



Disc Golf



Disc golf was first **invented** in the early 1900s. The first game was held in Bladworth, Saskatchewan, Canada in 1926. Ronald Brandon Cain and a group of his Bladworth Elementary School buddies played a game of throwing tin lids into 4-foot wide circles drawn into sandy patches on their school grounds.



What you need:

- Frisbee or something that flies like one, plastic or tin lids work well!
Alternatively you can make your own <https://craftsbyamanda.com/paper-plate-frisbees/>
- Player and line markers, you can make your own (instructions at the end) or use household objects.
- An open area such as a large garden or park.

Preparation:

Learn the rules of Disc Golf - watch the first 2 minutes of <https://www.youtube.com/watch?v=hfHnT1HilMM>

Practice throwing your frisbee, work out how far you can throw it with 3 throws. You should make each hole roughly this length.

Find something in your space to aim for. This could be a tree, a football post or you could place a basket or hoodie on the ground. Mark a starting line on the ground. If you are playing with different ages you might want to have different starting places for different people.

How to play:

- Take it in turns to throw the frisbee.
- Use your marker to mark where your throw landed.
- On your next turn throw the frisbee again from your marker.
- Count how many throws it takes for you to hit the target.
- The person with the fewest throws wins the hole!

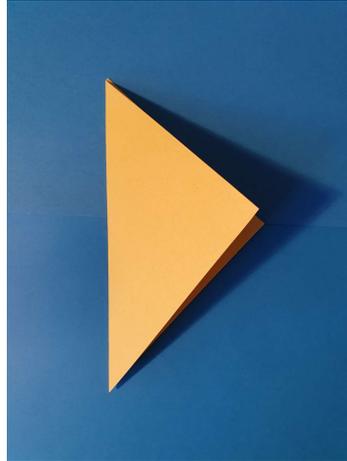
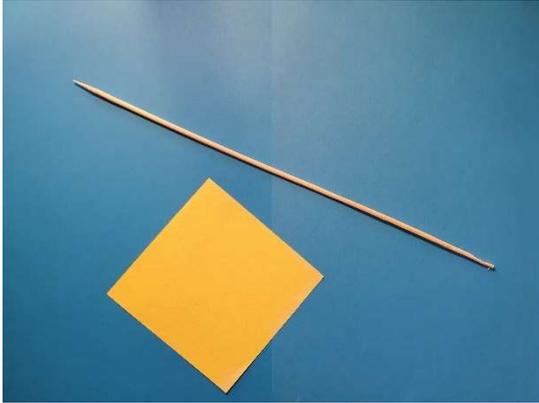
Try and beat your score by playing the same hole again or create a new hole. A typical game would have 9 or 18 holes. How can you make the holes more interesting? Maybe there are obstacles in the way?

Player Markers

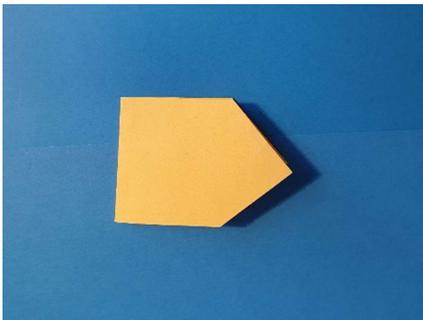
What you need:

- Wooden Skewers
- Glue
- Paper and Pens

Instructions:



Fold the paper in half



Cut paper into flag shape



Put glue inside folded paper



Put stick inside the fold of the paper



Fold and press halves together. Wait to dry and then decorate!