

Physical Education - Fall 2013 Exam Review**General and Fitness**

1. The purpose of physical education is to learn and increase skills related to various activities and sports, increase levels of physical fitness, and expose students to a wide range of activities, sports, recreational games, and lifetime skills.
2. The purpose of stretching exercises is to help improve flexibility.
3. Planks are stretching exercises that focus on the abdominal muscles.
4. Sit-ups or curl-ups are warm-up exercises that focus on the abdominal muscles.
5. Pushups are an exercise that works the triceps and pectoral (chest) muscles.
6. The purpose of pre and post fitness testing is to monitor student's progress and to help the students set personal goals.
7. The purpose of our PE fitness days on Tuesdays and Thursdays is to increase or maintain levels of cardiovascular endurance and muscular strength.
8. Students must complete the mile run on the football field in 13 minutes or less.
9. A doctor's note is required to be excused from dressing out and participating.
10. A daily absence counts as 5 missed points. Students are responsible for the points they miss even an absence is excused.
11. Not dressing out for class in the appropriate gym suit is a deduction of 10 points. Dressing out requires the wearing of shoes with laces, a gray shirt, and navy or orange shorts. Slip on shoes or sandals are not appropriate.
12. Not participating in class activities can result in up to a 10 point deduction.
13. Lockers may not be shared under any circumstances.
14. All valuables should be stored in your school locker or left at home. DO NOT store valuables in the locker room.
15. Water and juice are the only food items allowed in the locker room.
16. During a fire drill, all classes go outside and stand in a single file line with their class.

Football

17. The object of the game is to score points by advancing the ball to the opponent's end zone for a touchdown.
18. Each play begins from the line of scrimmage.
19. In order to score a touchdown the ball must cross the plane of the goal line and is worth 6 points not counting extra points.
20. A blitz is a football play where the defensive team rushes more football players than usual to try and sack the quarterback.
21. The end zone is the area between the goal line and the end line where touchdowns occur.
22. Pass interference is when a defender contacts a pass receiver after the ball is in the air to prevent him from catching the ball.
23. The wide Receiver's job is to catch passes and block on running plays.
24. The Quarterback calls the plays in the huddle, receives the snap from the center, either hands the ball off, throws it to a receiver, or runs it.
25. The center snaps the ball to the quarterback.
26. The cornerback is on defense and tries to make sure the receiver doesn't catch the ball. The corners also make tackles.
27. The kicker tries to make field goals and extra points, as well as kicks off.

Kickball

28. Kickball, also known as soccer-base or soccer-baseball, was invented in the United States around 1942 by U.S. soldiers overseas.
29. A player can be called out one of 4 ways: by striking out, flying out, and being tagged or forced out.
30. A team must step down after kicking one time through the order.
31. A Kickball field is made up four bases in a diamond shape.
32. Bunting is allowed in Kickball
33. The only base you can overrun without risk of being tagged out is 1st base.

Basketball

34. When dribbling a basketball the only part of your hand that will contact the ball is your fingertips. Once you stop dribbling, you may not dribble again until you have either passed or shot the ball. This would be considered double-dribble.
35. The free throw line is 15 feet from the baseline.
36. When dribbling you should keep your free arm out to protect the ball.
37. A basketball team consists of five players on each team.
38. The game is started with a jump ball in the center circle between two opponents.
39. One point is awarded for a made free throw.
40. Two points is awarded after any basket inside the three point arc during play and three points for baskets made outside three point arc.
41. A chest pass is completed with two hands and does not hit the floor.
42. Traveling is called when a player takes 3 steps without dribbling.
43. The rim is 10 feet above the ground.
44. Gaining possession of a missed shot is called a rebound.

Soccer

45. Only a goalie may touch the ball.
46. A throw-in is a two-handed over-the-head-throw.
47. Mid-fielders line up between forwards and fullbacks.
48. Hitting the ball with the forehead is called heading.
49. Tripping or violently running into an opponent is a foul.
50. To move the ball while running by nudging it along with the feet is called dribbling.
51. To stop the ball and gain control of it by using the feet is called a trap.
52. A player may use his feet, thighs and chest to stop a ball.

Weight Room

53. Always pick up your weights when you are done with a set.
54. Rest at least 24 hours before working out the same muscles.
55. Form is always more important than weight.
56. Bench press focuses on your pectorals , exactly like push-ups do.
57. Curls work you biceps.
58. Chair dips are great for triceps.
59. Squats work you hamstrings and quads.
60. Results take time, weight training doesn't happen overnight.