



PE – Ultimate Frisbee – Year 3/4

Key Learning

1. To know tactics and composition by beginning to vary how they respond.
2. To know how to use skills, coordination and control with their throwing and catching.
3. To apply the rules of the game effectively.
4. To link different throwing techniques together.
5. To be able to compete with others in a controlled manner.

Vocabulary

Frisbee	The flying disc that players throw, catch, and play with.
Throw	When you use your hand to send the frisbee to someone else.
Catch	Grabbing the frisbee before it falls to the ground.
Team	A group of players who work together to score points and have fun.
End Zone	The scoring area at each end of the field. Catch the frisbee here to score a point!
Point	What your team gets when someone catches the frisbee in the end zone.
Turn Over	When your team loses the frisbee, like if it drops or the other team catches it.
Pass	A throw to a teammate so they can catch it and keep the game going.
Defender	A player on the other team who tries to stop you from throwing or catching the frisbee.
Pivot	Keeping one foot on the ground while turning your body to throw the frisbee a better way.
Spirit of the Game	A big rule in Ultimate! It means being kind, honest, and fair—even without a referee.

Key Athletes

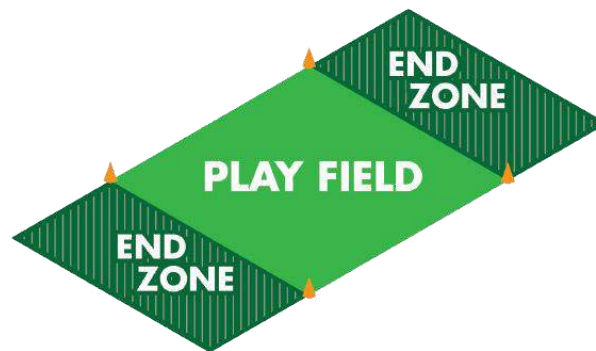


Jack Williams

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

