



GET ACTIVE



20 MINUTES



IN THE CUPBOARD

# ULTIMATE FRISBEE



## ▶▶ GETTING INTO THE ACTIVITY

A fast-paced team game using just a standard frisbee. Any game with the word 'ultimate' in is worth a try, right?!

Set up a playing area consisting of two 'End Zones' (goals), one at each end of the field, and a large centre section known as the 'Play Field' - like in American Football. You could use a football pitch with the penalty areas as 'End Zones'. Split into two teams of roughly 5 to 7 people in each.

The starting team stands in their end zone (with the other team in the field of play) and throws the frisbee for the opposite team to catch. This starts the game and all players can then enter the field of play.

Play is advanced by moving up the field, completing passes, to reach the other team's end zone. A goal/point is scored when a player catches the disc in the opposing team's end zone. The team that scores then returns to their end zone and throws the frisbee to the opposite team, like at the start.

Players can't move when holding a disc or hold it for more than 10 seconds. When throwing, it is permitted to take one step in any direction. The disc can be thrown to players in any direction. If a disc is dropped, goes out of bounds, or is intercepted (slammed to the ground), play is turned over to the opposing team from the same spot. No physical contact is allowed.



## WHAT YOU'LL NEED

- Frisbee
- Cones / Markers
- Bibs



## KEEPING EVERYONE SAFE

Maintain social distancing as required. When using shared equipment, please wash hands both before and after. Ensure the space you are using is safe and appropriate.