

FRISBEE GOLF SCRAMBLE

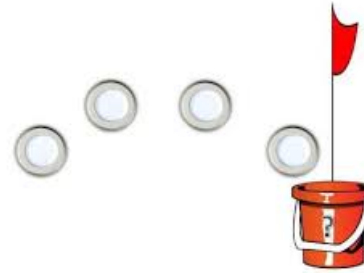


Directions:

1. Read every direction on this sheet as a group
2. Your group will play a Frisbee Golf Scramble today- each player will have a throw from the tee - the one your group deems to be the best throw will be where *everyone* on the team will take their next shot from.
3. There will be a different way to start and complete each hole - look at the information at the tee for the hole and complete it as directed.
4. A hole is completed when someone on your team knocks the pin down for that hole. You can reset the pin so **everyone** has the opportunity to see if they can hit the pin on the last throw.
5. Record your final **team score** when one player on your team gets the Frisbee into the "hole" (knocks the pin down). e.g. if it takes the team 4 throws to complete the hole record a 4 on your scorecard.
6. Record the name of the person who completed the hole - there may be more than one name written down.
7. Use proper etiquette while playing - do not throw if you are in danger of hitting another person or team. If your throw a frisbee and it may hit someone call out "Fore" to warn them
8. See Mrs. Bailey when your group has finished reading this to get your assigned starting tee/hole

See below for station cards/ scorecard

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Directions:

Record the number of throws it takes your team to complete each hole.

Record the name of the person who makes the final throw to complete the hole by knocking the pin down (**there may be more than one name**). Add up your total team score when you have finished all 9 holes.

| | Hole Number | | | | | | | | |
|------------------------|-------------|---|---|---|---|---|---|---|---|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Score | | | | | | | | | |
| Winning shot played by | | | | | | | | | |

Total Team Score:

1. Which hole did you find the most: a) Challenging _____ b) Enjoyable _____ c) Easiest _____
2. Create your own hole with your own conditions & play it. Record what you did below:

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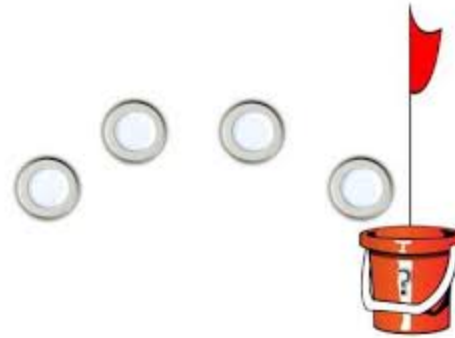
Hole 1: Start and complete this hole by holding a plank position while you throw.

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Hole 2: Start and complete this hole by balancing on one leg as you throw

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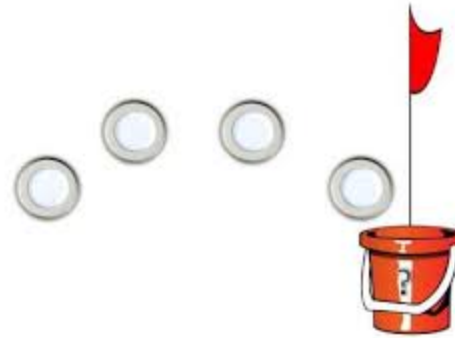
Hole 3: Start and complete this hole by only using your feet to throw the frisbee

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Hole 4: Start and complete this hole by using your non-dominant hand to throw

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Hole 5: Start and complete this hole by ***not*** gripping the Frisbee and ***only*** using the palms of your hands when you throw

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Hole 6: Start and complete this hole by using your knees to make each throw - balance the Frisbee on your knee and see how far you can launch it

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Hole 7: Start and complete this hole by while balancing on your backside as you throw (no hands or feet touching the floor)

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Hole 8: Start and complete this hole by using a different body part to make each throw (hand, foot, elbow etc.)

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Hole 9: Start and complete this hole by throwing the Frisbee through your legs as you take each throw