that round, otherwise the closest throw wins. Each win scores 1 point, and you can play to whatever score you like. For even more fun, each player can use more than one Frisbee.

Other games to play include Frisbee Golf and Lickety-Split Frisbee. Here's how to play:

Frisbee Golf

Snag a hole in one with a Frisbee on the playground.

WHAT YOU NEED:

- Frisbee
- Playground

HOW TO PLAY:

1. Before play begins, the group should plot out a course of six or eight holes by having players agree on a series of objects or sites on the playground at which the Frisbee disc will be aimed.
2. Once the course is decided, players take turns attempting to hit the targets with the Frisbee.
3. Players must keep track of how many throws they take to get the target; the player who completes the course in the fewest number of throws wins the day.

VARIATIONS:

Advanced players might want to make up par values for each hole and score themselves accordingly.

TIPS:

Having one Frisbee for each player helps (but is not necessary) to avoid quarrels over where the player's last throw fell.

Lickety-Split Frisbee

Besides a disc, all it takes to get a volley match under way is a twist of the wrist.

WHAT YOU NEED:

- One Frisbee for each team

HOW TO PLAY:

1. Kids pair up and stand a certain number of feet apart (determined by the team's skill level). The object is to sail the disc back and forth as many times as possible in one minute.

2. Each successful pass scores one point. Catching the disc under a leg, behind the head, or on the tip of a finger earns two points.

Physical Education – Frisbee Lesson Plans:

Middle School Lesson Plans
Australian Flying Disc Association
<http://www.afda.com/juniors/middleschool.htm>

Frisbee Baseball
Education World
http://www.education-world.com/a_lesson/02/lp266-02.shtml

Ultimate Frisbee Hoops – Middle School
PE Central
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=8002>

Aerobic Frisbee Golf
PE Central
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2995>

Frisbee Horseshoes
Education World
http://www.education-world.com/a_tsl/archives/06-1/lesson013.shtml

Ultimate Frisbee
HotChalk, Inc.
<http://www.lessonplanspage.com/PEUltimateIndoorFrisbee68.htm>

Additional Frisbee Facts and Fun:

10 Ways to Have Fun with a Frisbee
Family Fun
http://familyfun.go.com/games/indoor-outdoor-games/feature/famf0303_feat_frisbeefun/famf0303_feat_frisbeefun.html

Spinning Bees
Frisbee® Instruction, Education & Entertainment
<http://www.spinningbees.com/>