Disk 3: Fashion a Fabric Frisbee

Today's Frisbee takes its name from Frisbie Pie, the company that packaged its popular pies in a tin plate that sailed easily. Try sewing a fabric version of one of America's favorite flying objects.

Gather these materials:
- ½ yd. (13 cm) sturdy fabric (cotton/polyester or 100 percent cotton works well)
- Scissors
- 22-in. (56 cm) single-fold bias tape (circle circumference + 4 in. [10 cm])
- Tape measure or ruler
- Iron and ironing board
- 20-in. (51 cm) length drapery weight tape (circle circumference + 2 in. [5 cm])
- Sewing machine with zipper foot
- Needles and thread
- Straight pins

Allow enough time:
- 1 ½ to 2 hours
- Allow more time if sewing machines are shared or if sewers are inexperienced.

Try it:

1. Fold fabric and cut two circles of fabric of 5- to 6-in. (13 to 15 cm) diameter.

2. Cut bias tape to desired length (circle circumference + 4 in. [10 cm]). Press tape open, then fold in half lengthwise.

OPEN BIAS TAPE

FOLD BIAS TAPE LENGTHWISE, CREASE, THEN UNFOLD
3. Cut weight tape to desired length (circle circumference + 2 in. [5 cm]).

4. Use zipper foot on sewing machine to stitch weight tape inside bias tape, along all edges, positioning weights along fold line of bias tape. Fold weighted bias tape lengthwise so raw edges are together.

5. Match raw edges of weighted bias tape with raw edge of the right side of one fabric circle. Carefully stitch through fabric circle and two layers of bias tape, easing tape into position.

6. Pin both circles together with right sides facing. Stitch through fabric circles and tape, leaving 2-in. (5 cm) opening for turning. Be sure to backstitch when you begin and finish stitching and to stitch inside previous stitching so that sewing does not show on right side.
7. Turn Frisbee right side out. Press down between fingers along opening.

8. Hand sew opening closed.

Try sailing your fabric saucer.

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**Don't stop now:**
- Personalize your Frisbee with lace, ribbons, or fabric paints.
- Compare the performance of this handcrafted item to that of the commercial product.
- Design a game with your new fabric Frisbee. One idea is a variation of ring toss. Place three sizes of containers (hoops, boxes, buckets, or baskets) on the floor in a row, from largest to smallest. The largest container should be near the thrower and net the smallest score. The smallest container is far from the thrower and nets the largest score. Try to sail your fabric Frisbee into the containers.
- Make fabric Frisbees for a children’s center or hospital as a community project.

**Let's talk—and think—about what happened:**
- Did you find it difficult to sew along the curved edge? What successful strategies did you discover for fitting the curves?
- What is the role of the bias tape? Could you use any narrow length of fabric to bind your Frisbee? (Bias tape is a fabric strip cut at a 45-degree diagonal to provide flexibility. It is used to bind, face, or pipe curved edges. It can be purchased single- or double-fold.)
- This Frisbee is a smaller, softer object than most commercial products. List two advantages and two disadvantages of these characteristics.

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**Tips for leaders:**
- Test sewing machines before the activity.
- Enlist helpers if sewers are inexperienced.
- Provide washable fabrics so Frisbees can be easily cleaned.
- Provide different prints or patterns so that each Frisbee is personalized.