

Ultimate Frisbee Games @ The Hub



RAISING
ASPIRATIONS

CREATING
POSSIBILITIES

PROMOTING
EQUITY

MAKING A
DIFFERENCE

MOTIVATING
& INSPIRING

MORE CHILDREN • MORE ACTIVE • MORE OFTEN

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1

Frisbee Flip

How Do I Play?

2 Players

Each player picks either Top or Bottom of Frisbee

Each player then picks a selected spot and marks it with a cone

Players take it in turns (5 turns each) to flip the frisbee like a coin

As soon as it lands, the player whose side is facing up must run to their selected spot

The other player must try to catch them before they reach it

1 point is awarded if you make it to your spot, or if you catch your opponent

Play 3 games and keep a note of your total score

What Do I Need?

Frisbee

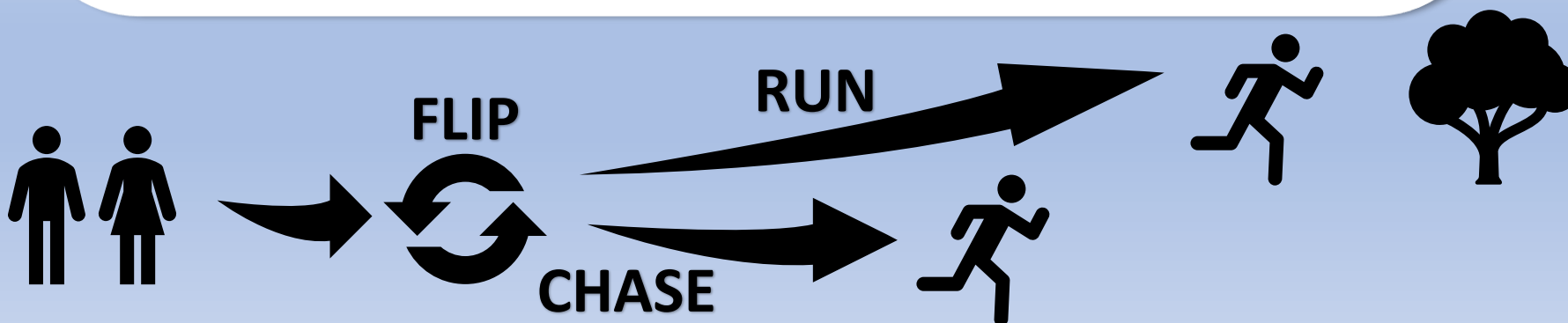
- Plastic Plate
- Coin

Cones

- Jumper
- Tree
- Selected Spot

Outdoor Space

- Garden
- Park



2 Frisbee Bowling

How Do I Play?

1+ Players

Get your Frisbee (or equivalent)

Get your Toilet Roll (or equivalent) and build a tower with 6 toilet rolls

Walk 5m (5 big steps) from the tower and mark a line with cones (or equivalent)

Throw your frisbee at the tower and count how many rolls you can knock down – 1 point is awarded for each roll you knock over

Reset the tower after each throw – count your total number of points after each throw

Play 3 times and keep a note of your total score

What Do I Need?

Frisbee

- Plastic Plate

Cones

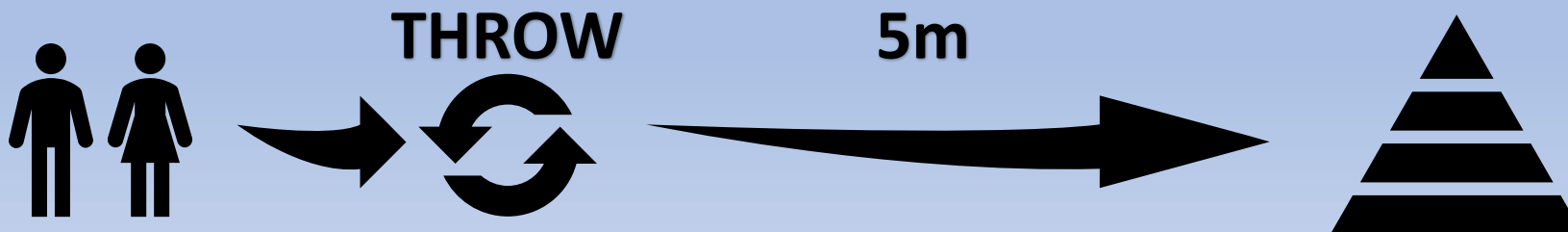
- Jumper
- Chalk

Toilet Rolls

- Cans
- Empty boxes

Outdoor Space

- Garden
- Park



3

Frisbee Golf

How Do I Play?

1+ Players

Using your Tennis Balls (or equivalent) set up 6 targets (“golf holes”) around your outdoor space. Try to make these about 5 metres away

Take turns throwing the frisbee (or equivalent) to each of the targets, one after the other

Just like golf, try and take as few shots as possible to land the frisbee on top of all the targets

Keep a note of your score – remember the lowest score is the winner

Get Creative - Try rearranging the targets to make a new “golf hole” and start again

What Do I Need?

Frisbee

- Plastic Plate

Cones

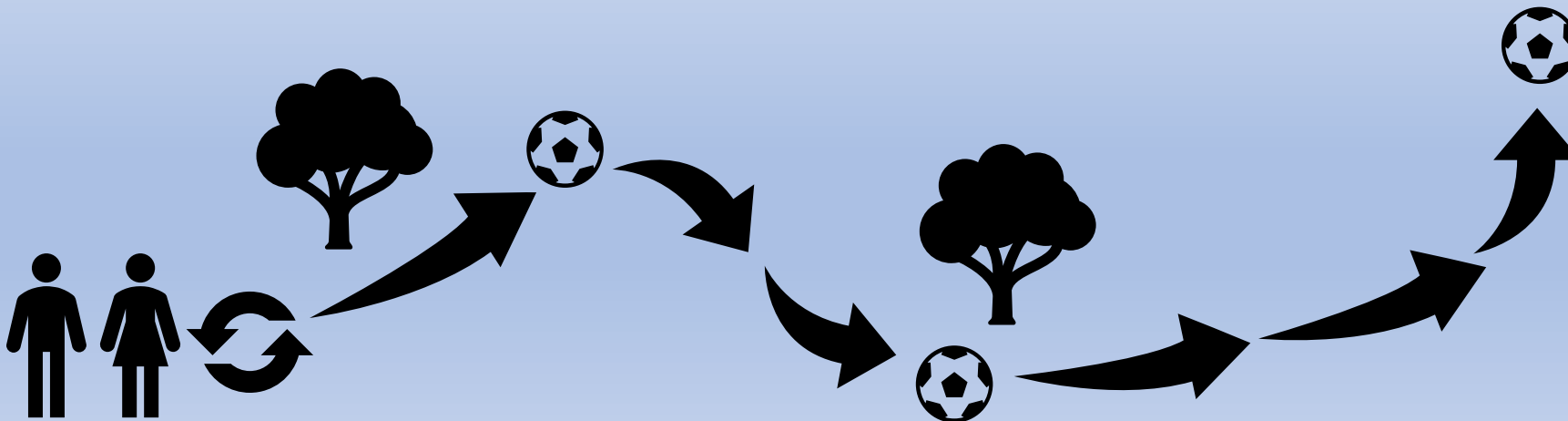
- Jumper
- Chalk

Tennis Ball

- Empty Box
- Toilet Roll
- Other Ball

Outdoor Space

- Garden
- Park



4

Beat the Clock

How Do I Play?

2

Set a timer for 5 minutes

Pass and Throw the Frisbee back and forth making sure you don't drop it – make sure you are 5metres apart

If the Frisbee drops, re-set the clock and start again

Was that easy? – Next time, keep a note of how many passes you manage in the 5 minutes and try to beat it next time

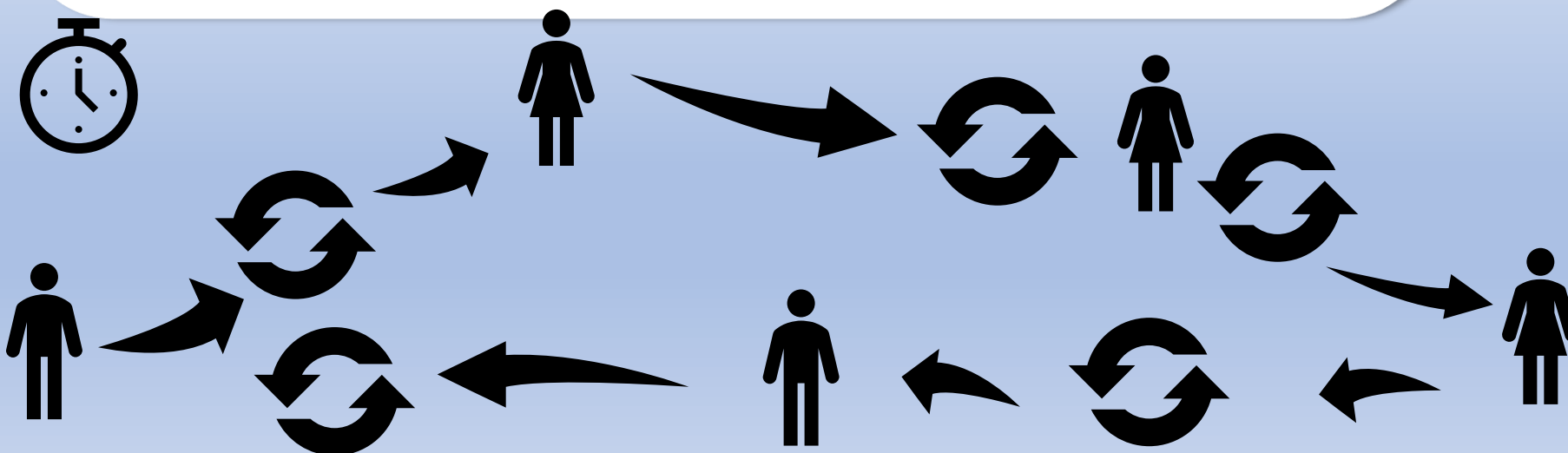
What Do I Need?

Frisbee

- Plastic Plate

Outdoor Space

- Garden
- Park



Record your score and check the medal table below to see if you achieved a **GOLD**, **SILVER** or **BRONZE** medal.

Challenge No.	Game	Gold	Silver	Bronze	Your Score / Time	Your Medal
1	Frisbee Flip	10 -15	5-9	2-4		
2	Frisbee Bowling	14 -18	9- 13	4-8		
3	Frisbee Golf	18 or less	19 - 25	25 or more		
4	Beat the Clock	100 +	50-99	10-49		