

Name: _____

Period: _____

Due Date: _____

Ultimate Frisbee Learning Packet

Be sure to answer ALL parts of the questions in COMPLETE SENTENCES. Not all the answers will be found in the packet. You will have to use other resources to find all the answers.

List 3 different health benefits from playing.

What makes this game different than other Frisbee sports.

In your own words, explain how a game is played.

What happens when a Frisbee is deflected from a player from the opposing team and then hits the ground?

What type of strategy can be used while playing?

What makes this game so popular among high schools and colleges?

Explain the similarities and differences to football

Where could someone go if they wanted to play in a league? Please find and list 2 different places.