

Paper Plate Sports

Paper Plate Frisbees

You will need:

- 1 paper plate per person/player
- Paints, fel tips or crayons in a variety of colours
- Scissors

Method:

- Cut out a large hole in each paper plate.
- Give each child a paper plate to decorate in their own choice of colours and patterns.
- Decorate both sides of the paper plate and leave to dry if necessary.



Once dry, the frisbees can be played with by themselves or thrown at a post – the aim is for frisbee to land around the post so that the post goes through the inner hole of the frisbee. Players can take turns to score points and the one who scores the most wins.

To make a post

You will need:

- A paper cup
- A kitchen roll tube or 3 toilet roll tubes – long cardboard tube
- Sellotape

Method:

(If using toilet roll tubes, stack and then stick them together using sellotape to form a longer tube)

- Turn the paper cup upside down and trace a circle in the bottom using the long cardboard tube.
- Cut out the circle (adults only).
- Keeping the paper cup upside down, push the long cardboard tube through the hole you have made so that it stands up right.

Paper Plate Tennis Racket

(to be used with a blown-up balloon that must be kept in the air using the rackets)

You will need:

- 1 Paper plate per person/player
- Sellotape
- Lolly sticks

or;

- Anything firm alternative with a handle that can be sellotaped on to a paper plate
- Paints, pencils, felt tip pens to decorate if preferred

Method:

- Each player decorates their racket however they please (leave to dry if painted).
- Sellotape the lolly sticks or alternative to the paper plates to securely create a handle (one each).

