

# Frisbee Etc.

## *Alternative activities that are fun for everyone*

By Gary Auerbach

**F**risbee bowling teaches students to throw or roll a Frisbee with accuracy. As in bowling, use five or 10 pins. Let each student take three shots. Keep score and monitor their progress.

One option is to lay benches sideways to setup various lanes. Another option is to setup the pins on top of one or two boxes. This makes the students throw (instead of roll) the Frisbees at the pins. I don't expect your local bowling alley will let you use their lanes, but they might lend you bowling shoes for your "bowling" class.

---

## Disc-Golf is simple, challenging and even frustrating — just like traditional golf.

---

What about **Frisbee baseball**? Use your imagination. Or better yet, let your students use theirs. At Bayview Glen Public School in York Region, grade four students play their own version of Frisbee baseball called "Base-Bee." Here's how they explain their game:

- You need a Frisbee, an open door, 4 basketball hoops and a stage.
- You need two teams of up to 20 players.
- One team is in the field, the other team is at bat.
- The batting team lines up girl-boy-girl-boy.
- There's a pitcher and a "bee-keeper".
- The keeper stays in the middle of the gym.
- The pitcher throws to the batter.
- The batter catches the Frisbee and



*Teeing off for a round of Disc-Golf involves a drive over the fairway toward the pole-hole.*

- then throws it to the outfield.
- The batter is out if the throw is below the waist, if it's caught by a fielder, or if they're not on a base when the keeper has the Frisbee.
- If the batter throws the Frisbee through the door by the stage or through the basketball hoop, it's a home-run.
- If the Frisbee lands on the stage, it's an automatic double.
- When the pitcher is a boy then the keeper is a girl, and vice-versa.
- More than one runner can be on a base.
- When the last batter in line is up, everyone tries to run home.
- You can play inside or out.

That about covers all the rules for Frisbee baseball. It's easy to see why students enjoy it so much. There's no special equipment necessary and anyone

can hit a home-run if they get the Frisbee through the door.

## **When a ball dreams, it dreams it's a Frisbee**

Frisbee masters have known this fact for over 40 years. Quick! Check your gym closet. Have your footballs, basketballs or soccer balls turned to Frisbees? I didn't think so. But what if they had? Could you teach your students using Frisbees instead of balls?

Today's youth accept playing sports with Frisbees. In fact, they love playing Frisbee sports. Why? *Because they get to make up the rules.* They get to test the limits of gravity. They get to play more games with less equipment. They get to succeed instead of fail. They get to laugh and have fun. So tell your students that the dreaming balls did in fact transform themselves into

Frisbees, and watch them discover the magic of “flatball.”

**Note:** Use quality Frisbees. Just as you wouldn't teach basketball with a ball that doesn't bounce, don't expect students to learn Frisbee sports with a Frisbee that doesn't fly.

So what ball sports can you teach with Frisbees? Frisbee bowling and Frisbee baseball have already been mentioned, but there are many more. Remember, Frisbee skills and sports can be taught indoors or out. After hearing so many teachers say it's usually too windy when they want to teach Frisbee, I can only offer the simplest advice — play indoors.

Two of the greatest benefits to playing Frisbee sports with your students are:

- All games can be played with one



*Today's youth love playing Frisbee sports because they get to make up the rules.*



*If it's too windy outside, Frisbee sports can comfortably convene inside.*

piece of equipment. A quality Frisbee costs only \$5 to \$15.

- Students develop basic skills, such as throwing accurately, in a variety of games and contests. Frisbee skills overlap from one sport to the next.

It's no surprise that two of the most Popular Frisbee sports, Ultimate and Disc-Golf, are variations on the popular sports of football and golf.

**Ultimate** was invented in 1968 by high school students in New Jersey. Later, when they enrolled in college and moved around to start their careers, they taught their Frisbee-game to new friends. In this way, Ultimate spread from coast-to-coast, crossed borders and landed overseas. Thirty years later, Ultimate is still guided by its original principles:

- Referees are not needed. Players make their own calls. Any disagreement results in an official “do-over.”
- The spirit of the game is like “extreme sportsmanship.”

Ultimate is now played in more than 40 countries. There are local recreational leagues, regional and national tournaments, and world championships. High school and university teams attract top athletes. Will Ultimate soon be an OFSSAA sport?

**Disc-Golf** is simple, challenging and even frustrating — just like traditional golf. The object of Disc-Golf is to throw the Frisbee into a custom-designed basket called a “pole-hole.” But first you have to “tee-off.” Your “drive” is from 50 to 90 metres along a “fairway” that is spotted with trees and other natural obstacles. After one or

two approach shots you're ready to “putt” from three to 10 metres away.

It's a great game for family and company picnics. You can setup your own course (with natural targets) in local parks and school yards. When you first start playing, you need only one Frisbee for all your shots. But there are specially designed “putter” and “driver” discs that you can also try. These golf-discs fly farther and are heavier than the average Frisbee. Your score will improve as you learn how to properly grip and aim the Frisbees.

Located in parks, Disc-Golf courses are usually free and do not require reservations. It takes less than two hours for a group of four to five players to complete a round of Disc-Golf.

## **An Illustrious History**

Frisbees were first introduced to the public in the mid-1950s. Instructions on the back read, “Play Catch. Invent Games.” They were sold with “invisible string” that stretched between friends playing catch. These new flying saucers were originally called “Pluto Platters.” The first television commercials featured astronauts and spaceships. By the 1970s the World Frisbee Championships, featuring team and individual events, were held at the Rose Bowl Stadium in front of thousands of spectators.

*For more information, call Gary Auerbach at Spinning Bees at (416) 778-8199 or visit his Website at [www.spinningbees.com](http://www.spinningbees.com). Other related sites include [www.pdga.com](http://www.pdga.com) (for Disc-Golf) and [www.upa.org](http://www.upa.org) (for Ultimate Frisbee).*