Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**QUIZ:   
Frisbee skills and Sportsmanship**

Directions: - Please read the quiz **completely** before answering the questions!

* Just circle the answer you think is the best for each multiple choice question.
* There is only **one** answer for each question.

Scoring: Each multiple choice questions are worth **2 points**. The Short answer question is worth **3points.**

1. When preforming the *backhand throw*, what foot do you step forward with?
   1. The same foot as your throwing hand
   2. The opposite foot to your throwing hand
   3. It does not matter what foot
2. What do we call the *two handed* catch?
   1. The croc catch
   2. The alligator catch
   3. The behind the back catch
3. What is one of the *last* steps of most frisbee throws? **C:\Users\Foxi Phish\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\Q15HBNWI\MC900390936[1].wmf**
   1. Snap the wrist towards your target
   2. Twirl in a circle
   3. I do not know
4. In Ultimate frisbee, are you allowed to run with the frisbee in your hand?
   1. Of course!
   2. Sometimes
   3. No
5. How do you start off an Ultimate frisbee game?
   1. You throw the frisbee to the other teams side of the field.
   2. You pass it off in the center
   3. You instantly throw to a team mate.
6. If you threw a *double* in frisbee baseball, what base do you run to?
   1. 1st base
   2. 2nd base
   3. 3rd base
7. The ‘batter’ drops the frisbee on the pitch, what does that mean?
   1. Nothing
   2. The batter gets to run to first base
   3. It is an out!
8. What best describes *sportsmanship*
   1. Playing fair, following the rules and respecting others
   2. Playing a little fair and yelling at others
   3. Complaining about the rules of the game
9. Joseph pushes Lisa down by accident but does not stop to help her back up. What should Joseph actually done?
   1. Laughed at Lisa for falling
   2. Help Lisa up and apologize
   3. Tell her she should watch where she is going
10. Give me 3 examples of what you could say/do to your classmates that shows good sportsmanship.

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* **Give me 2 more examples of good sportsmanship:**

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**\*Do not forget your name at the top of the quiz. Once you are finished hand this paper in to your teacher. \***