



PE – Ultimate Frisbee – Year 5/6

Key Learning

1. To link skills, actions and ideas confidently to suit the game of Ultimate Frisbee.
2. To consistently use skills with coordination, control and fluency.
3. To know how to keep possession of the frisbee in game situations.
4. To know how to modify competitive games.
5. To evaluate self and team performance in a critical but fair way.

Vocabulary

Frisbee	The flying disc used to play the game. Players throw it to teammates to move down the field.
Throw	Using your hand to send the frisbee to a teammate. There are different kinds like backhand and forehand throws.
Catch	Grabbing the frisbee before it hits the ground. You can catch it with one or two hands.
Team	A group of players working together to score points and play fair.
End Zone	The area at each end of the field. You score a point when a teammate catches the frisbee in the other team's end zone.
Point	What your team earns by catching the frisbee in the opponent's end zone.
Turn Over	When your team loses the frisbee, like if it's dropped, intercepted, or thrown out of bounds.
Pass	Throwing the frisbee to a teammate so your team keeps possession and moves closer to the end zone.
Defender	A player on the opposite team who tries to block your throws or catch the frisbee before you do.
Pivot	When a player keeps one foot still on the ground while moving the other to turn and find a good angle to throw.
Spirit of the Game	It means playing honestly, showing respect, and having good sportsmanship—because there are no referees.

Key Athletes

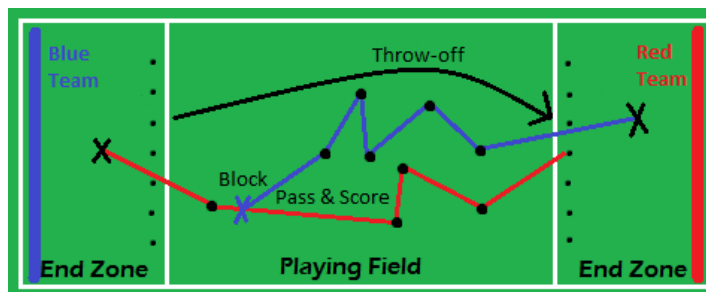
Jack Williams

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

