



# 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

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

