

Name:

## Day One

# The Ultimate Sport

### Part 1: Silent read

➔ Discover a game designed to be fair and fun. Read silently.

In parks across the country, you can see groups of people running, dodging, and tossing a small disc. The game looks a little like football, a little like soccer, and a lot like Frisbee. It is called Ultimate, a game created to be simple, fun, and fair.

Ultimate was developed by college students who wanted to play a game without complicated rules or expensive equipment. They used a parking lot as a sideline. Sometimes teams were small, and sometimes they were large. Anyone who came could play. The players were their own referees. They valued honesty and respect.

As time went on, the game developed formal rules. Today, an Ultimate field is 70 yards by 40 yards. Each team has seven players. The goals and basic rules are the same. Each team's goal is to toss the disc to a teammate in the other team's end zone. Players may toss in any direction, but they may not run with the disc. Contact with players from the other team is not allowed. "It is intense, fun, and a spectator sport," says one player.

Even with more formal rules, Ultimate players still hold the same values. They still referee their own games. They value honesty and respect. At Ultimate matches and Ultimate tournaments, the players can be seen relaxing and having lighthearted fun. This is a sport where winning comes second, and having fun comes first.



# Day One

// one minute

## The Ultimate Sport

### Part 2: First timed read

WPM \_\_\_\_\_

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### Part 3: Comprehension and discussion

What makes Ultimate "fair and fun"?

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Who referees Ultimate games? \_\_\_\_\_

## Day One

# The Ultimate Sport

### Part 4: Phrase-cued reading

- Read the passage **out loud** in phrases to your partner.
- Pause at each / mark for a phrase.
- Also pause at each // mark that shows the end of a sentence.

In parks across the country, / you can see groups of people running, / dodging, / and tossing a small disc. // The game looks a little like football, / a little like soccer, / and a lot like Frisbee. // It is called Ultimate, / a game created to be simple, / fun, / and fair. //

Ultimate was developed by college students who wanted to play a game / without complicated rules or expensive equipment. // They used a parking lot as a sideline. // Sometimes teams were small, / and sometimes they were large. // Anyone who came could play. // The players were their own referees. // They valued honesty and respect. //

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Even with more formal rules, / Ultimate players still hold the same values. // They still referee their own games. // They value honesty and respect. // At Ultimate matches and Ultimate tournaments, / the players can be seen relaxing / and having lighthearted fun. // This is a sport where winning comes second, / and having fun comes first. //

I read the passage in phrases out loud to my partner.