

Sounds Good



Podcast 23



Joel and Todd think that they need more exercise. Joel is planning to get people together to play ultimate Frisbee and explains the rules to Todd. What is ultimate Frisbee? What does it have in common with American football? Where will they play?



Listen again. Circle the rules of ultimate Frisbee that Joel explains to Todd.

- 1 Each team starts with 5 points.
- 2 When you catch the Frisbee, you must stop and pass it.
- 3 You can run with the Frisbee in hand.
- 4 You can only play if each team has exactly 5 players.
- 5 You get a point when you catch the Frisbee in the end zone.
- 6 You can drop the Frisbee three times before it goes to the other team.
- 7 You get a point every time you catch the Frisbee.
- 8 If you drop the Frisbee it goes to the other team.
- 9 You can tackle members of the other team.
- 10 Ultimate Frisbee is not a contact sport.



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What skills do sports teach young people? Which of those skills are the most important in life?

Fun Fact

The original Frisbee was actually a pie tin from The Frisbie Baking Company of Bridgeport, Connecticut (USA). Students from a nearby university were often customers of the bakery and used the empty pie tins to throw and catch for fun after they ate the pies. Later, the design was improved and the disk made out of plastic for easier flying.



The game you play with a dog where you throw something and the dog retrieves it, is called "Fetch". The usual command is "Go fetch!"