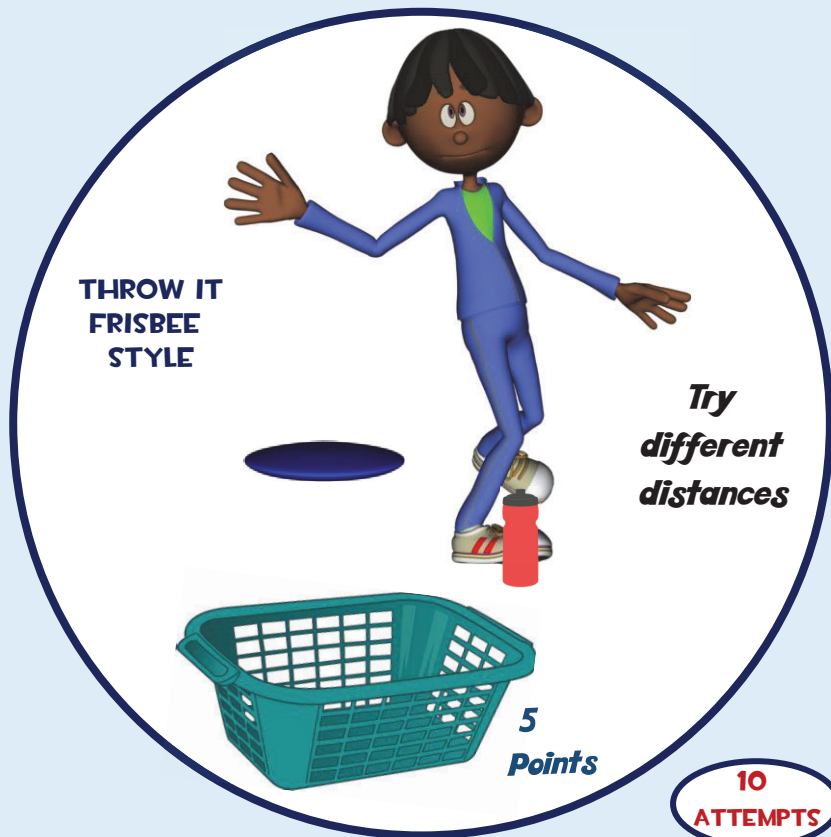


DISC FLING



From a throwing marker, fling a disc into a laundry basket. Take 10 throws and count up your points from successful attempts.

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Home Learning Activity



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What do I need?

1. **Throwing Markers:** You can use cups, water bottles, toilet paper rolls or any small object 
2. **Disc:** use a Frisbee or tape two plastic or paper plates together (top sides facing each other) 
3. **Basket:** Use a laundry basket or a cardboard box 

How can I make it more fun?

1. **Record your Points:** Throw a 5-point shot and count your score from 10 attempts. Do it again and see if you can better your score
2. **Compete Against Someone:** Go head-to-head with a family member or friend (10 attempts)

DISC FLING