

NAME: _____ DATE: _____

TEACHER: _____ PERIOD: _____

Circle and write the letter for the best answer for each question.

Skill-it!

- ___ 1. Which disc throw uses the “peace sign” grip?
- Backhand
 - Forehand
 - Thumber
 - Rudder
- ___ 2. Which is the final cue you should follow when performing any disc throw?
- Step to the side
 - Keep the disc flat
 - Follow through to your target
 - Use the proper grip

In the Game

- ___ 3. Which type of catch is the most successful and should be used when you can to catch a disc?
- 1-handed C catch
 - 2-handed C catch
 - Pancake catch
 - Behind the back catch
- ___ 4. When playing Ultimate where is the most successful place to run to receive the disc?
- To the end zone
 - To the sideline
 - To open space
 - To the nearest defender

Character Builders

- ___ 5. You're playing a game of Ultimate and a player on the other team catches the disc out of bounds, but insists they are in. Which is an unacceptable way to handle the situation?
- Rock, Paper, Scissors; winner decides
 - Redo the play and throw goes back to the thrower
 - Ask someone else on the field who had a better view and go with what they say
 - Argue about it for however long it takes to come to a decision

- ___ 6. Following the rules in Disc Golf is important for safety. When waiting to throw you should be ...
- behind the person whose disc is farthest from the hole.
 - in front of the person whose disc is closest to the hole.
 - behind your own disc.
 - standing in front of the target.

Fitness Facts

- ___ 7. Which exercise will help you to step out around a defender when throwing in Ultimate?
- Curl-ups
 - Push-ups
 - Leg curls
 - Lunges
- ___ 8. While playing an 18-hole Disc Golf course and burning calories you are working on improving your...
- body composition.
 - muscular endurance.
 - flexibility.
 - aerobic capacity.

Make it Happen

(Remember this section is about YOU. All answers are acceptable.)

- ___ 9. Which disc throw will YOU use while throwing a disc with a friend?
- Backhand
 - Forehand
 - Hammer
 - All types of different throws
- ___ 10. I'M most likely to use my newly learned flying disc skills to...
- play a pick up game of Ultimate.
 - play catch at the park or beach.
 - play a round of Disc Golf.
 - create my own flying disc sport and play it with friends.