Team Sports

Review for Final

Warm up/Flexibility

* Flexibility is the ability to move the body's joints through a full range of motion.
* Benefits of a regular flexibility program include: reduce injuries, relief from soreness and stiffness after workouts, relief from emotional tension and helps you relax
* It is important to warm up and stretch before any physical activity.
* Warming up for any activity will gradually raise your heart rate and will cause your muscle temperature to increase. This enables your muscles to work safely and more efficiently.
* A warm up will help reduce symptoms of soreness and can also help minimize injuries.
* Stretches should be held for approximately 15-20 seconds. If any discomfort or pain is involved you should discontinue the stretch.
* Stretching your muscles will also help you maintain and improve your flexibility.
* Stretches - hamstrings, quadriceps, deltoids, adductor (inner thigh) muscle, gastrocnemius (calf) muscle, triceps. Know the appropriate stretch for each muscle group.
* Know the purpose of fitness testing.
* Know the importance of teamwork, sportsmanship, leadership, and self-control as they relate to team orientated sports.

Cardiovascular Fitness

* The benefits of cardiovascular fitness include: reduce cardiovascular disease, increase energy level, reduce fatigue, improve muscle tone, increase muscle endurance, improve sport performance, improve self-esteem, increase cardiovascular function.

Principles Of Training

* The principle of training is the body becomes stronger and functions better if increase demands are placed upon it.

A. Overload: do more than what you normally do

F - Frequency I - Intensity T - time

1. Frequency: how often you are exercising (3-5 times per week).
2. Intensity: how hard you are exercising
3. Time: how long you are exercising

B. Progression: body adapts to exercise. You must either increase intensity or time as you progress through your exercise program.

C. Specificity: specific exercises for each area of health related fitness.

* The five components of health related fitness are flexibility, cardiovascular fitness, muscular strength, muscular endurance and body composition.

The five components of health related fitness are:

1. Flexibility: the ability to move a body part through a full range of motion.
2. Cardiovascular Fitness: the heart, lungs and blood vessels ability to send fuel (O2) to the bodies tissues.

3. Muscular Strength: the ability to exert force against resistance (1 rep max).
4. Muscular Endurance: the ability of muscles to work for an extended period of time.
5. Body Composition: the amount of fat, muscle, bone and tissue throughout the body.

Basketball

* Each team consists of five players: 2 forwards, 2 guards and a center.
* Scoring:
  3 points are awarded for a field goal made from outside the 3-point line.
  2 points are awarded for a field goal
  1 point is awarded for each free throw.

* Violation: An infringement for which the ball is put in play from out of bounds. All violations are taken from the sidelines except when a ball or player goes out of bounds over the end line, in which case the ball is put in play at the end line.

  Violations include:
  3 seconds in the lane
  Ball out of bounds
  Double dribble
  Traveling
  Over and back
  Palming or two-handed dribble
  More than 5 seconds taking ball out of bounds

Team Handball

* Team Handball mostly resembles basketball - utilizing dribbling, passing, pick and rolls, and fast breaks. Other sports it resembles - ice hockey, water polo, and indoor soccer.
* The object is to move the ball down field by passing and dribbling and then throwing the ball into the opponent's goal while defending your goal from attack.
* Team Handball, if played correctly, is an excellent cardiovascular activity. It involves continuous running, jumping, catching, and throwing.
* Teams consist of 6-7 court players, 1 goalie
* Players can hold the ball for 3 seconds - more than 3 seconds results in a penalty shot for the other team.
* Players are not allowed to hit the ball out of another player's hands.
* Attacking players take their shots at the goal from outside the arc.
* If a shot hits the wall behind the goalie, it is a goalie ball.
* Only the goalie can kick the ball.
* Points awarded for goals vary 5, 3, or 1.
* Penalty shots are taken just outside the circle and directly in front of the goal.

Volleyball

* A volleyball game is played to 25 points. A match consists of the best two out of three games.
* There are 6 players on the court at one time (per team).
* You are allowed 3 hits per side - bump, set, spike. A player may not hit the ball two times in a row.
* A block is not considered to be one of the three allowed hits.

* If the ball lands on a line it is good or fair.
* A point is awarded at the end of every play.
* When serving, you may stand anywhere along the back line but you may not **step** on the back line.
* The ball may touch the net on a serve.

Ultimate Frisbee

* Teams should consist of 7-8 players.
* Play begins by one team throwing the Frisbee, or disc, to the opposing team.
* The offensive team may throw the Frisbee in any direction to a teammate. When another player catches it, he must throw it to a teammate within 10 seconds.
* It is illegal to run with the Frisbee.
* One point is scored when an offensive player catches the disc in the end zone.
* Control of the Frisbee is given to the defense if a thrower fails to complete a pass, waits more than 10 seconds, drops the disc, or throws it out of bounds.
* No contact is allowed

Fleet Football (5 down football)

* Play begins 10 feet in front of end zone.
* The offense has five downs to score as many touchdowns as they can.
* Touchdowns are worth 6 points, interceptions 2 points.
* The quarterback may run one play each series.
* The defense may rush after 7 seconds.
* If ball is intercepted you may run it back to score a touchdown.

Pickle Ball

* Serve is made underhand. Player must keep one foot behind back line when serving.
* The server must hit the ball in the air on the serve.
* Service is made diagonally cross-court and must clear the non-volley zone (kitchen).
* At the start of each game, the 1st serving team is allowed only one fault before giving up the ball to the opponents. Thereafter both members of each team will serve and fault before the ball is turned over to the opposing team.
* A team shall score a point only when serving.
* Each team must play their first shot off the bounce - Double Bounce Rule.
* Players may only enter the non-volley zone (kitchen) when the ball bounces in that area.

Tseg Ball

* Start game with a jump ball, similar to basketball.
* The ball is advanced in any direction by passing the ball to teammates.
* If a pass is not complete it is a turnover, or a change in possession.
* Once a goal is scored the team on the sidelines comes in immediately and becomes the defensive team.
* The team that scored gets the ball out of the net and starts playing right away, trying to score while the team on the side line is coming in.
* Slam dunking on the goal is not allowed.

Square Dancing

* Class starts with a Grand March, students line up and sets are formed.
* Males stand with the females standing to their right.
* Head couples are 1 and 3; side couples are 2 and 4.
* Know the following: dosado, alaman your corner, swing, grand right and left, bend the
* Line, courtesy turn, promenade

Answer the following questions: (look up definitions and related info.)

1. How can qualities found in sports – Respect, Sportsmanship, Character and Teamwork be carried over into your daily lives?

2. What is the purpose and significance of fitness testing?

1. What is this stretch called? 

2. In the above picture (question 1) what primary muscles are used in this stretch?

_____

3. What is this stretch called? 

4. In the above picture (question 3) what primary muscle is used in this stretch

_____

5. What is this stretch called? 

6. In the above picture (question 5) what primary muscle is used in this stretch?

_____

7. What is this stretch called? 

8. In the above picture (question 7) what primary muscle is used in this stretch?

_____

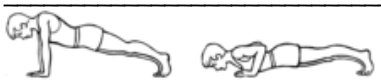
9. What is this stretch called? 

10. In the above picture (question 9) what primary muscle is used in this stretch?

11. What is this exercise? 

12. In the above picture (question 11) what primary muscle is used in this exercise?

_____



13. What is this exercise called?

14. In the above picture (question 13) what primary muscles are used in this exercise?

_____



15. Identify the exercise shown above.

16. What are the primary muscles being used during the exercise in question number 15?

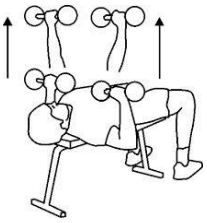
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17. Identify the exercise shown above.

18. What is the primary muscle being used during the exercise in question number 17?

_____



19. Identify the exercise shown above.
20. What is the primary muscle being used during the exercise in question number 19?

_____



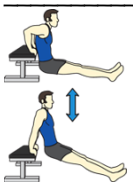
21. Identify the exercise shown above.
22. What is the primary muscle being used during the exercise in question number 21?

_____



23. Identify the exercise shown above.
24. What is the primary muscle being used during the exercise in question number 23?

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25. Identify the exercise shown above.
26. What is the primary muscle being used during the exercise in question number 25?

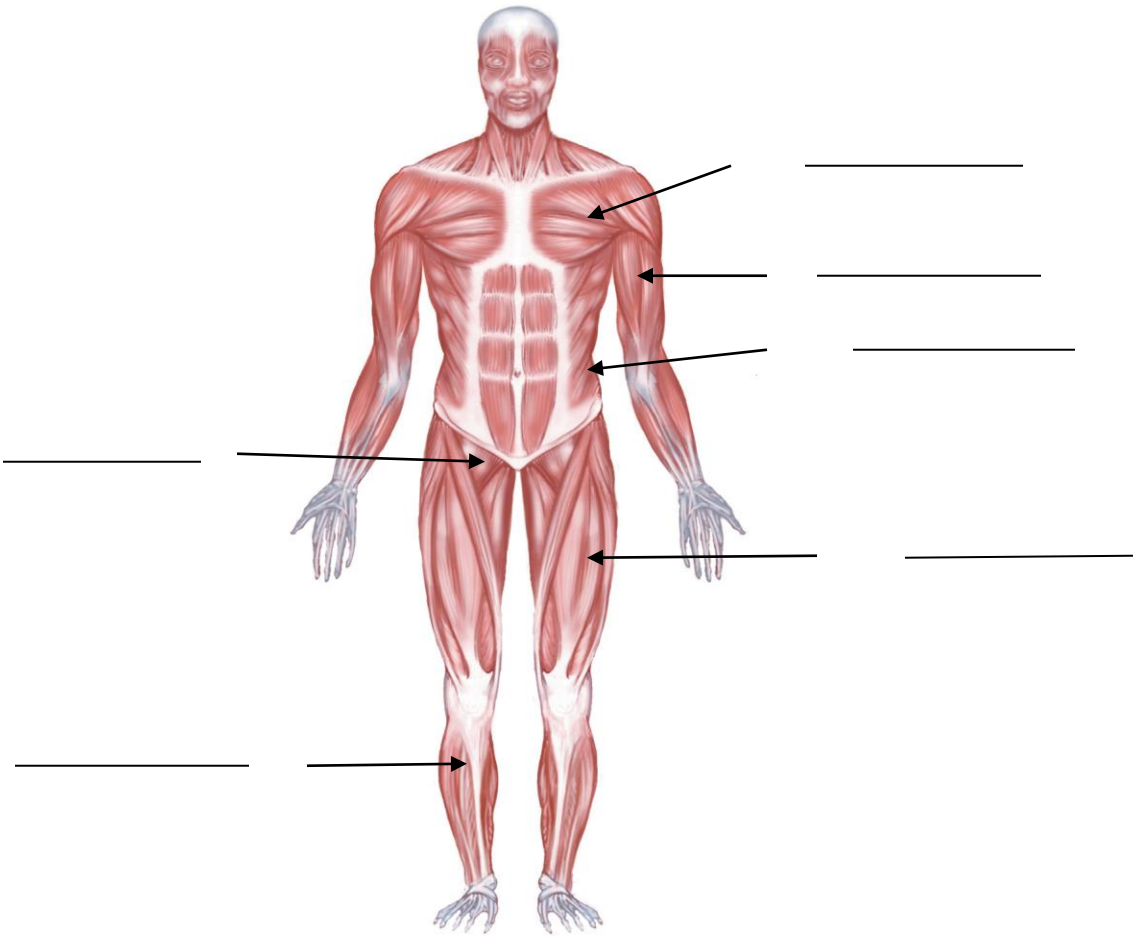
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Name: _____ **period:** _____

- **Upper body**

a. Biceps
b. External Obliques
c. Pectorals
d. Adductors
e. Tibialis Anterior

Ab. Quadriceps



a. Gluteus Maximus
b. Gastrocnemius
c. Deltoid
d. Trapezius
e. Triceps

AB. Latissimus Dorsi
AC. Hamstrings

