

Team Sports Review for the Final

Vocabulary Study Guide for Grades 11-12 Final

List #1- Vocabulary Words

- atrophy** – the wasting away or decrease in size of a body part, particularly muscle
- hypertrophy** – the increase in size of a body part, particularly muscle
- progression** – a gradual increase in the level of exercise in order to sustain improvement in physical fitness
- specificity** – principle of training that states the exercise training effect is specific to the muscles involved in the activity
- antagonistic** muscles – a muscle that opposes the action of the other, i.e. triceps and biceps are antagonistic muscles

List # 2 – Vocabulary Words

- Agility** – the ability to change the position and control the movement of the entire body, moving quickly and easily
- Coordination** – the integration of eye, hand, and foot movements
- Speed** – the ability to cover a distance in a short time; rapidity of movement of action
- Fine motor skills** – the coordination of small muscle movements which occur in body parts such as fingers, usually in coordination with the eyes (small movements)
- Gross motor skills** – basic abilities acquired or developed in infancy or childhood such as walking, kicking, throwing, etc.

List #3 - Vocabulary Words

- basal metabolic rate** – the rate at which energy is expended in a basic condition
- carbohydrates** – the starches and sugars present in foods; the body's main source of energy
- fat** – the major storage form of energy in the body; a natural oily substance in the body that is deposited as a layer under the skin or around certain organs
- nutrients** – compounds that help the body be healthy and functional
- protein** – a type of nutrient that helps build and maintain body cells and tissues

List #4 - Vocabulary Words

- Obesity** – an abnormal accumulation of body fat, usually 30% or more over an individual's ideal body weight.
- overweight** – having more body weight than considered healthy for the person's height, build or age.
- PED's**– substances used by athletes, taken illegally, to make them stronger, faster, i.e. steroids
- Prime Movers**– muscles that have the sole or principal responsibility for a given action or movement
- Supplements**- usually dietary substances used to augment, enhance, or enrich the nutritional status of a patient.

List #5 – Vocabulary

- Wellness** – The state of condition of being in good physical and mental health
- Core strength** – The strength of the underlying muscles of the torso which help determine posture
- Cognitive** – pertaining to the act or process of knowing, perceiving, remembering, etc.
- Leadership** – A process of directing people to accomplish a goal
- Sportsmanship** – fairness in following the rules of the game

Sports Review

Games in class were modified to accommodate numbers and facilities. You will be asked to answer questions in regards to rules and regulations of an official game. You may be asked about sports that you did not choose. All students in Jr. Sr. PE are responsible for knowing all the material.

Softball

Ten players per team on an official slow pitch team – positions are as follows: pitcher, catcher, first base, second base, shortstop (in between 3rd and 2nd), third base, left field, left center, center, and right field.

Bases are 60 feet apart and when joined together are called a diamond. First base, second base, third base, and Home plate

Balls must be hit in between the first and third base line (**fair ball**). Balls outside of the foul lines are called **foul balls**. Runners cannot advance on a foul ball unless it is caught and they tag up. A **third strike foul ball is an out**.

An **official game is seven innings**. An inning is complete when both teams have taken their turn to bat. The object of the game is to score more runs (Times that a runner has crossed home plate. Each team get **three outs** during their half of an inning.

The ball must be **pitched underhand** with an arc to the batter. There are **no lead offs** in slow pitch. You must wait until the ball is hit before you can run.

Terms: Ball, strike, walk, ground ball, fly ball, force play, tag up, inning, batting order

Ultimate Frisbee

The object of the game is to **catch the Frisbee in the end zone** from a teammate. The Frisbee can only be advanced by completing a pass to a teammate. A **player may not run with the Frisbee**.

The game is started with a **throw off**. Also, after each goal, there is a throw-off and the direction of the goal reverses. The team that just scored stays at the goal line and the other team goes to the opposite goal. Players must stay behind the line until the Frisbee is released. Players advance the Frisbee by passing it to each other in the air. If the Frisbee touches the ground, **the team who had last possession does not get the Frisbee**. The other team will pick it up from that spot. So, it is not whoever touches it last. It is the other team who did not have last possession gets the Frisbee. You **may not contact a player** by hitting, pushing, or slapping the Frisbee out of one's hand. You may **mark** that person closely and **count to ten**. If the player still has the Frisbee, it is given to the other team at that spot. A **touchdown = 1 point**.

Football

The size of a regulation football field is **100 yards**. A regulation football team has **11 players** on the field.

Scoring for football: **Touchdown = 6 points, Field goal = 3 points, Safety = 2points, Extra point = 1 point**

The object of the game is to **run past the goal line with the football or catch a pass in the end zone** to score a **touchdown**. A team gets **four downs** in order to advance the football past the first down marker or score. If they get a first down, a new set of downs is given. If a team scores a touchdown, they will then kick off the ball to the other team. The person hiking the ball is the **center**. The center hikes the ball to the **quarterback** who runs the offense.

Soccer

Number of players on a regulation soccer team – 11

At the beginning of each game and after each goal a team kicks the ball from the center of the field which is called a **kick-off**. Teams must be on their respective sides and the **ball must be kicked forward** in order to start play. The object of the game is to kick the ball into the goal by passing the ball down the field and kicking it to teammates. However, **one's head, chest, and thighs are legal**, just not the hands and arms. A **goal** is scored when the **ball completely crosses the plane of the goal line** inside the goal. A **goal is worth one point**.

Soccer Terms –

Corner kick – an offensive plyer kicks the ball from the corner after a defensive player knocks the ball over the goal line

Goal kick – a defensive player kicks the ball from the goal area after an offensive player kicked the ball over the goal line

Dribble – moving the ball on the ground by use of the feet by maintaining close control to the body

Throw-in - a two handed over head throw to put the ball in play when the ball crosses the sideline. Feet must be on the ground

Trapping – stopping and controlling a rolling or bouncing ball

Basketball

The game of basketball was invented by **James Naismith**. The game was first played with a **soccer ball** and the hoops were wooden **peach baskets** affixed to the walls. The height of the modern day basketball rim is **10 feet**. A regulation team for basketball is **five players** on the court at one time. Scoring for basketball is as follows: **beyond the three point line = 3 points, regular basket = 2 points, free throw = 1 point**

Basketball Terms

Dribble – moving the ball by way of bouncing it with one hand at a time

Double dribble – stopping your dribble then dribbling again before passing or shooting or dribbling the ball with two hands at the same time

Traveling – running or walking with the basketball while moving, but not dribbling

Foul – slapping, pushing, or knocking over an opponent resulting in taking the ball out of bounds or shooting a freethrow

Lay-up – a shot that requires the player to run the length of the court and lay the ball up on the backboard so that the ball goes into the basket. The player will take-off of one foot to brake the run.

Offense - The team with the ball

Defense – The team without the ball

Rebound – getting possession of the ball off a missed basket

Floor Hockey

Floor hockey is a modification of ice hockey with differences in rules, but the object of the game remains the same: to **score by hitting the puck or ball into the goal for one point**. The **game is started with a face-off**. Face-offs are also done after a goal is scored. Regulation number of players is **six per team**.

No high sticking – blade of the stick must stay below a player's waist on the back swing and follow through. **No throwing sticks**. **Ball must be played with the stick**, not the feet. **No body checking**.

Team Handball

Team handball originated in Europe in 1920. It combines the elements of soccer, basketball, hockey, and water polo. The **object of the game is to throw the ball** outside the goal keeper area **into the goal** to score a point. **You may take-off behind the line and follow through into the goal keeper area**, but must immediately exit. There are **seven players** on a handball team. (6 plus the goalie) The game starts off with a **throw-off at the centerline** and after every goal. (The official game executes a throw-off, but some classes used a jump ball.) The team that got scored upon takes the throw-off. All players must be on their respective sides. Fundamental skills include **passing, catching, and dribbling**. The idea is to keep the ball moving.

Remember 3: You can take up to **three steps** with the ball and you can only hold the ball for **three seconds** before passing, shooting or dribbling. You may dribble the ball, as in basketball, but you cannot double dribble. You are allowed three steps before or after your dribble, but not both.

A player is NOT allowed to:

Endanger an opponent with the ball.

Pull, hit or punch the ball out of the hands of an opponent.

Contact the ball below the knee.

Dive on the floor for a rolling or stationary ball.