

We would love to see you all being active and improving your physical skills, keep us updated (via twitter) with your efforts using the #StayInWorkOut and tag @ThinkActiveCSW



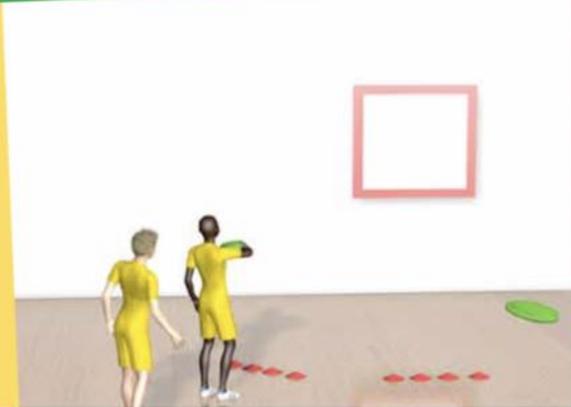
ULTIMATE FRISBEE TARGET DISC

Quick introduction

Players attempt to throw a disc through a target zone from a variety of angles and distances.

Getting started

- Mark a square on the wall 1.5m x 1.5m (or use a suitably sized frame) roughly 1m off the floor.
- Place throwing lines/markers on the floor in the layout shown below.
- Each player takes it in turns to shoot at the target from each of the throwing markers.
- It can be set such that each player takes multiple throws from each mark.
- Every time the disc hits the target, the player scores a point. The highest scorer after all throws are made is the winner.

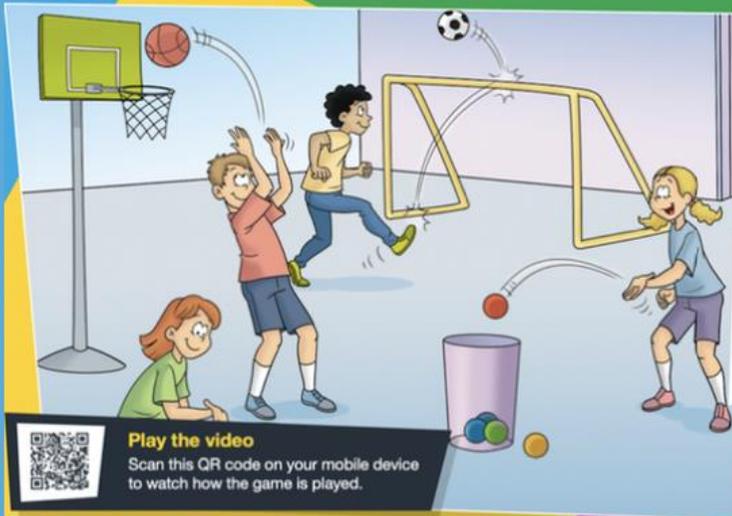


Target games

#TargetChallenge

Achieve the challenge

The aim of the game is to get your object to land on/in the target



Play the video

Scan this QR code on your mobile device to watch how the game is played.

How to play

1. Create a target for you to aim at
2. Choose an object for you to play with
3. Choose how your object is going to travel towards the target

Equipment

- Essential**
- A target
 - An object (e.g. ball, frisbee or any other item)
- Optional**
- Items to use as obstacles

Spirit of The Games

- Determination:**
Do you give up when you don't hit the target, or do you keep trying?
- Honesty:**
Are you always honest about if the object hits the target or not?

Safety

- Make sure that the area you are playing in is clear of people.
- Make sure the items you are using are not heavy, breakable or dangerous.
- Are there any areas/objects that could get broken in the space?

Skill up

- Do different items require different types of throws?

Link it up

- This game helps you get better at games e.g. Archery, bowls and boccia. It also helps you score a goal, or hit a target in other games e.g. Football, Tennis, Basketball and Netball

**If you don't
have a frisbee,
try some of
the other
target games**





Did you know:

The term “frisbee” is used to describe **all** flying discs, and is a registered trademark of the Wham-O toy company. Therefore, the term cannot be used by anyone else, and the sport is known simply as “**Ultimate**” as opposed to "Ultimate Frisbee".

The first intercollegiate Ultimate game was played on the 6th November **1972**, between Princeton University and Rutgers University. It was played in a car park with around 400 spectators, and was covered by the New York Times. Rutgers won 29-27.

There is no rule to specify how to decide on who starts the game, but ‘**rock, paper, scissors**’ is the most popular method, as opposed to the usual coin toss.

Ultimate has **no referees**. Instead, the game relies on the **sportsmanship** of players and invokes "**Spirit of the Game**" to maintain **fair play**. Many tournaments give awards for the most spirited teams and/or players, often based on ratings provided by opposing teams.



If you have enjoyed today's activity and would like to find your local Ultimate club, follow the link below:

https://www.ukultimate.com/club_ultimate/womens_division/findateam_2019

FOLLOW, RETWEET, GET INVOLVED!