

Disc Golf

W3 - I can plan for and engage in target games.



[Moose Jaw Wakamow Disc Golf Course](#)

Step 1: Watch the following videos to learn the rules and some basics of Disc Golf.

Rules: <https://www.youtube.com/watch?v=WJRNK0eKuNw>

Tips for Beginners: <https://www.youtube.com/watch?v=T7Buk1Hn8jM>

Additional information about disc golf:

<https://discgolf.com/disc-golf-education-development/disc-golf-rules-for-recreational-play/>

&

How to Play:

<https://discgolf.com/disc-golf-education-development/how-to-play-disc-golf/>

Feel free to find more videos to learn more about the sport!

Step 2: Practice! You need to spend time working on these specific skills. Track your progress on your activity logbook!

Step 3: Create a [uDisc account](#) on your device (phone).

Step 4: Complete a round of disc golf, share your results!