

## Essential Questions for an Ultimate Unit

1. How is ultimate similar to and different from other invasion games?
2. How do the forehand and backhand throws with a disc differ from throws used in other sports?
3. How are individual offensive tactics used in ultimate similar to those used in other invasion games?
4. How are individual defensive tactics used in ultimate similar to those used in other invasion games?
5. How could you use the team offensive and defensive strategies used in ultimate in other sports or games?
6. Which of the 10 simple rules in ultimate is most important for the game?
7. Why is personal responsibility a major part of playing ultimate, and how is it applied during game play?