
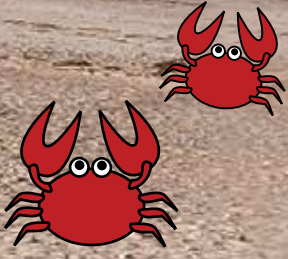


Pedal's frisbee fun



I love summer because I can play games outside! One of our favourite outdoor games is beach frisbee - though you don't have to be at the beach to play. You could play in a park or garden too. Have a go at some of these frisbee games. Remember to wear sun cream if you play in the sun.



Frisbee bowling
For this game you need a plastic bottle. Turn it upside down and push the neck into the sand. See if you can knock it over with your frisbee! Challenge yourself by putting more bottles in the sand and seeing how many you can knock over - a bit like frisbee bowling!



Target practice
You can play this game on your own or in a group. Set up a target, like a bucket or a jumper, and see how close to it you can throw the frisbee. To make it trickier move further away from the target.



Frisbee golf
Try playing frisbee golf! Mark out a course with circles, or markers, in the sand. Players have to throw their frisbee and land it on each marker before they can move on to the next one. The winner is the person who completes the course in the smallest number of throws. You can make it harder by putting objects in between each hole that the frisbee has to travel around.



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