

Prior Knowledge & Skills—Year 2 Invasion Games

Show control and co-ordination when moving at different speeds.

Maintains balance whilst changing direction quickly.

Show control and accuracy in order to keep possession.

Combine changes in speed and direction to gain an advantage.

Use simple tactics to attack or defend.

Key Knowledge & Skills

Year 3:

Use changes in speed, direction or height effectively.

Accelerates quickly from a stationary position.

Move into appropriate spaces to pass and receive.

Use tactics to keep possession.

Work as part of a team, communicating to gain advantages.

Copy tactics to attack or defend effectively.

Year 4:

Use a range of changes in speed, direction or height effectively.

Accelerates quickly from a stationary position in response to movement challenges e.g. moves quickly to close down opponent.

Work as part of a team to create space.

Use a range of tactics to keep possession.

Work effectively as part of a team, communicating to gain advantages.

Choose effective tactics to attack or defend.

Ultimate is a throwing and catching invasion game. The aim of the game is for players to work as a team to pass the Frisbee from end of the pitch to the other and into the end zone.

Key Vocabulary	
Word	Definition
Frisbee	The round disc which is thrown between players.
End Zone	The area of the court which you have to pass the Frisbee to a teammate in. If a teammate catches the Frisbee in this zone, you score a point.
Pincer Grip Catch	A catching technique to catch the Frisbee . It involves using your fingers like the pincers of a crab.
Low Catch	A catch for when the Frisbee is close to the floor. You make sure your thumbs are on top of the Frisbee.
High Catch	A catch for when the Frisbee is high in the air. You make sure your thumbs are underneath the Frisbee.
Spirit of the Game	Ultimate is a self-officiating game, which means that it doesn't have a referee. Players are expected to play fairly, be honest and own up when they have committed a foul. This is called 'Spirit of the Game'.

Famous Sportsperson— Oscar Pottinger

Oscar Pottinger is a Canadian ultimate player from Vancouver. For much of his playing career he was widely regarded as one of the best ultimate players in the world. He played as a cutter, which is a bit like a playmaker to help build up attacks. He won 13 major accolades in his career, in both Canada and the United States of America.



Local Clubs

Whilst there are no local Ultimate clubs, it's a great sport to pick up yourself! All you need is a Frisbee, some friends and an open space!

Future Learning—Year 5 Invasion Games

Use a wide range of changes in speed, direction or height effectively and with control; Consistently accelerates quickly from a stationary position to contribute to successful performance.

Work individually or as part of a team to exploit space and gain an advantage; Choose effective tactics to keep possession; Choose different tactics to attack or defend accurately.

Show consistency and control in team games: play with greater speed and flow.