

Be Fit with Your Kid

Frisbee!

Warm Up – complete each exercise for 1 minute

- High knee march or jog
- Heel kicks
- Torso twist with hands on hips
- Run forward, backward, shuffle side to side
- Arm circles

Technique

If you are looking to master your technique, [check this link out](#) for tips on how to throw a Frisbee.

Games

KanJam Frisbee

This game requires a Frisbee or two, a couple of garbage cans, bins, or large boxes. In two teams, players try to throw their Frisbees into the opposite bins. Other players on your team can deflect the Frisbee while it's still in the air to try to get it to land in the can. If you just hit the bin, you get one point. If your team deflects the Frisbee into the bin, you get two points. If you throw your Frisbee into the bin yourself, you get three points. First to 20 points wins!

[Here's a clip](#) of official KanJam Frisbee play.

Hula Hoop Frisbee Throw

Hang hoops from a tree. Each player gets 5 chances to throw a Frisbee through one of the hoops. Earn a point each time a Frisbee goes through a hoop. Play to a predetermined score.

Frisbee Bowling

Line up water bottles for bowling pins and try to knock them down with a Frisbee. Each player gets 2 tries per turn, then reset the bottles.

Frisbee Bocce

One person rolls a ball. Each player takes turn throwing a Frisbee. The player whose Frisbee lands closest gets a point. If your Frisbee lands on top of the ball, you get 2 points.

Frisbee Golf

- Set up a "golf course" around your yard using numbered baskets, bins or boxes.
- Take turns tossing the Frisbee towards the "hole." Try to take as few throws as possible to land the disc inside the basket.
- The player with the lowest score wins