**Name:**

**Lifetime Sports – Ultimate Frisbee Targets Self- Assessment**

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| **Student Skill** | **Does Not Meet** | **Meets** |
| 1. I demonstrate healthy warm-up and stretching skills prior to physical activity. |  |  |
| 2. I demonstrate knowledge of proper field set-up for the game of Ultimate Frisbee. |  |  |
| 3. I can explain the rules of Ultimate Frisbee. |  |  |
| 4. I can demonstrate the Forehand, Backhand and Hammer throws. |  |  |
| 5. I can demonstrate the Pancake and Single hand catch. |  |  |
| 6. I can explain the different parts of the game of Ultimate Frisbee. |  |  |
| 7. I can identify and call fouls and goals. |  |  |
| 8. I participate and I am an active team member. |  |  |

Comments: