

You will find below information on how to set up the Frisbee stations as well as links to the [Youtube Videos](#).

These activities are suitable for KS2. They come with a scoresheet enabling you to:

- Compete at a Lvl 2 by handing in your scores to your local SGO.
- Compete at Lvl 1 in school using your house system or selected teams.

Equipment needed:

- Discs: 10-15 per class of 30 (get in touch if you need to order some)
- Tall cones: 10 (you could use water bottles as an alternative)
- Cones: 20
- Floor markers: 18 (you can use cones instead)
- Hula hoop: 1

There are 6 activities with the Blast Off event counting as your lvl 2 event: We recommend letting the pupils get plenty of practice before recording results.

- Activity 1: [Blast Off](#)
- Activity 2: [Sharpshooter](#)
- Activity 3: [Hula Shoot](#)
- Activity 4: [Coconut Shy](#)
- Activity 5: [Closest to the Pin](#)

Discs: If you don't have any, we recommend J-Stars or Ultrastars for year 6. You can buy them [here](#).

If you [affiliate](#) to the NGB, UK Ultimate, you can get 5 free discs when you buy 5 or more discs.

Activity 1: Blast Off

[YOUTUBE VIDEO](#)

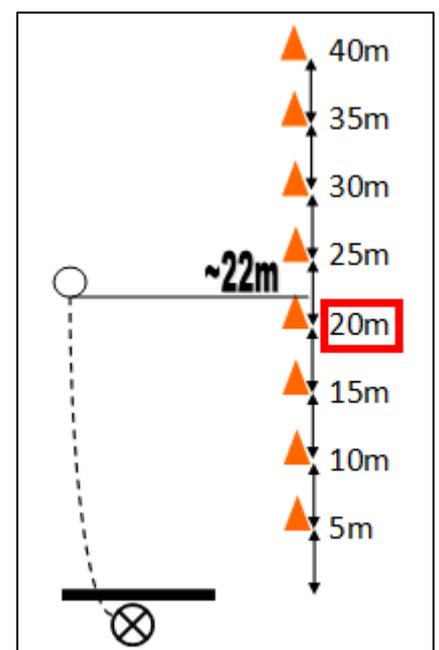
Equipment: 10 (preferably tall) cones, 1 disc, 1 floor marker, 1 cone for marking furthest overall distance.

Set Up: Place the floor marker at one side of the field then place a cone every 5m away from the floor marker.

Description: Standing behind the floor marker, each pupil has 3 attempts at throwing the disc as far as possible.

Scoring: Record the disc that they threw the farthest. Count where it stops, not where it lands. To score, round down to the closest 5m. Eg, if they threw roughly ~22m, then record 20m.

More pupils: Set up 1 floor marker per person.



Activity 2: Sharpshooter

[YOUTUBE VIDEO](#)

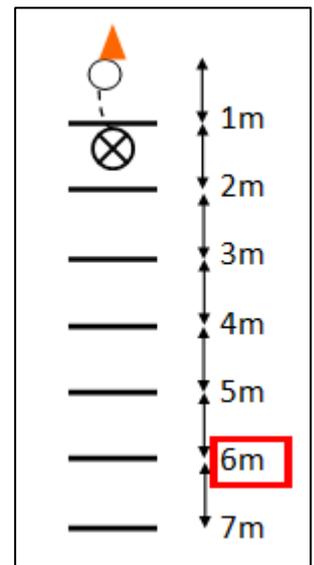
Equipment: 1 tall cone, 1 disc, 10 floor markers or cones

Set Up: Put a tall cone on the floor and then place the floor markers 1m apart moving away from the cone.

Description: Standing behind the closest floor marker, the pupil tries to knock over the cone. If they succeed, they move back to the next 1m line. If they are successful, they move back 1 line, etc. If they miss a shot, they must go back to the 1st floor marker and start again. They have 3 minutes to go as far back as possible.

Scoring: Record the furthest line they got 2. 1 point per line they reach. Eg. If the furthest back they went (without missing a shot) was to the 6th line, record 6 points.

More pupils: Set up 1 tall cone per person.



Activity 3: Hula Shoot

[YOUTUBE VIDEO](#)

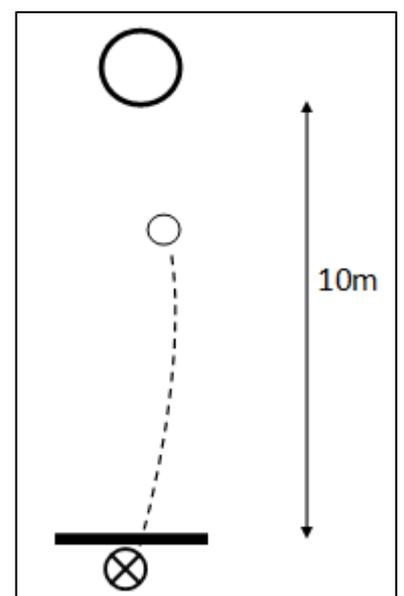
Equipment: 1 hoop, 1 disc, 1 floor marker (and ideally a stand for the hoop)

Set Up: Place 1 hoop vertically (hanging from a netball post/tree or standing between 2 chairs). Place the floor marker 10m away from the hoop.

Description: Throwing from behind the floor marker, using 1 disc, each pupil has 5 throws to try and get the disc in the hoop. The same pupil must retrieve their disc so should run there and back.

Scoring: You score 1 point for every throw that doesn't go in, 2 points if you only touch the hoop and 5 points if it goes through.

More pupils: Set up 1 floor marker per person.



Activity 4: Coconut Shy

[YOUTUBE VIDEO](#)

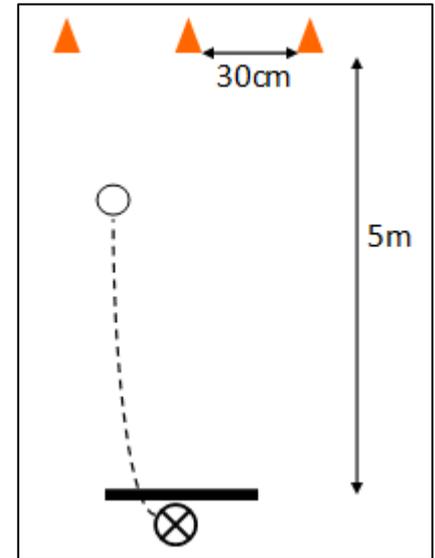
Equipment: 3 tall cones, 1 disc, 1 floor marker

Set Up: Place 3 tall cones next to each other, ~30cm apart. Place the floor marker 5m away from the cones.

Description: Standing behind the floor marker, each pupil has 3 attempts at knocking over the cones. After the 3 attempts, start a new round by resetting the cones and the pupil has another 3 throws. 3 rounds in total.

Scoring: You score 1 point per cone knocked over with a maximum of 3 points per round. Over 3 rounds, your score will be out of 9.

More pupils: Set up 3 tall cones per person.



Activity 5: Closest to the Pin

[YOUTUBE VIDEO](#)

Equipment: 1 hoop, 1 disc, 20 cones, 1 floor marker.

Set Up: Place 1 hoop on the floor and using cones, create 4 squares around the hoop. A 2m square (measure 2m from the middle to the corners), 3m, 4m and a 5m square. Place the floor marker 15m away from the hoop.

Description: Standing behind the floor marker, each pupil has 5 attempts at throwing the disc getting it to land as close as possible to the hoop.

The 5m square is worth 2pts, the 4m=3pts, 3m=4pts, 2m=5pts, hoop=10pts.

Scoring: Add their 5 scores together, i.e. if they land it in the 3pt, 3pt, 2pt, 5pt and 2pt squares they get 15 pts overall.

More pupils: Set up 1 floor marker per person around the circle.

