



# Field Day/Spirit Day 2020



## FRISBEE BOWLING

Jason Burgett - St. Mary, Wooster

**Type of Activity:** 2-person Team event, timed

### Equipment Needed:

- ★ Frisbees
- ★ Cones/plastic bottles/cups
- ★ Tape or chalk to mark lines and locations of targets
- ★ Stopwatch

### Directions:

4 cones/cups/bottles are lined up in a diamond-shaped target zone. One thrower, one returner. Each team member makes 4 throws from behind throwing line to knock down all four targets. Switch throwers until all targets are knocked down. Fastest team to knock down 4 targets wins.

**Video Link:** <https://youtu.be/8I2Dw5c4xvU>