**Frisbee Team Relay Challenge**

Directions: Read these directions as a team. Make sure you understand all of the rules.

\*What strategies will you use to help your team out?

**Goal:** To pass the frisbee from one end of the field and back again using accurate passes/catching.

Rules:

1. Everyone must be passed the frisbee. Once you have received the frisbee, you cannot be passed it again until everyone else on your team has had the frisbee. Decide on your passing order.
2. You cannot run if you have the frisbee.
3. If the frisbee hits the ground your group has a choice either restart from the beginning **OR** complete 5 reps of an exercise of your choice.
4. Every additional time the frisbee hits the ground, the number of reps of an exercise you complete goes up by 5 e.g. 5 reps first drop, 10 reps second drop, 15 reps third drop etc. up to a max of 30. Once you reach 30 reps, you stay there!
5. Your team can only complete an exercise once e.g. if you choose push ups for 5 reps, you cannot choose push ups again.
6. You get one freebie the first time the frisbee hits the ground you don’t have to restart or complete any exercises.
7. High 5 your teammates when you are done.

