

Name: _____ Date: _____

Answer Key: Claim Victory in the Team Sports Challenge for 4th Grade

Can you lead your team to the win? Identify legal field plays and essential communication habits used in sports like Ultimate Frisbee and Field Hockey.

1. In the game of Ultimate Frisbee, what is the 'Spirit of the Game' primarily about?

Answer: B) Fair play and respect for opponents

Ultimate Frisbee relies on players to be honest and respectful because there are often no referees; this is called the Spirit of the Game.

2. In Field Hockey, it is legal to use the rounded back side of your stick to hit the ball.

Answer: B) False

Field hockey rules state that players may only use the flat side of the stick to touch or hit the ball.

3. When a teammate in Lacrosse shouts 'Ball down!', they are using _____ to help their team find the loose ball.

Answer: C) Verbal communication

Verbal communication involves using your voice to share important information quickly with your teammates during a game.

4. In Flag Football, what represents a 'tackle' to stop the play?

Answer: C) Pulling a ribbon or flag off the belt

Flag football is a non-contact sport where the play ends when a defender removes a flag from the ball carrier.

5. A team strategy where players cover a specific section of the field rather than a specific person is called a _____ defense.

Answer: A) Zone

Zone defense means each player is responsible for an area of the field to prevent the other team from scoring.

6. In Softball, the pitcher must throw the ball with an underhand motion.

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Answer: A) True

Unlike baseball, softball rules require the pitcher to use an underhand delivery when throwing the ball to the batter.

7. Which of these is a skill used in Water Polo to stay afloat while keeping your arms free?

Answer: C) Eggbeater kick

The eggbeater kick is a specific swimming skill that allows water polo players to stay vertical and stable in the water.

8. In Baseball, if a batter hits a 'fly ball' and it is caught before it touches the ground, the batter is _____.

Answer: B) Out

A basic rule of baseball is that the batter is out if a fielder catches their hit ball in the air.

9. In team sports, 'sportsmanship' only matters if your team is winning the game.

Answer: B) False

Sportsmanship is important regardless of the score; it means being a good teammate and a fair competitor at all times.

10. What is the main purpose of a 'huddle' in sports like American Football?

Answer: C) To discuss the next play or strategy

A huddle allows a team to gather closely and communicate their next move without the other team hearing them.