**Name:**

**Lifetime Sports – Ultimate Frisbee Targets Teacher Assessment**

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

Comments: