



# Backyard Frisbee Golf

Looking for a fun way to stretch your legs and get some fresh air? Frisbee golf is a fun and engaging way to spend some time outside. All you'll need is a Frisbee and household objects you can use for your "holes."

## Materials Needed

- At least one frisbee (No frisbee? You could use a soft ball!)
- Pen/pencil and paper
- Everyday objects from around the house/yard: laundry basket, cooler, bench, fence post, lawn furniture, broom, garbage can, trees, bushes, buckets (anything your adults don't mind getting hit with a frisbee - ask first!).

## Creating Your Course

- Determine how many holes you'll be playing, this will help you select your area. Get creative, your course can start in the front yard, wrap around the house, and end up back in the front yard. Choose a starting point to be your "first tee."
- Once you've decided your course, set up the objects you'll be throwing to. These will symbolize each hole, so space them at a distance that you can get the frisbee to in 1-3 throws.
- Repeat these steps until you've set up the number of holes you want in your course.
- To make a score sheet (this is optional), write down each player's name from top to bottom on a piece of paper, then list each hole, numbering them from 1 to [X] across the top. Under each hole write down what par will be (the number of throws you think it will take to get to the hole). After the first round, adjust the pars as needed.
- To start, everyone will throw from the first tee. After everyone has done their first throw, the player farthest from the hole will throw again and so on until the person who is closest has thrown. Keep going until everyone has hit the object. Record the number of throws each took to get there and begin again for the next hole. The person with the lowest score can throw first on every tee. (If you only have one frisbee, you can have each player take turns getting all the way to the hole).

*Safety is super important! Be sure to build your course with this in mind. Always ask an adult to approve of your course before testing it. If you're not sure if something is safe or ok to use, don't include it. If you live in an apartment complex, check with your property manager before using common outdoor space.*

