

Twirl-a-Whirl

Watch this activity demo on  YouTube 

The Goal:

How long can you twirl a disc on your finger?

What You Need:

Timer / [Interval Music](#), Flying Disc

How To Play:

- Begin in a ready stance with the disc resting on your finger.
- When the timer starts, begin twirling the disc using only your finger.
- How long can you keep the twirl going without a drop?
- Bronze = 30 seconds, Silver = 1 minute, Gold = 2 minutes



in support of

