

**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

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

- 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