

Frisbee Golf

Grades 3-6

INTRODUCTION

Here's a version of golf that doesn't require green fees, clubs or even golf balls—just a lot of imagination! Beside frisbee throwing, students learn golf strategy and etiquette.

NUMBER OF PLAYERS

4-6 players to a course; a “shotgun” approach can be used with larger groups (that is, start with 2-4 players at each hole).

EQUIPMENT

9 hoops (or substitute jump ropes), 9 numbered traffic cones, 1 frisbee for each player

HOW TO PLAY

Set up a “golf course” by placing hoops (or substitute jump ropes laid out in a circular shape) approximately 50 feet apart in a scattered formation. This distance can vary depending on the age and skill level of the players. Place a numbered traffic cone inside each hoop to indicate the hole number (in all, nine holes). Assign 4-6 players to a course; add additional players at each hole if using a shotgun format. Have the players decide a throwing order.

The first player throws a frisbee toward hole #1, trying to land it inside the hoop. In order, the other players do the same. Golf etiquette states that the player farthest from the hole throws first on the next round of throws. Players continue in this fashion until all have “holed out.” The player with the lowest score (that is, the fewest throws attempted to place the frisbee inside the hoop) is allowed to throw first for the next hole. The objective is to finish the course with the fewest number of throws (or “strokes”).

VARIATION

Instead of using hoops for the holes, consider using natural or playground objects such as trees, tetherball poles, benches, shrubs, etc. With a little imagination, the students can design their own their own “putt-putt” course.

