



PE – Ultimate Frisbee – Year 1/2

Key Learning

1. To know how to move in a variety of ways including running and jumping.
2. To know how to negotiate space.
3. To know the importance of rules within a game.
4. To begin to understand the principles of attacking and defending.
5. To know simple tactics and use them effectively.

Vocabulary

Frisbee	A round, flat object you throw and catch. It flies through the air when it is thrown.
Throw	When you use your hand to send the frisbee flying to someone else.
Catch	When you grab the frisbee out of the air so it doesn't fall on the ground.
Team	A group of players who work together to play and score points!
End Zone	An area at the end of the field. If you catch the frisbee there, your team gets a point.
Turn Over	If the frisbee drops or the other team catches it, it's their turn to play.

Key Athletes



Jack Williams

Led the New York Empire to successive Championship games and holds records for the most assists in a single season.

Valeria Cardenas

A multiple award winning ultimate frisbee player who is widely acknowledged as one of the best female athletes to play the sport.



Backhand grip



Forehand grip

