

Game:

Ultimate Anything

Type of Game:

Noisy, Outdoor Game

Supplies:

Frisbee (preferably 175 gram)

Pack of white flour

Bananas

Misc other items i.e. cowboy hat, hula hoop, beach ball, etc

Rules:

The normal rules of “Ultimate Frisbee” apply

Players are divided into two teams of equal athletic ability

Boundaries are established with two end zones for scoring and sidelines for out of bounds

Teams must pass the item from one to the other through the air

Once the item is caught, the player can take no additional steps

Players have a 10 second count to throw or it is an automatic turnover

If a pass is intercepted, is batted to the ground, or goes out of bounds it changes possession

- The opposing team starts their turn from where the item comes to rest

A team scores when the item is passed through the air into the end zone and is caught

After each score the opposing team starts the next round with the item

Throughout the game, introduce a new item as the Ultimate Anything

Notes:

This can be a messy game if bananas and flour bags are chosen items

This game requires a large open area

It can be played on concrete but preferably on grass due to occasional tripping/falling

It is good to begin by using the Frisbee so that kids can get used to the rules of play

Don't let an item get boring – change the item to a new option at the peak of excitement

Call out turnovers and exciting plays to keep energy up

Take pictures during and after play to capture the craziness and messiness

Adaptations:

Each pass from a boy goes to a girl and vice versa

Only girls can pass to a scoring person

Advanced: only girls can score

Personal Note: No, you may not EAT the “Ultimate Anything” banana after the game. – Sharon