



Fearless Physical Activity Program Resources

Recreational Games

Frisbee Bocce

You will need:

- 1 frisbee for each player, plus one extra
- A large open space, outdoors is best

To play:

- Split into 2 teams
- Play rock-paper-scissors to see who throws the target frisbee
- Once the target frisbee is thrown alternate between teams to see who can throw their frisbee closest to the target frisbee
- One point is given for the closest frisbee to the target
- The first team to reach 5 wins!

Challenge Yourself!

• If this is too easy for you, try different ways to throw the frisbee to make it harder! Try throwing it upside down, with your eyes closed, using your opposite hand, etc.!

