**FRISBEE BLAST**

**Supplies:** 1 foam or Nerf Frisbee per 5 kids; 1 plastic bat per ten kids.

**The Game:** Have all the kids get in a circle and one player in the middle holding a plastic bat. For every ten players have one in the middle. So, if you have 20, put to in the middle and so on. Hand the Frisbees to random players in the circle. The idea is to throw a Frisbee and hit the player(s) in the middle. A player is only “hit” when the Frisbee hits them, not the bat. The bat is used to defend and hit down the Frisbees down. If a player gets hit, the preteen in the circle who hit him switches places. Continue until time runs out. It’s a great energy burner.

**Tips:**

* If you don’t like using a plastic bat, use a foam bat or even a swimming noodle cut in half.
* This game works well with up to 40 kids. If you have more than that, just make more circles.
* Tell kids to hit player below the neck, not in the face.
* Make sure to find Frisbees that are real light and won’t hurt on impact.
* Make sure kids don’t get in the way of people next to them in the circle. Remind them throughout the game to grab the Frisbee only when it comes to them. Have kids sit out after a warning if they don’t follow instructions.