

Team Sports/ Basketball Class

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Flag Football Rules and Terms

1. There is no Kickoff in Flag Football

Scoring:

- 1. Touchdown= 6 points**
- 2. Conversion by running= 1 point, throwing= 2 points**
- 3. Safety= 2 points**

Terms:

- 1. Down-** when the ball becomes dead. Four downs are allowed to score a touchdown, cross the next 10 yard line. If they fail to do so, then the opposing team gets the ball at the line of scrimmage.
***If a touchdown is scored, then the opposing team gets the ball 60 yards from the end zone**
- 2. Dead Ball-** the ball is dead when a) the flag becomes detached b) any part of the body besides feet and hands touch the ground c) incomplete pass d) a fumble e) the ball goes out of bounds
- 3. Center-** the offensive lineman who snaps the football to the quarterback
- 4. Defense-** the team that does NOT have the possession of the ball
- 5. End Zone-** the area between the goal line and the end line where touchdowns occur
- 6. Fake-** a move made by a player for the purpose of deceiving an opponent
- 7. First Down-** the first four attempts to move the ball forward into the end zone or to the next 10 yard line
- 8. Fumble-** the ball carrier drops the ball while in possession. Fumbles are DEAD BALLS and cannot be recovered by the opposing team
- 9. Handoff-** the exchange of the football from the quarterback to a teammate. Only 1 allowed during a series of downs
- 10. Interception-** when the defense catch a ball that was meant to be caught by the offense

- 11. Line of scrimmage-** the imaginary line drawn from the forward tip of the football to the sideline
- 12. Offense-** the team with possession of the football
- 13. Offside-** movement across the line of scrimmage before the ball is snapped
- 14. Safety-** removing the flag of the other team behind their own goal line with the ball
- 15. Touchdown-** an offensive player having possession of the football in the opponent's end zone

Flag Football Test

True/False:

1. There is no kick off in flag football.
2. A touchdown is worth 7 points.
3. A safety is worth 1 point.
4. Defense is the team without the ball.
5. The end zone is the area where a touchdown takes place.
6. Fumbles are dead balls.
7. The quarterback is the person who snaps the football.
8. An interception is worth 2 points.
9. You are only allowed 2 handoffs per series of downs.
10. There are 4 downs allowed to make 10 yards or score a touchdown.
11. The offense has to move the football 10 yards in 3 downs.
12. A fumble is a move by a player who tries to deceive the opponent.
13. If you remove an opponent's flag, the play is dead.
14. The team colors were yellow and red.
15. The line of scrimmage is a permanent line on the flag football field.
16. The center hikes the football to the quarterback.
17. A touchdown can be caught or ran into the end zone.
18. Running the ball in after the touchdown is worth 1 point but catching is worth 2 points.
19. Offsides is a term for movement across the line of scrimmage before the ball is snapped.
20. Offense is the team with possession of the football.

Kickball Information and Rules:

1. Kickball is a sport that contains elements of baseball, soccer, and softball
2. Competitive kickball rules and regulations are governed by World Adult Kickball Association (WAKA).
3. Kickball includes 4 bases in a diamond shape- 20 feet apart
4. The pitching strip is directly in front of home plate and in line with first base and third base.
5. Official ball is red with a WAKA logo and is inflated 1.5 pounds per square inch.
6. 8-11 players per team during the kickball game
7. Need a pitcher and fielders with at least one person at each base.
8. The pitcher must roll the ball with at least one (1) foot contacting the pitcher strip.
9. Fair pitch-ball must be rolling or have at least bounced twice.
10. A strike is if the ball crosses over the plate with no attempt, a foul ball, or the kicker misses the kick.
11. A ball that goes wide of the plate or does not bounce twice before reaching the plate is a ball.
12. Three (3) outs per inning.
13. Fair ball is any ball inside the line before the ball passes the base.
14. An out is when the ball is caught in the air, 3 strikes, or the ball is thrown and hits a player before touching the bag below the shoulders.
15. No bunting is allowed (the leg must fully extend).

KICKBALL TEST

Please DO NOT write on this test.

True or False:

1. There are 4 bases in kickball.
2. There are 3 outs for each team.
3. A runner is out if a fielder hits the runner above the shoulders.
4. The ball is fair if it is in bounds on the ground up to first base.
5. Each team should have at least 15 players.
6. The regulation color of the kickball is purple.
7. A runner must tag up before running to the next base if the ball is caught in the air.
8. A catcher is a player behind home plate.
9. A runner does not have to run from 3rd to home if a player is not on first and second base.
10. If a ball is caught in fair play or in foul territory, the runner is out.

Fill in the Blank:

11. The pitcher's foot must be on what before pitching the ball? _____
12. How many outs are there per inning? _____
13. How many balls are allowed before you walk? _____
14. A strike is when ? _____
15. A runner can run through the first base bag in which direction?

16. If a ball is caught by a fielder but then dropped the runner is? _____
17. Kickball is similar to what sport? _____
18. If the runner has 3 balls and 2 strikes and kicks a foul ball, what is the count? _____
19. If a kicker has a bent leg when kicking the ball, the kicker is probably trying to do what? _____
20. What is the minimum number of players allowed per team? _____

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**Urich - 1st
Period**

**Required
Reading**

[Rules,
Regulations,
& Grading
Policy](#)

[Course
Syllabus](#)

**Flag
Football**

[Basic Rules](#)

[Bonus Points](#)

Tennis

[Basic Rules](#)

[Court Diagram](#)

[Scoring](#)

Badminton

[Basic Rules](#)

[Court Diagram](#)

Basketball

[Basic Rules](#)

[History of
Basketball](#)

Softball

[Basic Rules](#)

[Origins of
Softball](#)

Volleyball

[Basic Rules](#)

[History](#)

[Father of the
Game](#)

Frisbee

A Glossary of Ultimate Jargon

(descriptions presuppose a right-
handed thrower)

• **air bounce**: a backhand or forehand throw that is aimed slightly downward, but is buoyed by a cushion of air.

• **backhand**: a standard throw; right-handed player places thumb on top of disc, curls fingers underneath, extends arm to left side of body.

bid: an impressive (but failing) diving attempt to catch the frisbee. Often used in a positive way, ex. "Nice bid"

blade: a forehand throw that goes high in the air and curves left; an extreme version of the reverse curve.

chilly: slow it down, be patient, wait a moment for the game to get reorganized again.

clog: to prevent good cuts by standing in the way of your teammates.

• **corkscrew** (see "hammer") like a hammer throw but the frisbee is held in a backhand grip rather than a forehand grip, so the frisbee flattens out and curves the opposite way from the hammer.

• **cut**: a run by a receiver to shake his defender.

D: defense

deep: a receiver who cuts for hucks.

disk in signals that the disk is in play.

force guarding on only on one side of the thrower to make them throw to the other side. The direction you want them to throw is the direction of the force.

**More
Information**

**Optional
Reading**

**Rules of
Ultimate
Frisbee**

**Rules of
Golf**

**USGA
History**

Games

Long Drive

**Golf Word
Puzzle**

NEW

**Power
Hitter**

**Sports
Slang**

**Sports
Trivia**

10 Ultimate Rules

Ultimate Glossary

History

Golf

Basic Rules

Power Point Presentation

Fitness

Web Quest

Types of Force:

Force In: force to the middle of the field **Force Out:** force to the outside of the field **Force Sidelines:** force to the near sidelines
Force Home/Away: force to the home or away side **Force Forehand:** force the thrower to use a forehand throw **Force Backhand:** force the thrower to use a backhand throw

forehand: a difficult but useful throw; thrower leads with middle finger along rim, with index finger supporting disc; looks similar to a sidearm pitch in baseball; also called a flick.

• **hack:** a foul.

hammer: an overhead throw with a forehand grip in which the frisbee is released at an angle so that it flattens out and flies upside down.

• **handler:** one of a team's primary throwers.

• **high release:** a backhand throw held and released over the thrower's head; very difficult to block.

• **huck:** a long throw; equivalent to a bomb in football.

inside out: as a backhand, a throw to the right that curves left; as a forehand, a throw to the left that curves right.

layout dive!!! "If you didn't catch it, you should have laid out"

mid: a receiver who cuts for shorter passes than a deep.

O offense

• **pick** an intentional or unintentional block (like basketball) where a player gets between you and the player you are covering

pull like a kickoff in football, the throw that begins the possession.

reverse curve: as a backhand, a throw to the left that curves right; as a forehand, a throw to the right that curves left.

run through what you shout to tell another player to run past the disc without picking it up

scoober: a fast, difficult-to-intercept throw; similar to a hammer, a scoober is held overhead, but with a backhand grip.

• **sky** jumping to catch the disc

stack offensive strategy in which all the players line up down the middle of the field and alternately make cuts to the side.

stall count The defensive player counts up to 10 while defending the offensive player. The offensive player must throw the disc before the 't' of ten otherwise it's a turnover.

• **swill**: a bad throw.

up! what you shout to alert players that the disk is in the air

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Frisbee Terms Quiz

Match the letter to the appropriate definition

- A. Air bounce
- B. backhand
- C. cut
- D. hack
- E. disk in

-----1) a run by a receiver to shake his defender

-----2) a backhand or forehand throw that is aimed slightly downward, but is buoyed by a cushion of air.

-----3) a standard throw, right handed player places thumb on top of disc, curls fingers underneath, extends arm to left side of body

-----4) signals that disk is in play

-----5) a foul

- A. handler
- B. high release
- C. pick
- D. corkscrew
- E. clog

-----6) to prevent good cuts by standing in the way of your teammates

-----7) like hammer throw but the Frisbee is held in a backhand grip rather than a forehand grip, so Frisbee flattens out and curves the opposite way from the hammer

-----8) one of the teams primary throwers

-----9) block where a player gets between you and the player you are covering

-----10) backhand throw held and released over the throwers head, very difficult to block

- A. huck
- B. bid
- C. pull
- D. scoober
- E. run through

-----11) what you should tell another player to run past the disc with out picking it up

-----12) a fast, difficult to intercept throw; over head throw with a backhand grip

-----13) a long throw, equivalent to a bomb in football

-----14) an impressive dive attempt to catch the Frisbee. Used positively

-----15) like a kick off in football, the throw that begins the possession.

Ultimate Frisbee Terms and Rules Test

Matching:

- | | |
|-----------------|---|
| 1. Air bounce | a. foul |
| 2. Backhand | b. run by receiver to shake off defender |
| 3. Corkscrew | c. hammer –like throw |
| 4. Cut | d. standard throw |
| 5. Hack | e. a throw aimed downward and catches an air pocket |
| | |
| 6. Handler | a. a long throw |
| 7. High release | b. jumping to catch the disc |
| 8. Huck | c. a bad throw |
| 9. Sky | d. a backhand throw difficult to block |
| 10. Swill | e. team's primary thrower |

True/False:

11. A goal is worth 1 point
12. You are allowed 1 steps before throwing the Frisbee
13. If you knock the Frisbee down, your opponent picks it up and begins play again
14. 1 foot catch in between the cones is a goal
15. Ultimate Frisbee is played in a rectangular area
16. A team can catch the Frisbee off the walls and count as a goal
17. There are two types of catches typically used- 1 hand and between both hands
18. A layout dive is an attempt to catch the Frisbee with your body stretched at full length
19. The steps allowed after catching a Frisbee allows the thrower to maneuver around the defender
20. An interception is catching the opponents Frisbee and changing the direction of the game

SOCCKER TERMS

Center: A pass from the outside of the field near the sideline into the center

Charge: The body contact between opponents, which may be either legal or illegal

Chip: The lofting of the ball into the air using the instep kick technique: contacting the ball very low causing it to loft quickly with backspin.

Clear: Playing (kick or head) the ball a great distance attempting to move it out of a danger area

Corner kick: A direct free kick awarded to the attacking player on the corner, when the defending team last played the ball over their own endline

Cross: When the ball is passed from the end line to a player in front of the goal.

Dead ball situation: the restart of the game following the stopping of the game

Direct free kick: a kick in which it is placed in front of the goal and no one but the goalie is allowed in front of the ball.

Dribble: maintaining control of the ball with the feet by one player while running

Drop ball: method of restarting the game after suspension of a player

Goal area: rectangular area in front of the goal

Half-volley: contacting with the ball after it has been air born

Head: hitting the ball with the forehead while the ball is in the air

Indirect free kick: free kick in which another player must make contact the ball before scoring

Kickoff: the start of the game, when ball is scored, and after each period.

Obstruction: the illegal use of the body to stop a player from reaching the ball

One-touch: using only one touch to pass the ball after being passed to you

Penalty area: the larger rectangular area in front of the goal where the goalie can use his or her hands.

Penalty kick: a free direct kick inside the penalty area

Settle: controlling the ball from being air born and keeping it from bouncing

Square pass: a pass to the side of a player

Tackle: taking the ball away from an opponent using the feet

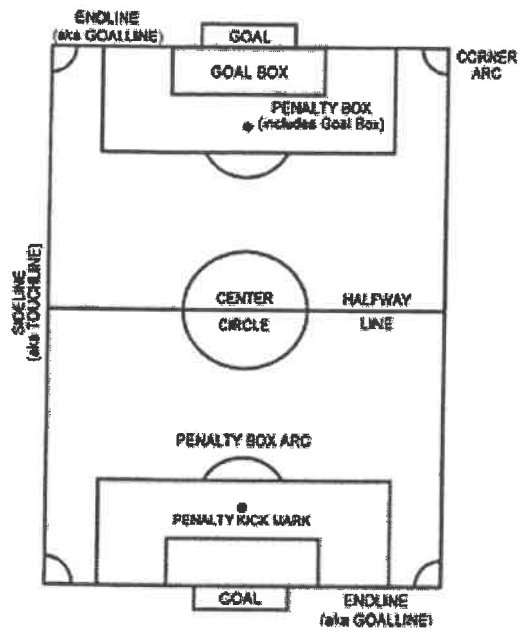
Through pass: a pass the goes behind and between the defenders

Throw-in: throwing the ball in play after being kicked out by the opposing team

Touchline: the side of the field

Trap: bring the ball under control after being passed to you

Two-touch-receiving: trapping the ball and immediately passing it



Soccer Terminology Worksheet

Matching:

- | | |
|-----------------|--|
| 1. Center | a. lofting the ball into the air using an instep kick technique |
| 2. Chip | b. playing the ball a great distance in order to move it out of danger area |
| 3. Corner Kick | c. the large rectangle area in front of the goal where the goalie uses their hands |
| 4. Clear | d. a direct free kick awarded to the attacking player |
| 5. Penalty area | e. a pass from the outside of the field near the sideline into the corner |
| | |
| 6. Drop Ball | a. maintaining control of the ball with the feet by one player while running |
| 7. Dribble | b. hitting the ball with the forehead |
| 8. Head | c. method of restarting the game after suspension of a player |
| 9. Half-volley | d. rectangular area in front of the goal |
| 10. Goal area | e. contacting the ball after its been air born |
| | |
| 11. Trap | a. throwing the ball in play after being kicked out by opposing team |
| 12. Throw in | b. bring the ball under control after being passed to you |
| 13. Touchline | c. controlling the ball from being air born and keep it from bouncing |
| 14. Settle | d. a pass to the side of a player |
| 15. Square Pass | e. the side of the field |
| | |
| 16. Obstruction | a. the illegal use of the body to stop a player from reaching the ball |
| 17. Charge | b. body contact between opponents |

Soccer Terminology Test

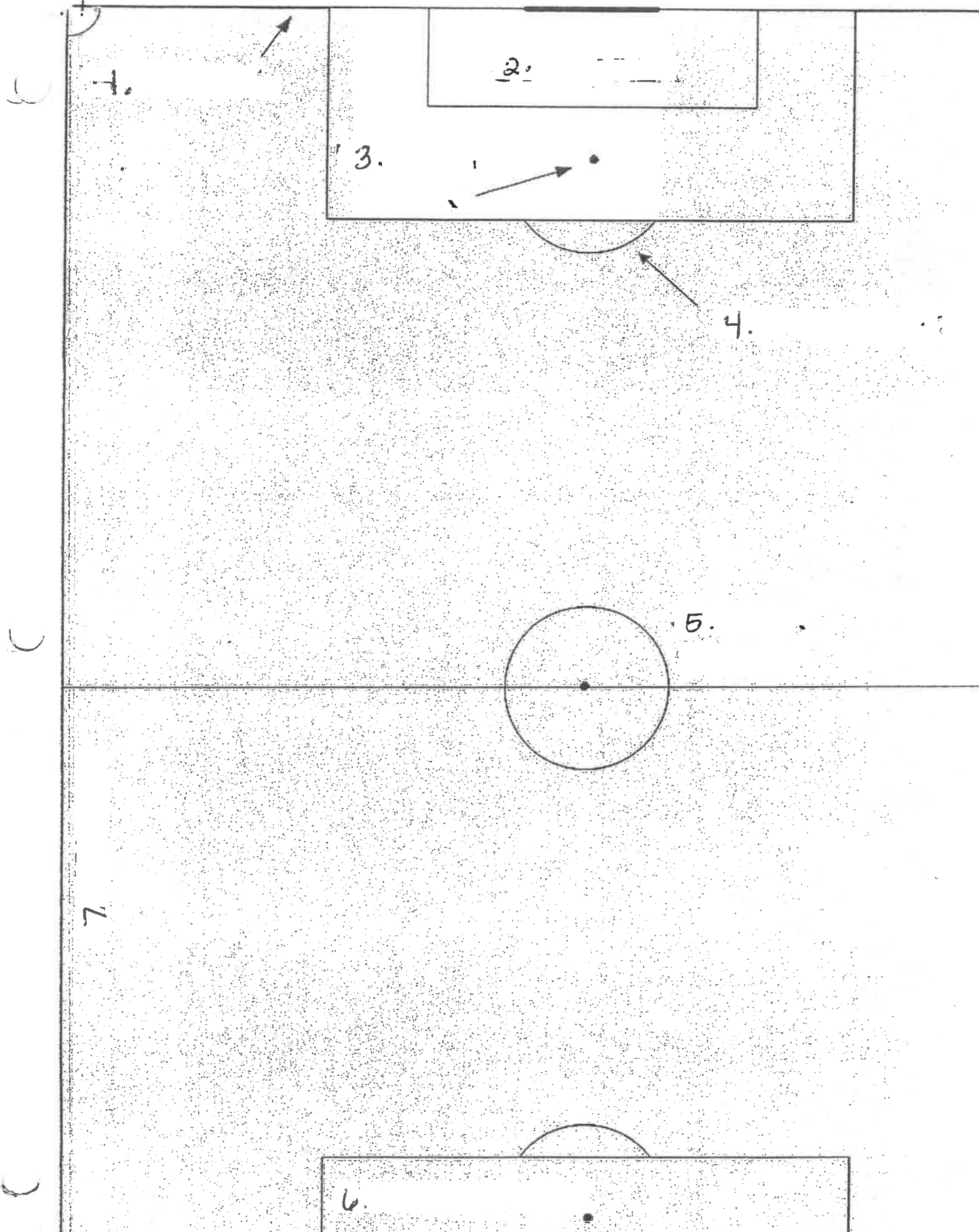
Matching:

- | | |
|-----------------|--|
| 1. Center | a. lofting the ball into the air using an instep kick technique |
| 2. Chip | b. playing the ball a great distance in order to move it out of danger area |
| 3. Corner Kick | c. the large rectangle area in front of the goal where the goalie uses their hands |
| 4. Clear | d. a direct free kick awarded to the attacking player |
| 5. Penalty area | e. a pass from the outside of the field near the sideline into the corner |
| | |
| 6. Drop Ball | a. maintaining control of the ball with the feet by one player while running |
| 7. Dribble | b. hitting the ball with the forehead |
| 8. Head | c. method of restarting the game after suspension of a player |
| 9. Half-volley | d. rectangular area in front of the goal |
| 10. Goal area | e. contacting the ball after its been air born |
| | |
| 11. Trap | a. throwing the ball in play after being kicked out by opposing team |
| 12. Throw in | b. bring the ball under control after being passed to you |
| 13. Touchline | c. controlling the ball from being air born and keep it from bouncing |
| 14. Settle | d. a pass to the side of a player |
| 15. Square Pass | e. the side of the field |
| | |
| 16. Obstruction | a. the illegal use of the body to stop a player from reaching the ball |
| 17. Charge | b. body contact between opponents |

Fill in the Diagram:

1-8 see 2nd page

8.



Basketball Study Guide-1

- Basketball is an extremely popular game played here in America and all parts of the world at every conceivable level. It was invented by an American and developed to greatness in the United States.
- In 1881, a Springfield Massachusetts YMCA leader, Dr. James Naismith, invented basketball to provide an indoor winter game for athletes. Peach baskets were used for goals and a soccer ball was used for the ball.
- In the beginning any number of players from 9-50 could play, but within 2 years the number was limited to 9, then it was seven, and in 1894, finally to five for men. Women played with 6 players—2 rovers, 2 offense, 2 defense. It was not until the 1960's that women started playing 5-person basketball.
- As the game became popular, many variations of rules developed. In 1933, the men's rules were standardized by a newly formed National Basketball Committee of the United States and Canada. The first girl's game was played in March 1892. Dr. Naismith taught the group at the request of some women teachers in Springfield, Massachusetts.

The Game of Basketball

- The players advance the ball down the court by dribbling or passing until one player is in position to shoot the ball through the basket. The defensive team tries to prevent scoring by the opposition and to get possession of the ball.
- The game for high school students is played in four 8-minute quarters with an intermission of one minute after the first and third quarters, and ten minutes between halves.
- In general, three types of defenses are used: man-to-man, zone, and combination—which is man-to-man and zone. In man-to-man defense, each player has the responsibility for guarding a particular player on the opposing team. The defender tries to stay with the opponent wherever they are on the court. In zone defense, each player has the responsibility for guarding any player entering the defender's area of the court. Types of zones are: 2-1-2, 1-2-2, 1-3-1, and 2-3. Two combination defenses are a box and 1, or a triangle and 2.
- **Fouls:** two types: Technical—usually given for uniform, time, or sportsmanship infractions
Personal: usually given for some type of contact. Once a team gets 7 personal fouls, called “team fouls”, then the opponents get to shoot a one-and-one free throw. Shooting fouls are a type of personal foul.

Violations: A violation is usually a movement infraction. There are many violations:

Double-dribble—dribbling with 2 hands, or dribbling, stopping, and dribbling again

Traveling—taking more than two steps with the ball and not dribbling

3-seconds in the lane

Backcourt—10 second or going back to the backcourt area

Shot-clock

line violations

Goaltending

5-second throw in or 5-second guarding

Penalties for fouls:

- First 6 personal—ball given out of bounds at closest boundary line
- After 7, personal—team awarded a one-and-one free throw—if they make the first, they get a free second shot. If they miss the first, then whoever rebounds the ball maintains possession.
- Technical—team awarded a free throw(s) and the ball at mid-court. (2 if unsportsman-like)
- If a player is fouled in the act of shooting, they are given 2 or 3 free throws, depending where they were when they were shooting. Inside the arc is a 2-shoot foul, and outside the arc is a 3-shot foul. Any time a player is fouled during the act of shooting and they make the shot, the player is awarded one extra free throw.

Penalties for violations:

- Penalty for time and moving violations: ball taken out on nearest foul line.

- Penalty for goal-tending: team is awarded the basket or basket taken away.

Skills

- **Shooting:** lay-up, jump shot, hook shot, foul shot, 3-point shot, reverse lay-up, dunk
- **Passing:** chest, bounce, overhead, skip pass
- **Dribbling:** crossover, reverse, hesitation, speed, through-the-legs
- **Individual offense:** screening, cutting, rebounding, faking, pivoting—front and reverse

Stats

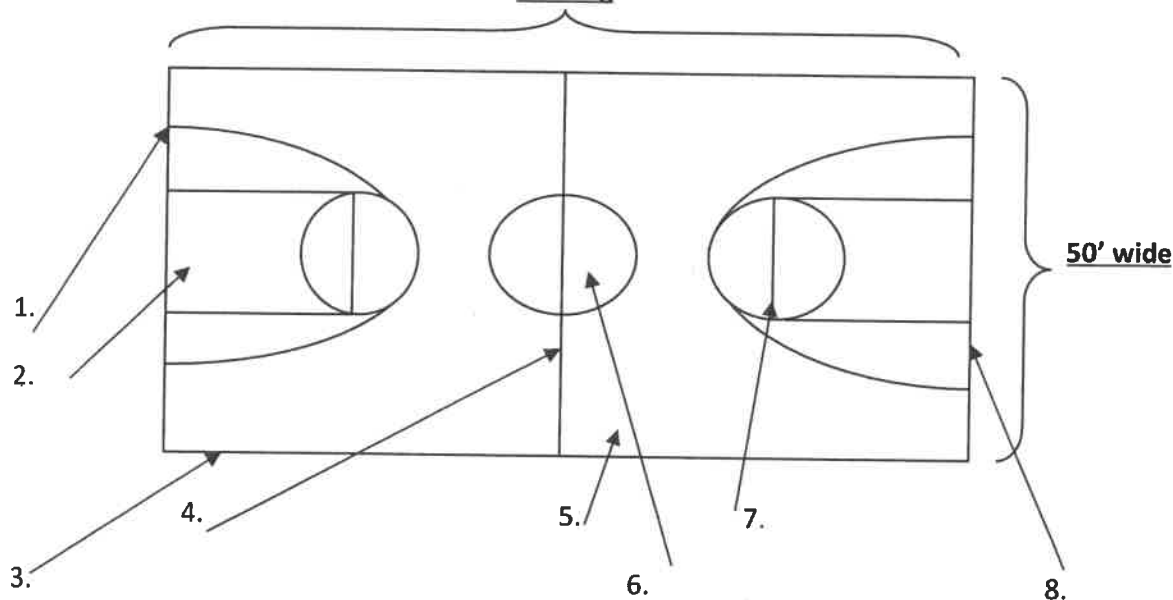
- **Offensive:** 2-point shooting percentage, 3-point shooting percent, total field goal shooting percentage, free-throw percentage, offensive rebounds, assists, turnovers.
- **Defensive:** steals, defensive rebounds, drawing a “charge” on an opponent, blocked shots,
- All stats are accumulated during the season. All shooting stats are averaged as the season progresses. Per-game percentages are also done.
- **Time in the game:** kept by college and pro teams.

Positions

- **Guards:** best ball handlers on the team, the play makers—they initiate and run the offense, shorter and quicker players usually—Point Guard is #1, Shooting Guard is #2
- **Wings/Forwards:** usually taller than guards, good shooters and rebounders—Best shooter #3, best rebounder or inside shooter #4.
- **Centers/Posts:** The tallest players—responsible for rebounding and all inside the key defense and offense

Court

94' long



1. 3-point arc 2. Lane or key 3. Sideline 4. Mid-court or center line 5. Front or back court
6. Center jump circle 7. Foul line 8. Baseline 9. Court dimensions 94' X 50'

Possession Clock: used to determine ball possession after the initial jump ball. On all “tie ball” situations, possession alternates from one team to the other. This was started to save time and to keep the game moving.

RELATED GLOSSARY TERM DEFINITIONS ()

etiquette	The forms and practices prescribed by social convention or by authority.
physical activity	Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.
physical education	A planned, sequential curriculum by which students learn to develop and maintain a healthy lifestyle. It includes cognitive, affective, and psychomotor aspects of physical activity, goal setting, proper nutrition, and formal assessment.
proficiency	Performing a skill with correctness, as an expert.
strategies	Competitive decisions by individuals and/or a team about the overall play of the game in order to gain advantage over the opponent; an overall plan of attack.
tactics	Individual movements of players or teams to accomplish an immediate goal or accommodate the specific situation. Tactics take place within the game as an on-going part of game play and include decisions an individual makes about when, why, and how to respond to a particular situation.
technology	Human innovation in action that involves the generation of knowledge and processes to develop systems that solve problems and extend human capabilities (e.g., stop watches, pedometers, heart rate monitors, computers, digital cameras).
Line	A collection of an infinite number of points in a straight pathway with unlimited length and having no width.
Mean	There are several statistical quantities called means, e.g., harmonic mean, arithmetic mean, and geometric mean. However, "mean" commonly refers to the arithmetic mean that is also called <u>arithmetic average</u> . Arithmetic mean is a mathematical representation of the typical value of a series of numbers, computed as the sum of all the numbers in the series divided by the count of all numbers in the series. Arithmetic mean is the balance point if the numbers are considered as weights on a beam.
Median	When the numbers are arranged from least to greatest, the middle number of a set of numbers, or the mean of two middle numbers when the set has two middle numbers is called median. Half of the numbers are above the median and half are below it.
Velocity	The time rate at which a body changes its position vector; quantity expressed by direction and magnitude in units of distance over time.
Point	A specific location in space that has no discernable length or width.
Set	A set is a finite or infinite collection of distinct objects in which order has no significance.

Square	A rectangle with four congruent sides; also, a rhombus with four right angles.
Table	A data display that organizes information about a topic into categories using rows and columns.
Width	The shorter length of a two-dimensional figure. The width of a box is the horizontal distance from side to side (usually defined to be greater than the depth, the horizontal distance from front to back).
agility	A skill-related component of fitness. The body's ability to change directions quickly while maintaining control.
balance	A skill-related component of fitness. The ability to maintain equilibrium while moving or standing still.
body composition	A health-related component of fitness. The ratio of fat mass to lean mass in the body.
cardiorespiratory endurance	A health-related component of fitness. Of or relating to both the heart and the lungs and their functions as it relates to the delivery of oxygen throughout the body.
coordination	A skill-related component of fitness. The ability to control body parts while performing movement skills smoothly and accurately.
etiquette	The forms and practices prescribed by social convention or by authority.

flexibility	A health-related component of fitness. The range of motion available at a given joint of the body.
health-related fitness	Physical fitness primarily associated with disease prevention and functional health throughout life. Health-related fitness consists of five components: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.
mechanical principles	Principles dealing with the action of forces on objects (e.g., levers, balance, force).
muscular endurance	A health-related component of fitness. The ability of the muscles to perform without fatigue over an extended period of time.
muscular strength	A health-related component of fitness. The maximum force exerted when contracting muscles a single time.
MVPA	Moderate to vigorous physical activity. It is sustained, repetitive, large-muscle activities (e.g., speed walking, running, cycling) performed at least at a medium level of intensity.
overload	A training principle. The body must be worked harder than normal in order to improve the fitness level.
physical activity	Any fitness, sports, or recreational activity involving movement of the body that is

produced through muscle contraction that increases energy expenditure.

physical education A planned, sequential curriculum by which students learn to develop and maintain a healthy lifestyle. It includes cognitive, affective, and psychomotor aspects of physical activity, goal setting, proper nutrition, and formal assessment.

power A skill-related component of fitness. The ability to move body parts swiftly while applying maximum force to the muscles.

progression A training principle. Starting an exercise program slowly and gradually increasing the intensity and duration in order to safely experience improvement.

reaction time A skill-related component of fitness. The ability to react or respond quickly to what you hear, see, or feel.

specificity A training principle. Improvements in personal fitness will occur in the particular muscles that you overload during physical activity or exercise.

speed Amount of distance traveled divided by time taken to travel; the time-rate at which any physical process takes place.

strategies Competitive decisions by individuals and/or a team about the overall play of the game in order to gain advantage over the opponent; an overall plan of attack.

Find the velocity and acceleration of a particle moving in a straight line.

Calculate and interpret measures of the center of a set of data, including mean, median, and weighted mean, and use these measures to make comparisons among sets of data.

$$S = d / t$$

Anticipatory Set: The learner will copy the formula

$S = d / t$ from the book, identify what S, d, and t stand for.

Basic rules

Basic basketball rules

If you want to play basketball for fun, you have the possibility of playing on your own. But you can also play team games with either 1, 2, 3, 4 or 5 players on each team. Teams can be mixed, with boys and girls, or not.

On a competition level, a team is made up of 5 players playing on the court and 5 players sitting on the bench that can be used for substitution during the whole period of the game.

Each player is assigned a position when playing. This position is usually determined by the height of the player.

The tallest player on the team usually plays "center" also known as "position 5", while the medium size ones play "forwards" / "position 3 and 4". The shortest players then play "guards" / "position 1 and 2".

A player scores when he manages to throw the ball into the basket, with the ball passing through the basket from above the hoop. Scoring a basket increases the team's score by 3, 2 or one point.

If the player successfully shoots from outside of the 3 points line, the basket is worth 3 points, otherwise it is worth 2 points.

It is also possible to score one point when shooting from the free throw line, after a foul for instance.

A violation occurs when the player breaks one of the rules of Basketball. A violation results in the awarding of the ball to the opponents.

It can also result from the player taking more than 2 steps without bouncing the ball on the floor. This is called Traveling.

Another example of violation occurs when a player stops dribbling and then starts dribbling again or when he bounces the ball with both hands on the ball. We call this a double Dribble.

A violation is also committed if you twist your hand, when in contact with the ball, beyond the vertical, bringing it under the ball. This is called Carry, as the hand must always remain on the top of the ball.

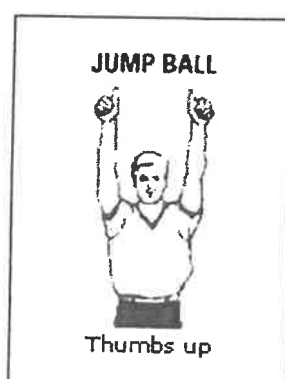
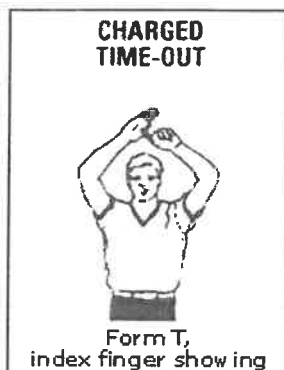
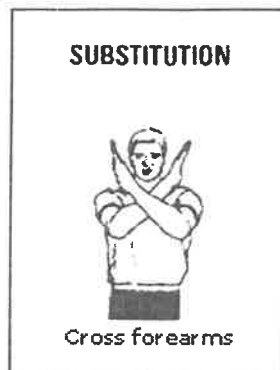
A foul is an illegal action that can be committed by player from one team against a player from the opposing team. Basketball is generally said to be a non-contact game. If contact occurs beyond what is deemed to be reasonable, or if a player thereby obtains an unfair advantage from it, a foul is committed.

There are two types of fouls. The first are called defensive fouls. They occur when the offensive player is being fouled by the defender. Defenders should not block, push, trip, strike or hold the player in possession of the ball. The second ones are the offensive fouls. For example, a player in offence commits a foul when charging into a

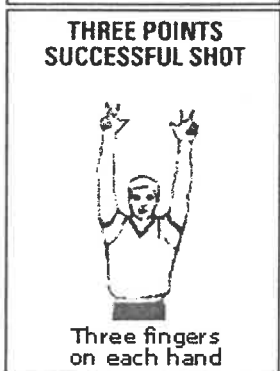
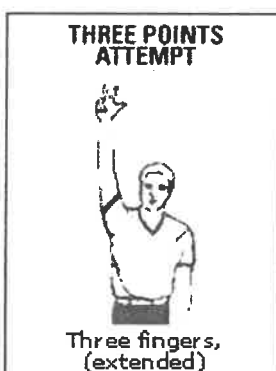
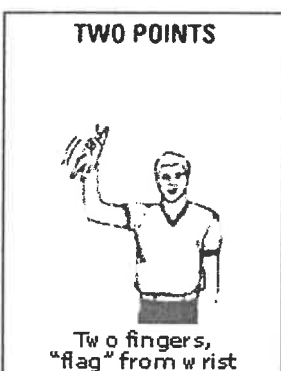
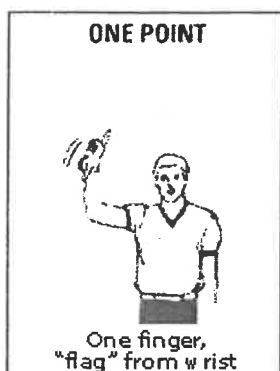
stationary defender.

Administrative signals

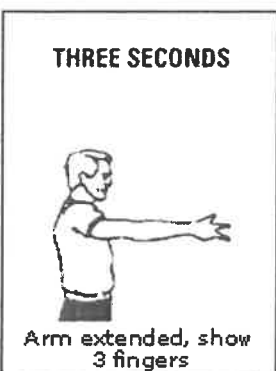
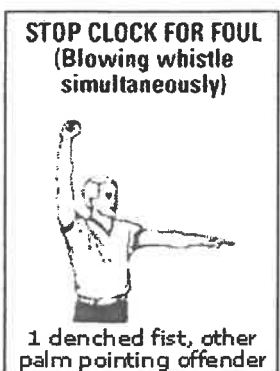
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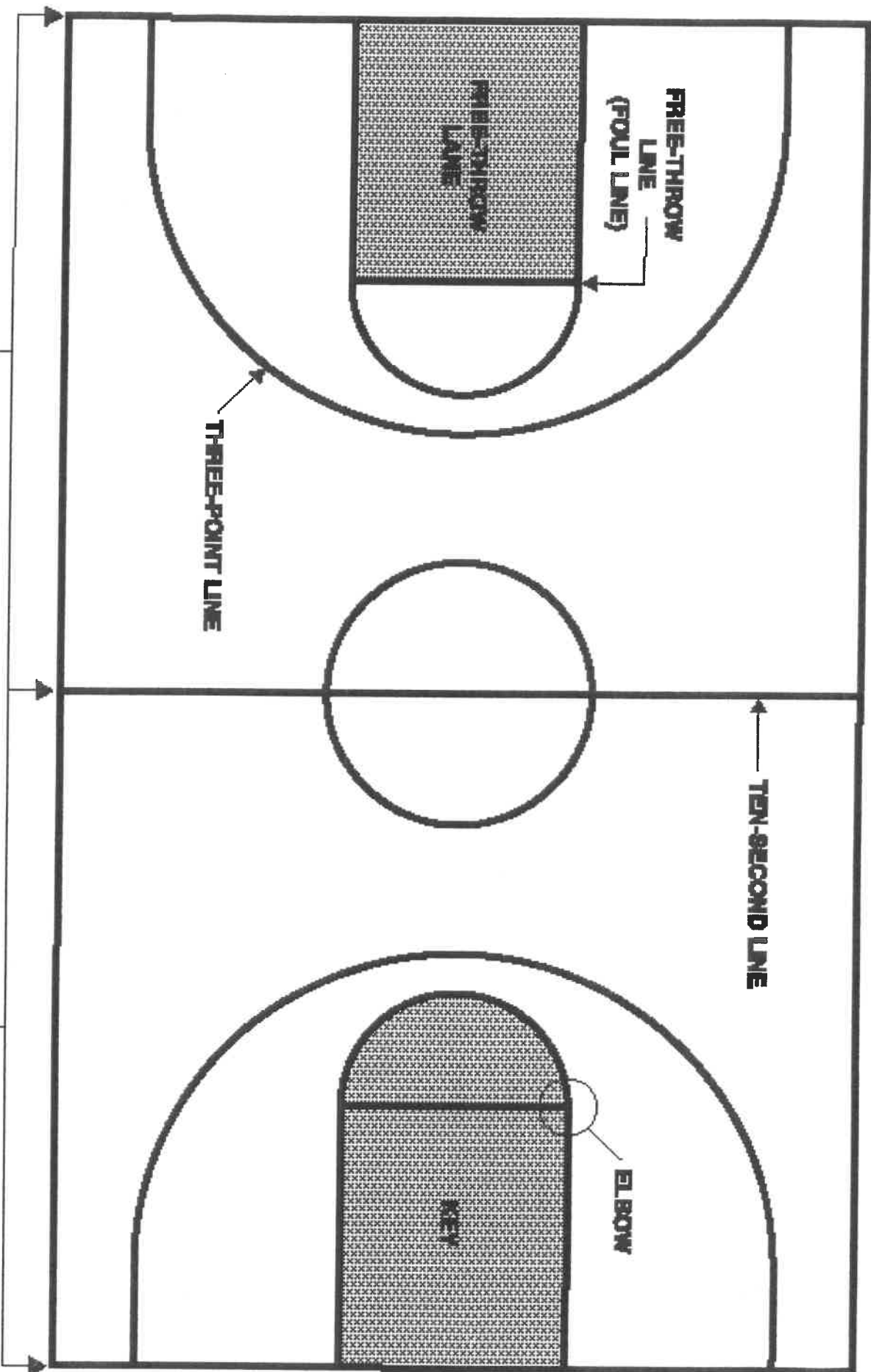


Scoring signals



Violation signals





BACK COURT

(the half of the court the team
is attempting to defend)

FRONT COURT

(the half of the court that contains
the team's offensive basket)

Basketball

C V A X O B C R D V I D D V T
 X Y S A D A P E D Y O D E R T
 X L S W W C A Z N U P S A O N
 E T I Q O K S W B T N V V M F
 B A S N U B S L B E E I K O D
 G A T A E O E C F L P R U Q U
 E N S N M A Y E I O I L U A L
 L J I K U R D N R E B O U N D
 B X P G E D G A K J V F R E E
 B T D G R T L A C I N H C E T
 I W S O P A B W O R H T B F P
 R N C E U P H A X L J H U D U
 D P Z Y H I G C L H F C O T Y
 Z U U Q Z C U A Q L H K N A A
 P H Z W R N E W Q W T U L Z L

ASSIST
 CENTER
 DEFENSE
 FOUL
 LINE
 REBOUND
 TRAVELING

BACKBOARD
 CHARGING
 DOUBLE
 FREE
 PASS
 TECHNICAL

BASKETBALL
 CHEST
 DRIBBLE
 LAYUP
 PIVOT
 THROW

19 of 19 words were placed into the puzzle.

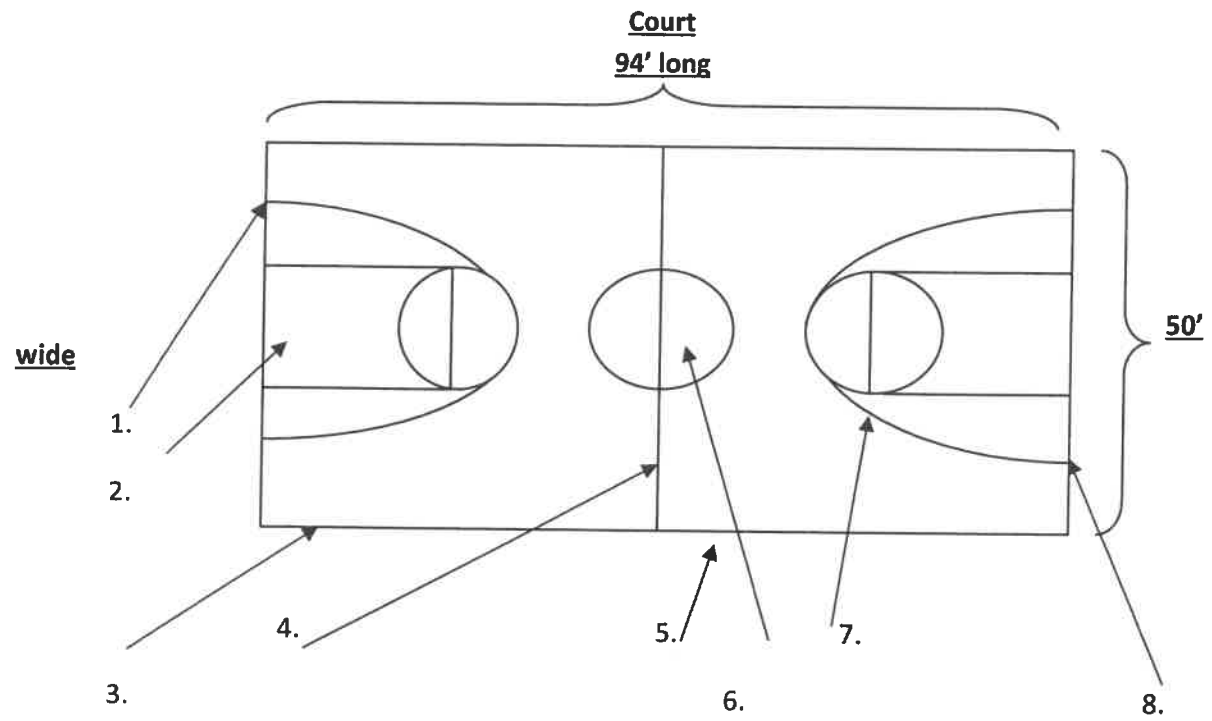
Solution

Created by Puzzlemaker at DiscoverySchool.com

Discovery Channel

Basketball Review Sheet

1. A basket is worth how many points?
2. A basket is worth how many points when at the free throw line?
3. What is the violation when taking more than 2 steps without the ball bouncing?
4. When the player dribbles , picks up the basketball and then dribbles again what is the violation?
5. After you get fouled while taking a shot, you head to the?
6. What is the violation when personal contact is made to prevent the progress of a player moving forward?
7. When a player positions themselves between another player and the basket what is the violation?
8. Term for 1 foot staying stationary?
9. A shot that missed the backboard is called?
10. Throwing the ball down into the goal?
11. A pass given that results is a goal?
12. How many players are on the court for 1 team at a time?
13. A shot taken close to the basket?
14. True or False: When a shot is made, the ball is taken out on the side of the court?
15. How many points is the basket worth when the player's foot is on the 3 point line?
16. Define the forward position:
17. What is the square area under the basket called?
18. What does the "6th man" mean in basketball?
19. Define Air ball:
20. Define foul:



1. 3-point arc 2. Lane or key 3. Sideline 4. Mid-court or center line 5. Front or back court

6. Center jump circle 7. Foul line 8. Baseline 9. Court dimensions 94' X 50'

BASKETBALL TEST

Team Sports II

Please do not write on the test!!!!

Multiple Choice:

1. How many points is awarded for a free throw shot?
 - a. One
 - b. Two
 - c. Three
 - d. Four
2. Traveling with the ball is a :
 - a. Skill
 - b. Offense
 - c. Foul
 - d. Violation
3. What is it called when a player stops dribbling and then begins to dribble again:
 - a. Foul
 - b. Fast break
 - c. Double dribble
 - d. Turnover
4. What is it called when a person uses personal contact to prevent the progress of an opponent?
 - a. Blocking
 - b. Charging
 - c. Hacking
 - d. Pushing
5. The foot that must stay on the floor when the dribbling stops is called:
 - a. Rotation
 - b. Pivot
 - c. Spinning
 - d. Right
6. When a player positions themselves between another player and the basket is called:
 - a. Pivoting
 - b. Shooting
 - c. Rebounding
 - d. Boxing Out
7. Basketball was introduced at the _____ Olympics

- a. Seoul
 - b. Berlin
 - c. Los Angeles
 - d. Rome
8. When your team has 5 team fouls and a foul occurs, how many free throws does a player get if they were not shooting the ball?
- a. Zero
 - b. One
 - c. One-and-One
 - d. Two
9. This results in a change of possession:
- a. Skill
 - b. Foul
 - c. Violation
10. The number of player s needed to start a basketball game:
- a. Three
 - b. Four
 - c. Five
 - d. Six

True/False:

- 11. *Charging is a violation in basketball*
- 12. *The objective of the game is to allow your opponent's score the most amount of points possible*
- 13. *A player can commit a foul by tripping an opponent*
- 14. *The elbow is the shaded area underneath the goal*
- 15. *If the goal is made, then the ball is taken out on the side of the court*

Matching:

- | | |
|--------------------------|--|
| 16. _____ Air Ball | a. a shot taken close to the basket |
| 17. _____ Dunk | b. a pass given that results in a goal |
| 18. _____ Assist | c. a shot that misses the backboard |
| 19. _____ Lay up | d. a shot released in the air |
| 20. _____ Jump Shot | e. throwing the ball down in the goal |
| 21. _____ Technical foul | a. strategy where everyone is assigned to a player |
| 22. _____ Violation | b. loss of ball without taking a shot |
| 23. _____ Turn Over | c. dribbling the ball up the court before defense is set |
| 24. _____ Fast Break | d. a foul that is unsportsman-like conduct |
| 25. _____ Man-to-man | e. not a foul |

Basketball Unit Test

Multiple Choice:

1. A free throw shot is worth how many points?
a. One b. Two c. Threed. Four
2. Traveling with the ball is a:
a. Skill b. Offense c. Foul d. Violation
3. What is it called when a player stops dribbling and then begins dribbling again:
a. Foul b. Fast break c. Double Dribble d. Turnover
4. What is it called when a person uses personal contact to prevent progress of an opponent?
a. Blocking b. Charging c. Hacking d. Pushing
5. The foot that must stay on the floor when the dribbling stops is called:
a. Rotation b. Pivot c. Spinning d. Right
6. When a defensive player positions themselves between an offensive player and the basket is called:
a. Pivoting b. Shooting c. Rebounding d. Boxing Out
7. The number of players needed to start a basketball game:
a. Three b. Four c. Five d. Six
8. A shot taken close to the basket:
a. Free throw b. 3 point shot c. Jump Shot d. Lay up
9. Dribbling the ball up the court quickly before the defensive team is set up:
a. Man to Man b. Fast Break c. Violation d. Foul
10. A pass given to a offensive player that results in a goal:
a. Jump Shot b. Lay up c. Assist d. Air Ball

Draw and Identify Court Diagram:

11. 3 point line
12. Lane or Key
13. Center Line
14. Free Throw Line
15. Center Jump Ball Circle

Matching:

- | | |
|--------------------|---|
| 16. Technical Foul | a. defense where everyone is assigned a player |
| 17. Turn Over | b. loss of ball without taking a shot |
| 18. Man to Man | c. a foul that represents unsportsman- like conduct |
| 19. Violation | d. throwing the ball into the basket |
| 20. Dunk | e. Not a foul |

Team Sports Study Guide

Flag Football

Is there a kickoff?

- Touchdown=
- Conversion by running= throwing=
- Safety=
- 1. Down-
- 2. Dead Ball-
- 3. Center-
- 4. Defense-
- 5. End Zone-
- 6. Fake-
- 7. First Down-
- 8. Fumble
- 9. Handoff-
- 10. Interception-
- 11. Line of scrimmage-
- 12. Offense-
- 13. Offside-
- 14. Safety-
- 15. Touchdown-

Soccer

Corner Kick	Center	Chip
Clear	Penalty Area	Drop Ball
Dribble	Head	Half-Volley
Goal Area	Trap	Throw In
Touchline	Settle	Square Pass
Obstruction	Charge	

Know the Soccer Diagram and be able to Label

Basketball

Lay Up	Free Throw	Charge
Dunk	Foul	Technical Foul
Air Ball	Bonus for Free Throws	Timeouts
Dribble	Double Dribble	3 Point Line
Key	Elbow (on Court)	free throw = how many points
Lay up is how many points?	Man to man defense	zone defense

Ultimate Frisbee

1. Air bounce
2. Backhand
3. Corkscrew
4. Cut
5. Hack
6. Handler
7. High release
8. Huck
9. Sky
10. Swill

How many steps allowed before throwing?

Who gets Frisbee when opponent knocks it down?

How many feet inside cones when catching

Playing area?

Types of catches?

Purpose of taking 2 steps to throw

What is an interception?

What is a layout dive?

Team Sports Semester Exam

Matching:

- | | |
|-----------------|--|
| 1. Center | a. lofting the ball into the air using an instep kick technique |
| 2. Chip | b. playing the ball a great distance in order to move it out of danger area |
| 3. Corner Kick | c. the large rectangle area in front of the goal where the goalie uses their hands |
| 4. Clear | d. a direct free kick awarded to the attacking player |
| 5. Penalty area | e. a pass from the outside of the field near the sideline into the corner |
| | |
| 6. Drop Ball | a. maintaining control of the ball with the feet by one player while running |
| 7. Dribble | b. hitting the ball with the forehead |
| 8. Head | c. method of restarting the game after suspension of a player |
| 9. Half-volley | d. rectangular area in front of the goal |
| 10. Goal area | e. contacting the ball after its been air born |
| | |
| 11. Trap | a. throwing the ball in play after being kicked out by opposing team |
| 12. Throw in | b. bring the ball under control after being passed to you |
| 13. Touchline | c. controlling the ball from being air born and keep it from bouncing |
| 14. Settle | d. a pass to the side of a player |
| 15. Square Pass | e. the side of the field |
| | |
| 16. Obstruction | a. the illegal use of the body to stop a player from reaching the ball |
| 17. Charge | b. body contact between opponents |
| | |
| 18. Air bounce | a. foul |
| 19. Backhand | b.run by receiver to shake off defender |
| 20. Corkscrew | c. hammer –like throw |
| 21. Cut | d. standard throw |
| 22. Hack | e. a throw aimed downward and catches an air pocket |

- | | |
|-----------------|--|
| 23.Handler | a. a long throw |
| 24.High release | b. jumping to catch the disc |
| 25.Huck | c. a bad throw |
| 26.Sky | d. a backhand throw difficult to block |
| 27.Swill | e. team's primary thrower |

True/False:

- 28.A goal is worth 1 point
- 29.You are allowed 1 steps before throwing the Frisbee
- 30.If you knock the Frisbee down, your opponent picks it up and begins play again
31. 1 foot catch in between the cones is a goal
- 32.Ultimate Frisbee is played in a rectangular area
- 33.A team can catch the Frisbee off the walls and count as a goal
- 34.There are two types of catches typically used- 1 hand and between both hands
- 35.A layout dive is an attempt to catch the Frisbee with your body stretched at full length
- 36.The steps allowed after catching a Frisbee allows the thrower to maneuver around the defender
- 37.An interception is catching the opponents Frisbee and changing the direction of the game

Multiple Choice:

38. A touchdown is worth how many points?
- a. 1 b. 2 c. 6 d. 7
39. A safety is worth how many points?
- a. 1 b. 2 c. 6 d. 7
40. A conversion by throwing the ball is worth how many points?
- a. 1 b. 2 c. 6 d. 7
41. How many yards to each first down?
- a. 5 b. 10 c. 15 d. 20

True or False:

- 42. Fumbles are dead balls.
- 43. Only two handoffs are allowed in a series of downs
- 44. An incomplete pass is considered a dead ball
- 45. There is no kickoff in flag football
- 46. A move made by a player in flag football for the purpose of deceiving an opponent would be called a fake
- 47. The person who snaps the football is called a receiver
- 48. The area between the goal line and endline where touchdowns occur is called the end zone in football.
- 49. The imaginary line drawn from the forward tip of the football to the sideline is called offside.
- 50. The team that does not have the football is on offense.

Team Sports Exam

Basketball

True/False:

1. You have 10 seconds to cross the centerline when inbounding the basketball.
2. A layup is worth 2 points.
3. A free throw is worth 2 points
4. When you bounce the basketball it is called dribbling.
5. The forward has ten seconds in the lane before the forward has to shoot the ball.
6. A foul happens when the opponent makes physical contact with you while shooting or playing defense.
7. During a turnover you give the ball to the opponent.
8. Rebounding is when you run down the court with 3 offense vs 2 defense.
9. Boxing out is another term for offense.
10. Each player can only have three fouls during the entire basketball game.

Ultimate Frisbee

11. You must catch the Frisbee with two hands.
12. After catching the Frisbee, no steps are allowed before throwing the Frisbee.
13. One team was white and the opponent was red during our team sports class.
14. The only boundaries in our class were the areas coned off for the goal.
15. If you dove and still held the Frisbee in the air it was not a catch because you hit the ground.
16. A Frisbee is a round disc you throw in the air.
17. If you dropped the Frisbee the opponent would pick it up and go the other way.

Kickball

18. After you kicked the ball you ran to the base to the left.
19. The kickball is a green round ball.
20. There are four bases.
21. The person that rolls the ball for the kicker is the first baseman.
22. If you catch the ball in the air it is an out.
23. There are four outs in an inning.
24. If you miss the ball entirely while trying to kick it would be considered a ball.
25. A foulball is when the kicker kicked the ball to the pitcher.
26. The kickball is in bounce if it stays inside the base.
27. There are three strikes allowed before the kicker is out.
28. If the defender bobbles the ball in the air and drops it the runner is safe.
29. There are no stealing bases in kickball.
30. If a defender catches the ball a runner must tag up and then has to run to the next bag.
31. Outfielders are defenders behind the three bases in the field.

Flag Football

- 32. To separate the teams one team wore flags around their waist.
- 33. There were no kickoffs in flag football.
- 34. If you wanted the extra point then the offense had to run the ball into the end zone for 2 points.
- 35. A touchdown is worth seven points in flag football.
- 36. The offense can only hand off the football one time each set of downs or until a first down.
- 37. There are three opportunities to go ten yards for the first down.
- 38. The hiker was the offensive player that threw the football.
- 39. An interception happens when the defense catches the football when the offense had possession.
- 40. The line of scrimmage is where we started with the football on the ground.

Soccer

Matching:

- | | |
|------------------|--|
| 41. Center | a. lofting the ball into the air using an instep kick technique |
| 42. Chip | b. playing the ball a great distance in order to move it out of danger area |
| 43. Corner Kick | c. the large rectangle area in front of the goal where the goalie uses their hands |
| 44. Clear | d. a direct free kick awarded to the attacking player |
| 45. Penalty area | e. a pass from the outside of the field near the sideline into the corner |
| | |
| 46. Drop Ball | a. maintaining control of the ball with the feet by one player while running |
| 47. Dribble | b. hitting the ball with the forehead |
| 48. Head | c. method of restarting the game after suspension of a player |
| 49. Half-volley | d. rectangular area in front of the goal |
| 50. Goal area | e. contacting the ball after its been air born |

Activity Journal

Please list the activity and the total minutes of activity or steps taken.

Recommended 1.5 hours of activity per week

[illegible]