

Fill in the Blanks

Follow the instructions to complete the activity.

NAME

DATE

Use the information found in *Ultimate Frisbee* to help you complete the following activity.

1. Ultimate frisbee is one of the fastest-growing sports in North America.
2. With a focus on the of the Game, ultimate frisbee teaches players good sportsmanship.
3. To avoid injuries, players usually warm up by before each game.
4. catches are when players catch the disk between both hands, as if they are clapping.
5. The person holding the disk is the . He or she will throw the disk to a teammate.
6. A bag is a good way to carry ultimate frisbee easily and keep the disks safe.

