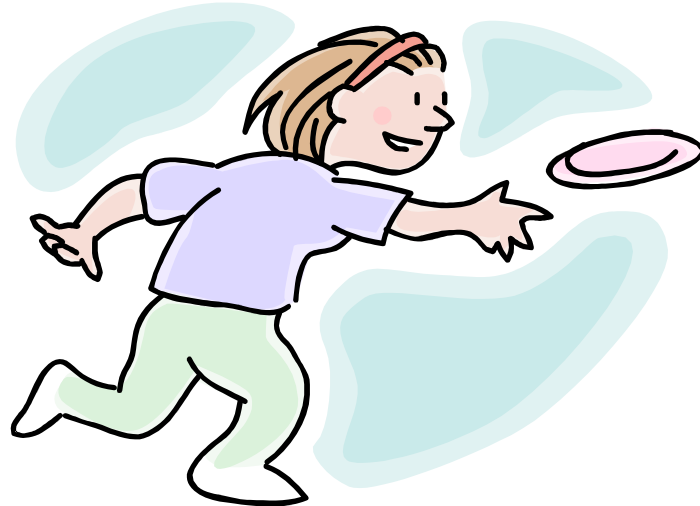


OUTDOOR GAMES



Frisbee Twenty One -



What you need:

- a frisbee
- 2 or more players
- Large outdoor grass area

How to play:

- Players stand up to 10 metres apart.
- Using a backhand throw, throw the frisbee back and forth. The throw should be accurate and within 1.5 metres of the receiver.
- To score: 1 point for a two handed catch, 2 points for a one handed catch
- The first person to reach 21 points wins the game

Variations:

To make the game more challenging you can:

- increase the distance between participants
- add more than one frisbee into the game

