

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## 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.

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

- A. Playing as fast as possible
- B. Fair play and respect for opponents
- C. Winning at any cost
- D. The design of the frisbee disc

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

- A. True
- B. False

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

- A. Silent signals
- B. Dribbling skills
- C. Verbal communication
- D. Running speed

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

- A. Pushing the player to the ground
- B. Tagging the player's shoulder
- C. Pulling a ribbon or flag off the belt
- D. Blocking the player's path

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

- A. Zone
- B. Fast
- C. Person-to-person
- D. Lazy

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

- A. True
- B. False

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

- A. Running

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- B. Doggy paddle
- C. Eggbeater kick
- D. Holding your breath

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

- A. Safe
- B. Out
- C. The winner
- D. A pitcher

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

- A. True
- B. False

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

- A. To take a nap
- B. To hide from the fans
- C. To discuss the next play or strategy
- D. To count how many players are on the field