

Study Guide for PE Assessments.

Football

Terms - *Completion* - a pass caught by the offense, *Interception* - a pass caught by the defense, *Kick off* - Occurs at the start of each half and after a team scores, *Touchdown* - scored by the offense, *Fumble* - when a player is holding a football, which is then knocked out of their hands

Scoring - *Touchdown* = 6 points, *field goal* = 3 points, *extra point* = 1 point, *safety* = 2 points, 2pt conversion = 2 pts.

Positions - *Center* - snaps the ball to the quarterback, *Quarterback* - the position under center, hands the ball off to the running back or passes to a receiver, *Running backs* - player that runs the ball the majority of the time, *Receiver* - player that catches the ball the majority of the time, *offensive lineman* - they block the defense from tackling the player with the ball, *defensive lineman* - their main objective is to tackle the player with the ball.

Game Play - The line of scrimmage is the place where the ball is placed before each play, There are 4 quarters in a football game. High school quarters are 12 minutes each, professional games are 15 minutes each. The sideline is out of bounds. Blocking is a skill used to protect a teammate. There are 11 players on the field at once for each team. The offense needs to gain 10 yards for a first down. A team gets 4 downs to gain 10 yards, or a first down.

Penalties - *holding* - when you hold a player from running freely. *Interference* - when a defensive player touches an offensive receiver before giving him/her the chance to catch the ball. *Roughing the passer* - when the defensive player hits the quarterback after he/she has thrown the ball. *Tripping* - when a player intentionally trips another players. *Offsides* - when an offensive or defensive player moves before the ball is snapped.

Extra - The football field is 100 yards long. The football field is 52 yards wide. Each yard = 3 feet. The offensive has 4 plays to get a first down. The offensive team needs to gain 10 yards to get a first down. Each team has 3 timeouts per half.

Outdoor Rec Games

Speedball: Allowed 3 steps, 3 seconds to pass/shoot, and must allow 3 feet between defender and ball carrier. 2 Points for a throw in goal (from the numbers), 3 points for a header in the goal from behind white restraining line. Shootout takes place at end of the game if score is tied.

Ultimate Football/Frisbee: Possession changes when ball/Frisbee hits the ground. Allowed 3 steps, 3 seconds to pass/shoot, and must allow 3 feet between defender and ball carrier. 1 point for a completed pass passed the goal line. 2 points for completed pass from beyond the hash mark passed the goal line.

Team Handball: Played by passing the ball to teammates in the air or dribbling the ball like a basketball. You can dribble as much as you want. Goals are scored when you throw the ball into the other team's net. Each goal is worth 1 point. You can only score a goal from behind the numbers. You are allowed 3 steps, 3 seconds to pass/shoot, and must allow 3 feet between defender and ball carrier.