



# Ultimate Frisbee

learnlink™

## About the activity

It's a fast-moving team sport. It can be compared to sports like soccer or American Football, but Ultimate has some unique features that set it apart - there are no referees and it's played with a flying disc!

## Activity aims

### The aim of this activity is to:

- Introduce the game of Ultimate Frisbee and the necessary equipment.
- Allow each participant to experience Ultimate Frisbee
- Encourage the participants to set goals.
- Ensure participants support and encourage each other to achieve those goals.
- Provide an opportunity for participants to discuss what they have accomplished.

## Progression opportunities

### Some participants may also:

- Improve the quality and consistency of their throwing and catching technique.
- Take the initiative in evaluating their performance and that of the group.

### In addition, participants should also have developed in the following:

- Interpersonal communication
- Teamwork
- Using initiative

## Learning outcomes

### Upon completion of the activity, participants will have:

- Demonstrated an understanding of the game of Ultimate Frisbee and play under supervision.
- Used specialist equipment and PPE, understanding its purpose and name.
- Demonstrated the ability to listen to, understand and act on instructions received.
- Supported their peers throughout the activity and recognised achievements.
- An understanding of associated hazards, be able to assess risks and understand how these may be controlled.
- Contributed to a post-activity review led by the instructor identifying what they did well and then suggested ways to improve.

## Associated vocabulary

### Words relevant to safety

e.g. hazard, personal protective equipment, risk assessment, safety area.

### Words relevant to equipment

e.g. Frisbee, lines, trainers.

### Words relevant to the activity

e.g. run, catch, pass, restart, out of bounds.

### Words relevant to teamwork

e.g. achievement, communication, encouragement, listening, participation, review, support.