

# Active At Home. Frisbee!

Choose some of these activities to play on your own, with your family or friends OR make up your own active games. Remember, the most important thing is that you enjoy active play for 60 minutes a day!



## 1. Don't Sneeze!

Balance a Frisbee on your head while you walk/run for 10m and back again. Do this 5 times without letting the Frisbee fall off.

### Too hard? Try this

Balance a frisbee on your finger or hand while you walk/run for 10m and back again.

### Too easy? Try this

Spin a frisbee on your finger while you walk/run for 10m and back again. Keep spinning and don't let it fall off.

### With others

Have relay races balancing the frisbee on your finger or head.

## 2. Target Practice

Try and throw the frisbee aiming for a pole or post from 10m away. Start with your dominant hand and then try with your non-dominant hand.

### Too hard? Try this

Take 2 steps closer to the pole and try again.

### Too easy? Try this

Close your eyes and still try to hit the pole or throw the frisbee between your legs and try to hit the pole.

### With others

Throw the frisbee to a friend or pass it around a group. Increase your distance apart after each round.



## 3. Throw-Down

Throw a frisbee out into an open space (as for 'target practice' activity) and before it lands, see how many times you can two-foot jump on the spot.

### Too hard? Try this

See how many steps you can run on the spot.

### Too easy? Try this

See how many times you can hop on the spot.

### With others

Throw a frisbee to a partner. Try to run down a field passing it to each other as if it were a ball. Try to make as many throws to one another as possible without the frisbee hitting the ground. See if you can beat your score.

