**EPS et anglais**

[**Cycle 3**](#cycle2)

**Conduire et maitriser un affrontement collectif ou interindividuel**

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| Ultimate | Règles et fiche de préparation [« Ultimate en anglais »](https://stocad.ac-nantes.fr/index.php/s/tcePB2SX7KJeyRq)Fiche outils pour l’accueil langue (temps périscolaires) [Ultimate frisbee](http://planmercredi.education.gouv.fr/sites/default/files/mal-7-fiche_langue_anglaise_ultimate_frisbee.pdf) + règles en a anglais [How to play: the basics](https://www.vul.ca/content/how-play-basics%20) + vidéo [How to play Ultimate frisbee](https://www.youtube.com/watch?v=3oM-sNFpvjc) + vidéo [How to play Ultimate? A basic guide to the game](https://www.youtube.com/watch?v=D3mpy8YWWag)  |

**Eléments linguistiques :**

*Lexique spécifique à l’Ultimate.*

*Comptage des points.*

*Are you ready ? Yes.*

*Pull.*

*Substitution. (Firstname) out,*

*(firstname) in. Time out.*

*To begin the match, the thrower throws the Frisbee.*

 *Throw the disk as far and high as you can.*

*When you don’t have the Frisbee, you must defend your zone.*

*You have to catch passes.*

*You should try to intercept passes.*

*You score when you catch a pass in the other team’s end zone.*

*You can’t hold the Frisbee for more than 10 seconds!*

*You have to pass the Frisbee to a teammate.*

*Don’t drop the frisbee when you try to catch it!*

*Remember to stay in bounds!*

*A game of ultimate Frisbee ends after a team scores 15 points.*