

Get up &
go!

How to play

This game is played outdoors.

You can play by yourself or with a group.

Place targets around whatever space you have to make a course. Throw the frisbee to the first target.

Count how many throws it takes you to land on the target and write it on your paper, which is now your scorecard.

The winner is the player who has taken the least number of throws to complete the course. If you are playing on your own, try to beat your best score.

Another frisbee game is to throw the frisbee to each other and try and not let it hit the floor.

Equipment

A frisbee, targets, pen and paper.

You can make targets using anything you can find around the house like a newspaper or magazine, jumper or towel.

Frisbee