We would love to see you all being active and improving your physical skills, keep us updated (via twitter) with your efforts using the #StayInWorkOut and tag @ThinkActiveCSW.

If you don’t have a frisbee, try some of the other target games.
Did you know:

The term “frisbee” is used to describe all flying discs, and is a registered trademark of the Wham-O toy company. Therefore, the term cannot be used by anyone else, and the sport is known simply as “Ultimate” as opposed to “Ultimate Frisbee”.

The first intercollegiate Ultimate game was played on the 6th November 1972, between Princeton University and Rutgers University. It was played in a car park with around 400 spectators, and was covered by the New York Times. Rutgers won 29-27.

There is no rule to specify how to decide on who starts the game, but ‘rock, paper, scissors’ is the most popular method, as opposed to the usual coin toss.

Ultimate has no referees. Instead, the game relies on the sportsmanship of players and invokes "Spirit of the Game" to maintain fair play. Many tournaments give awards for the most spirited teams and/or players, often based on ratings provided by opposing teams.

If you have enjoyed today's activity and would like to find your local Ultimate club, follow the link below: https://www.ukultimate.com/club_ultimate/womens_division/findateam_2019

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