*Ultimate Frisbee Targets*

*Students will:*

*Be able to identify healthy warm up and stretching skills prior to physical activity.*

*Be able to demonstrate knowledge of proper field set-up for the game of Ultimate Frisbee.*

*Be able to explain the rules of Ultimate Frisbee.*

*Be able to demonstrate the Forehand, Backhand and Hammer throws.*

*Be able to demonstrate the Pancake and single hand catches.*

*Be able to explain the different parts of the game of Ultimate Frisbee.*

*Be able to identify and call fouls and goals.*

*Take part and be an active team member.*