

## Aerobics - Theory/Fact Sheet

Aerobics is a life time activity which will provide students a low- economic method of improving cardio-vascular fitness, strength, endurance and coordination. This will also afford students the opportunity to become knowledgeable in understanding their target heart rate and fitness goals and become physically fit through low and high impact motor and non-motor movements.

### Safety Concerns

- ✧ Exercise in open areas with good lighting
- ✧ Exercise with a friend
- ✧ Let someone know where you'll be and what time you'll return
- ✧ Dress for the weather.
- ✧ Listen to your body signals.
- ✧ Exercise at least two or three times weekly
- ✧ Warm up before exercising
- ✧ Cool down after each session

### Terminology

**Aerobic dance** - continuous and rhythmic movement to music intended to improve cardiovascular fitness.

**Choreographed routines**- formally arranged step patterns taught in the same sequence each time the routine is performed.

**Cueing**- verbal and nonverbal techniques used to inform participants of upcoming movements.

**Dehydration**-state in which the body has lost more water than has been taken in

**Freestyle routine**-aerobic movements that are done in random fashion

**High impact aerobics**- dance style characterized by movement that requires both feet to leave the floor

**Lifelong fitness**- the ability to stay healthy and fit as you age

**Low impact aerobics**- dance style requiring that one foot remain on the floor most of the time

**Muscular strength**- maximum amount of work a muscle can do at a given time

**Physical fitness**- the ability of the body to perform daily tasks without getting out of breath, sore, or overly tired while avoiding diseases related to a lack of activity

**Target heart rate zone**- range that should be reached during exercise to gain cardio-respiratory health benefits

**Tempo**- rate of speed of music played; determined by counting the number of beats per minute

**Warm-up**- a five- to ten-minute period of mild exercise that prepares your body for more vigorous exercise

### Four Main Aerobic Sequences

- ✧ Warm up/Pre Stretch
- ✧ Aerobic Activity
- ✧ Cool Down
- ✧ Final Stretch

### **Four Benefits of Aerobic Fitness**

- ✧ Develops overall fitness
- ✧ Improves flexibility, strength, cardiovascular fitness and body composition
- ✧ Develop coordination and balance
- ✧ Provides opportunity for social interaction

### **Examples of Aerobic Exercise**

- ✧ Swimming
- ✧ Brisk walking
- ✧ Dancing
- ✧ Jumping rope
- ✧ Cross-country skiing

### **Additional Benefits of Aerobics**

- ✧ Appearance
- ✧ Increased energy level
- ✧ Improved self esteem



## Aquatics/Swimming - Theory/Fact Sheet

Aquatic training is a life-time activity and survival skill. Aquatics can be beneficially healthy for fitness and wellness. The unit will express the positive impact of swimming, mentally, physically and socially. Students will be introduced to basic life- saving techniques, aquatic safety, strokes, breathing techniques and water survival skills. (Where applicable)

### Safety Concerns

- ✧ Always swim in a facility with a lifeguard
- ✧ Know the depth of the water before you enter
- ✧ Never swim alone
- ✧ Do not eat or chew gum while swimming
- ✧ Obey all rules and regulations of the facility
- ✧ Know your limits
- ✧ Never swim when tired

### Terminology

**Buoyancy**- characteristic of water that holds a person up

**Dive**- headfirst entry into the water with arms outstretched in front of head and legs straight and together

**Inhale/Exhale**- breathing in through the mouth and out through the nose and mouth

**Finning**- basic form of propulsion taught to beginning swimmers while on their backs

**Float**- maintaining motionless posture on the surface of the water

**Glide**- move through the water with body fully extended after a dive or push off

**Jump**- feet first entry from poolside or from a spring board

**Tread Water**- combination of hand/arm movements, along with a kick, to keep above surface

### Basic Skills

- ✧ Water Entry
- ✧ Breathing
- ✧ Floating

### Strokes

- ✧ Backstroke
- ✧ Breaststroke
- ✧ Sidestroke

### Additional Benefits of Aquatics/Swimming

- ✧ Appearance
- ✧ Increased energy level
- ✧ Improved self esteem
- ✧ Lifetime Activity
- ✧ Survival Skills
- ✧ Rescue Skills



## Badminton- Theory/ Fact Sheet

The objective of the game is to hit the shuttle back and forth over a net until a point is scored. The team/person who reaches the determined amount of points first wins. Students will be introduced to a life-time recreational activity to develop quick eye-hand coordination, strength and balance. Emphasis will be placed on the rules and regulations, safety and being a team player.

### History

- ✧ Badminton evolved from a game called battledore that was played in China in 5<sup>th</sup> century
- ✧ Played in England in the fourteenth century
- ✧ Introduced in US in 1878
- ✧ 1936 American Badminton Association organized
- ✧ Became an Olympic medal sport in 1992

### Equipment

- ✧ Racket is made of lightweight material like wood, plastic or metal.
- ✧ Shuttlecock (birdie) – made of feathers, nylon or plastic mesh

### Terminology

**Around the head shot**- overhead forehand stroke taken when the shuttle is on the backhand side of the body

**Backhand**-stroke made on the non-racket side of the body

**Block**-return of opponents smash

**Carry**-shuttle illegally stays in contact with the racket during the stroke

**Clear**-a shot hit deep into the opponent's court

**Crosscourt**-shot hit diagonally into the opposite court

**Drive**-a fast and low shot that makes a horizontal flight over the net

**Drop**-shot that just clears the net

**Fault**-a violation of the playing rules

**Forehand**-stroke made on the racket side of the body

**Game point**-the point that allows the server to win the game(if won)

**Inning**-time during which a team or player keeps the serve

**Let**-a minor violation of the rules allowing a rally to be replayed

**Love**-term used to indicate a score of zero (0)

**Match**-a series of games to determine a winner

**Match point**-the point that wins the match for the server (if won)

**Setting**-choosing the number of points to play when certain tie scores are reached

**Side out**-when the serve is lost

**Smash**-fast, downward overhead stroke

**Underhand**-stroke that is hit upward from below shoulder level

### Scoring

A player/team can only score when they have the serve.

Fifteen points win the game

When serving, if the servers score is even, the serve is taken from the right side, and when the score is an odd number, it is taken from the left

## **Rules**

A coin toss or spin of the racket determines who will serve first

A player may not touch the net with a racket or body during play

A birdie may not come to rest or be carried on the racket

A birdie may hit the net on its way across during play and the rally can continue

A player may not reach over the net to hit the shuttlecock

A loss of serve is called a side out

Different types of shots are the lob, drop shot, smash and drive

The serve must be hit diagonally across court

A serve that touches the net and lands in the proper court is called a let

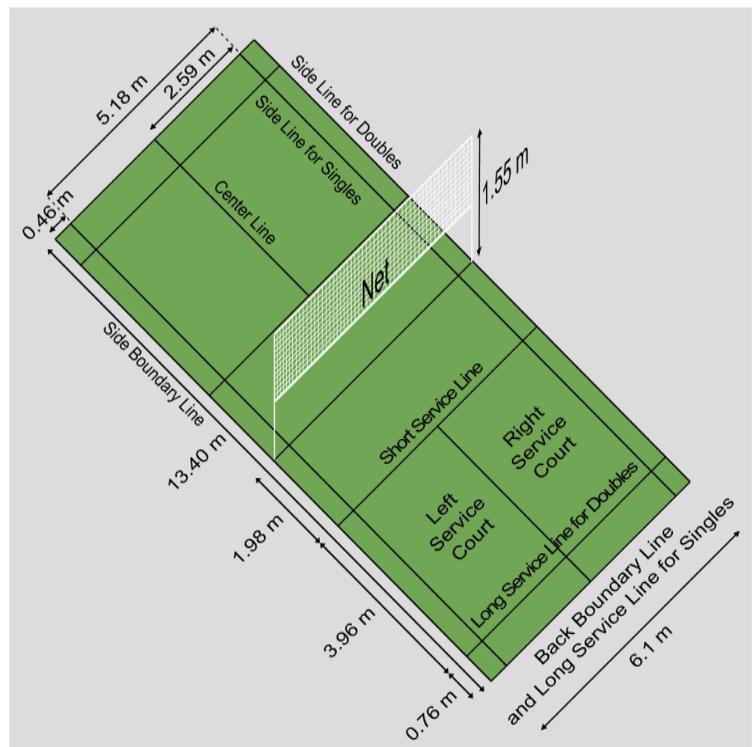
A serve that is totally missed may be tried again

The racket must make contact with the birdie below the waist on a serve

The server and receiver must stand within their respective service courts until the serve is made

All lines are considered in bounds

## **Diagram**



## Basketball- Theory/ Fact Sheet

This unit will review previously learned fundamentals and introduce advanced sport specific skills and strategies of basketball to be able to participate in a life-time activity. The unit affords students the ability to cooperate and work as team. Students will receive the skills and knowledge to participate in a regulation game complete with officials and full court regulations.

### History

- ✧ Designed by James Naismith in 1891
- ✧ Now professionally played by both men and women

### Terminology

**Bounce pass** – pushing ball toward a teammate so that the ball bounces 1 time before arriving at the receiving player's waistline.

**Box out** – a technique used when rebounding to position your body so that the opponent cannot get the ball.

**Chest pass** – pushing the ball with two hands toward a teammate so that the ball never bounces and arrives at about chest level.

**Dribbling** – pushing the ball toward the floor using the fingertips of 1 hand so that the ball returns back to about waist height in order to be pushed back toward the floor again.

**Double dribble-** when a player stops his/her dribble and then decides to dribble again

**Foul-** an infraction of the rules which can lead to a free throw or possession of the ball

**Free throw** – a 1 point shot from the free throw line. During a free throw, the clock is stopped and the player shooting is unguarded.

**Give and go-** a player passes the ball to a teammate and then immediately cuts to the basket

**Jump shot** – a technique used to shoot the ball toward the basket. It is important to bend at the knees to ease the amount of effort the arms need to expend during a jump shot.

**Lay-up** – a 2 point field goal that is scored close enough to the basket that a jump shot is not required. When performing a lay-up with the right hand, a player should jump off of the opposite foot.

**Man to man defense** – in man to man defense, every player is responsible to guard one player

**Overhead pass** – throwing the ball using a similar motion to that of throwing a baseball when a player is open down-court and cannot be reached with a bounce pass or a chest pass.

**Passing** – act of giving the ball to another player

**Post up** – the act of pinning an opponent behind your back deep under the basket in order to easily receive a pass and be in scoring position.

**Setting a pick** – the act of sneaking up and standing right next to a teammate's defender to make a cut and the defender to run into the person setting a pick so that the other teammate is now unguarded

**Traveling Violation-** if a player takes 3 steps after picking up his or her dribble while moving

**Zone defense** – in zone defense, each player is responsible to cover a designated area

## **Equipment**

- ✧ Basketball
- ✧ Backboard & Hoop

## **Playing Area**

- ✧ A basketball court measures 90 feet in length and 50 feet in width
- ✧ The rim is 10 feet above the playing surface.

## **Players/Positions**

- ✧ Guard – handles and distributes the basketball to teammates. The guard is usually a smaller player who is quick and has good vision. The guard can be a scoring threat, however, the guard spends a lot of time creating space so that other teammates can get an open shot.
- ✧ Forward – the two forwards are usually bigger than the guards and do majority of the scoring for an offense. Forwards must have a decent jump shot and an inside game as well.
- ✧ Center – the center is usually the tallest player on the team. He/she has the responsibility of playing underneath the basket majority of the game in order to get rebounds and create an inside threat.

These main players also play defense. Two defensive strategies are:

- ✧ Man to man defense – every player is responsible to guard one player on the opposing team no matter where that player goes. This is used to pressure the other team into making quick decisions and hopefully create a turnover. During man to man defense teams are vulnerable because if a player gets beat, the offensive team has a huge advantage.
- ✧ Zone defense – each player is responsible to cover a designated area. If an offensive player moves through a designated area and then into another, the defensive player will fall back and let another teammate cover that offensive player.

## **Scoring**

- ✧ 2 point field goal – a shot made anywhere inside the “arc” during game-play
- ✧ 3 point field goal – a shot made anywhere behind the “arc” during game-play
- ✧ Free Throw – 1 point for an unguarded shot from behind the free throw line

## **Rules**

Women’s basketball is played at the professional level in the United States.

The NBA incorporates a shot-clock which gives the team with the ball 24 seconds from the moment they gain possession of the ball to attempt a shot at the basket.

There are 5 players on the court for each team.

An offensive team has 10 seconds to get the ball past half-court by either dribbling or passing

A defensive player can stop a pass with any part of the body except the legs and feet.



## **Bowling - Theory/Fact Sheet**

This unit will provide an introduction to a life-time activity to enhance strength and coordination. Students will receive basic fundamentals of the skills and strategies to participate in the sport both competitively and socially.

### **History**

- ✧ The sport of bowling originated in Germany.
- ✧ The American Bowling Congress is the organization that oversees, sets the rules and governs the sport of bowling.

### **Safety Considerations**

- ✧ One person bowls at a time.
- ✧ Proper bowling shoes

### **Terminology**

**Anchor-** the last person who bowls on the team

**Book-** when the ball hits between the #1 and #3 pin

**Brooklyn side-** when the ball hits on the left side between the #1 and #2 pins

**Head pin-** # 1 pin in the set-up

**Laying a foundation-** is when you get a strike in the 9<sup>th</sup> frame.

**Sleeper pin-** when one pin is hidden behind another

### **Equipment**

- ✧ Bowling ball- The ball must be round, solid, have a circumference of no more than 27 inches, and weigh between 10 and 16 pounds. Most bowlers use a ball drilled with 3 holes: one for the thumb, one for the ring finger, and one for the middle finger. You may also see some bowling balls with more than 3 holes. This allows players to be able to adjust their hand position on the ball during a game.
- ✧ Bowling shoes

### **Playing Area**

- ✧ Foul line to pins, which are numbered left to right starting with the #1 pin, measures 60 feet long.

### **Scoring**

The bowling score is cumulative; the score made in a frame is added to the running total of the previous frames.

A strike is awarded if the bowler knocks down all their pins on the first roll in of the frame.

A spare is awarded if the bowler knocks down all their pins with two balls rolled in the frame.

The maximum possible score in a frame is 30, which would result from three strikes in a row.

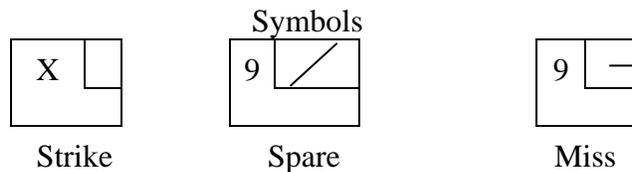
The maximum possible score in a game of bowling is 300, which represents 12 consecutive strikes.

Scoring in bowling involves a bonus system. The bonus for the strike is 10 plus the number of pins knocked down on the next two balls rolled. The bonus for the spare is 10 plus the number of the pins knocked down on the next roll.

Add the actual pin count to the running total if a bowler knocks down less than 10 pins with the two balls rolled in the frame.

**Scoring continued**

	1	2	3	4	5	6	7	8	9	10		
Tom	X	X	X	7	8	—	X	7	9	X	X	8
	30	57	76	85	95	104	124	143	152	180		



**Rules**

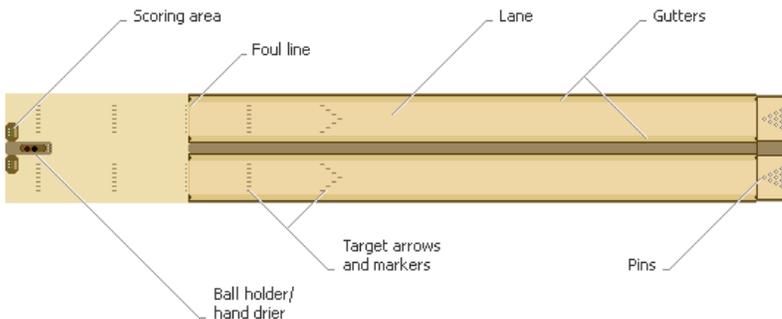
Proper manners also known as etiquette is very important in bowling.

A bowling game consists of 10 frames and the bowler tries to knock down as many pins as possible with one or two balls each frame.

The bowler with the highest score after 10 frames is the winner.

**Lane Diagram**

**Pin Set-Up**



## **Flag Football- Theory/Fact Sheet**

This unit provides students an opportunity to acquire and practice fundamental skills of football. Emphasis will be placed on the knowledge of the game, rules and team strategies through participation. All students will be given the opportunity to participate at any and all positions.

### **Safety Considerations**

- ✧ Non-Contact
- ✧ Play stops when whistle blows

### **Terminology**

**Center-** the offensive lineman who snaps the football to the quarterback

**Down-** when the ball becomes dead, each team gets four chances to try to score a touchdown or advance the ball to achieve a first down

**Dead ball-** the ball becomes dead when the ball carrier's flag becomes detached, when any part of the ball carrier's body other than the hands and feet touch the ground, an incomplete pass, a fumble, and when the ball goes out of bounds

**Defense-** the team that does not have possession of the ball

**End zone-** the area between the goal line and the end line where touchdowns occur

**Fake-** a move made by a player for the purpose of deceiving an opponent

**First down-** the first of four attempts to move the football forward into the end zone or to the center line

**Fumble-** the ball carrier drops the ball while in their possession

**Handoff-** an exchange of the football from the quarterback to a teammate

**Interception-** when the defense catches a ball that was meant to be caught by the offensive team

**Line of Scrimmage-** imaginary line drawn from the forward tip of the football to the sideline

**Offense-** the team that has possession of the football

**Offside-** Movement across the line of scrimmage before the football is snapped

**Safety-** an offensive player having possession of the football is downed in their own end zone

**Touchdown-** an offensive player having possession of the football in the opponent's end zone

### **Equipment**

- ✧ Waist belts & flags
- ✧ Football
- ✧ Down markers

### **Playing Area**

- ✧ The playing area is 100 yards long by 40 yards wide
- ✧ The field is divided into four 20 yard zones and two 10 yard end zones

## Players

### Offensive

- ✧ Center
- ✧ 4 Offensive Line Players
- ✧ Quarterback
- ✧ 2 Halfbacks
- ✧ Flanker

### Defensive

- ✧ 3 Defensive Line Players
- ✧ 2-3 Linebackers
- ✧ Cornerback
- ✧ 1-2 Safety

## Scoring

- ✧ Touchdown- 6 points
- ✧ Extra Point- 1 Point
- ✧ Field Goal- 3 Points
- ✧ Safety- 2 Points

## Rules

8 players on the field- 4 men, 4 women

Game starts with coin toss

Detached flag means the play is over

No blocking allowed

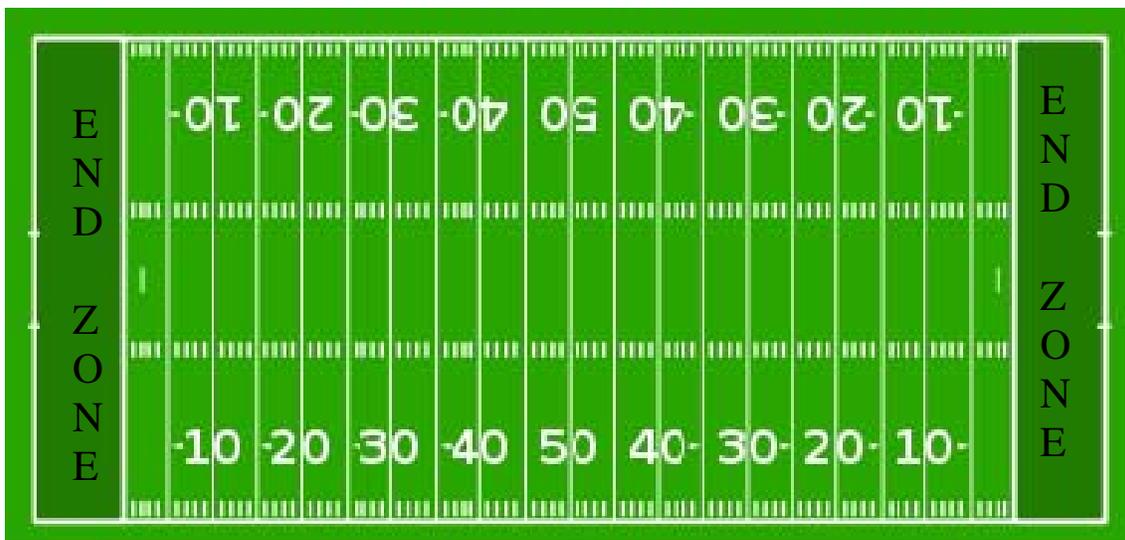
Only forward passes allowed

Must announce when attempting a kick or field goal

Unlimited substitutions

Play stops when whistle blows

## Diagram



## Floor Hockey- Theory/Fact Sheet

The game of hockey is thought to be dated back to the ancient Greeks. The objective of the game is to get the ball/puck in the opponent's goal through dribbling, a series of passes and shots within the boundaries of the playing area.

### Safety Considerations

- ✧ Keep sticks below the waist
- ✧ Play stops when whistle blows
- ✧ Do not enter the goal crease

### Terminology

**Backhand-** passes or shots using the back of the head of the stick

**Crease-** area in which the goalie is the only one to enter

**Face off-** starts the game off and occurs after each goal is scored or penalty is committed

**High Sticking-** when the stick comes above the waist

**Holding-** using your stick to hold another players stick

**Hooking-** using your stick to take another players stick away

**Off-sides-** when a player enters an area they are not allowed

**Penalty-** an infraction of the rules

**Penalty Shot-** an unobstructed free shot awarded for a penalty

**Power Play-** when a team plays with one less player due to a penalty

**Slap Shot-** a shot made using a slapping motion

**Slashing-** using the stick to hit another players stick or body

**Two line pass-** an illegal pass that crosses over two lines of the playing area

**Wrist shot-** shot made with a flick of the wrist

### Equipment

- ✧ Sticks
- ✧ Goal keeper equipment
- ✧ Protective equipment
- ✧ Puck
- ✧ Goals
- ✧ Pinny

### Players

- ✧ Three forwards
- ✧ Two defense players (right & left)
- ✧ Goalie

The defense players may only stay in the area by the goal. The three forwards score the majority of the team's goals, but must also play defense.

### Scoring

A goal is scored when the ball/puck completely crosses the goal line in the opponent's goal. It must be shot with a stick in order to count, not kicked in. After each goal is scored a face-off must occur at center court.

The game begins with a face-off. All players must be behind the center line on their side of the floor. The ball/puck is dropped between the two centers that are facing each other with their sticks on the floor.

### Rules

Teams consist of 6 players. A substitution may be made when play is stopped.

A goal is scored when the ball/puck completely crosses the opponents' goal line.

A player may not enter the opponents' goal crease. If a goal is scored while an opponent is in the crease the goal does not count.

Body checking, pushing, or other rough play is not allowed and will result in a timed penalty. A penalty occurs when the offending team plays with one less player for a period of time, this is known as a power play. The player that is removed from the game for a certain time is the player who committed the violation.

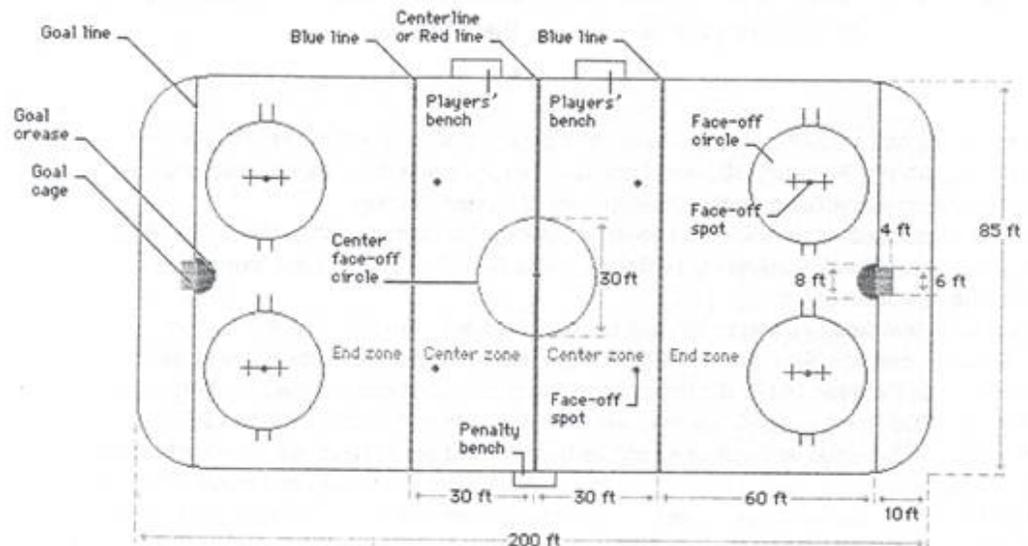
A player must not raise the stick above the waist.

An offside pass occurs when the ball/puck is passed across two playing lines. When this occurs a face-off is held in the opponents' neutral zone.

Players may use their hands to catch/knock a high-flying ball/puck straight down to the floor. They may not attempt to advance the puck with the hands. Only the goalie may grasp the ball/puck with hands to stop play.

When the referee blows the whistle all play stops.

### Floor Hockey Diagram



## Golf - Theory/Fact Sheet

Through participation the students will acquire skills to enhance their quality of life and fitness levels. The unit is designed to provide students with the fundamental knowledge and etiquette for a life-time activity. Golf is an activity of discipline, focus and skill.

### History

- ✧ Historians state that the game of originated in Scotland.

### Safety Concerns

- ✧ Never walk in front of someone's putting line

### Terminology

**Back nine**- last nine holes on the golf course that will complete the round

**Birdie**- when a golfer scores one shot less then the hole requires

**Bogey**- one stroke more then the hole requires

**Divots**- marks left on the golf course after shots are made

**Front nine**- the first nine holes

**Irons**- clubs numbered 2-9 used for different shots at different distances

**Par**- when the hole is finished in the required strokes

**Putter**- golf club with a flat surface used on the green and other flat surfaces

**Woods**- golf clubs used to hit the ball further

### Equipment

- ✧ Appropriate dress on the golf course should consist of long pants, shorts, and a collared shirt.
- ✧ Soft spike golf
- ✧ Clubs

### Playing Area

- ✧ A regulation golf course consists of a total of eighteen holes.
- ✧ A standard hole in golf consists of the tee-box, the rough, the fairway, sand traps, water hazards, the green, and the flag-stick.

### Scoring

The objective in golf is to get the ball from the teeing area into the hole on the green in the fewest number of strokes.

The penalty for a bad shot is to replace the ball two club lengths from the spot of the penalty and the ball cannot be any closer to the hole.

Man made objects such as water hazards require two penalty strokes when your ball lands in or around them.

## Rules

Each hole begins by the golfer hitting first shot from the tee-box.

The proper etiquette in golf is to allow the person who has won the previous hole with the low score to go first on the next hole. This is known as “honors”.

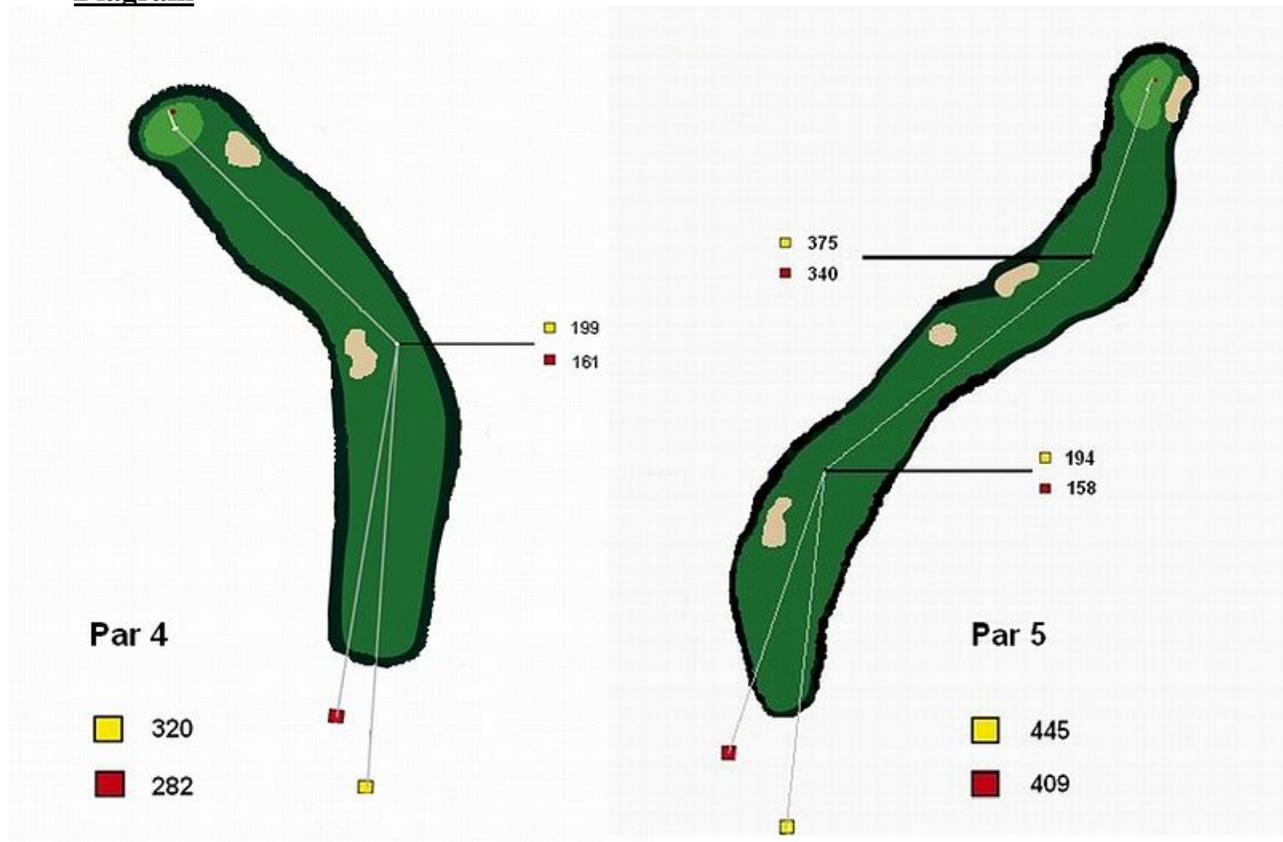
In golf the golfer tries to get the ball on the green where the flag stick and hole are.

A good golf swing requires that the hips should face the hole when completed.

Anytime you lift or move the golf ball off any surface you must mark the spot where the ball was.

The landing area for any tee shot should be to land in the fairway the area between the tee and green.

## Diagram



## Handball - Theory/Fact Sheet

Handball is a game that requires the use of many fundamental motor skills and coordination to participate in a life-time activity. This unit is designed to enhance eye-hand coordination, speed and accuracy.

### Terminology

**Ace-** a perfect serve that is not returnable by the opposing player/team

**Fault-** when a player steps over the outer edge of the service or short line during a serve

**Forehand stroke** – when the ball is approaching a player anywhere between knees and chest height, the player must position himself/herself on either side of the ball. In the forehand stroke, the arm starts out extended and away from the body and then crosses in front of the chest.

**Long line-** line that is 34 feet from the wall

**Non-dominate return** – when a player returns the ball using any of the strokes with his/her non-dominate hand

**Overhead stroke** – when the ball is approaching a player and it is over his/her shoulder, the player's arm starts behind the head and swings upward and then in front of the body. The overhead stroke resembles a person throwing a baseball.

**Serve** – a player must be in the service zone. A serve puts the ball in play.

**Service zone-** area for a player to serve

**Short line-** line that is 16 feet from the wall

**Spike-** when a player slams the ball toward the base of the wall making it very difficult for an opponent to return.

**Out-** when a player/team loses a serve.

**Underhand stroke** – when the ball is approaching a player and it is very close to the ground, a player must swing his/her arm downward toward the floor in order to make a play on the ball. The underhand stroke resembles the motion used in bowling.

### Equipment

- ✧ Ball
- ✧ Playing Area

### Playing Area

- ✧ Handball is played on a court that measures 20 feet wide by 34 feet in length.

### Scoring

- ✧ Handball matches are played up to 21 points.
- ✧ A point is only awarded to a player/team who serves.
- ✧ When a player serves and the opposing team cannot return the ball, 1 point is awarded to the team or player that served.
- ✧ If the player or team who did not serve hits a ball that is not returnable by the opposition, that player or team is awarded a chance to serve.

## Rules

Players are allowed to serve and return the ball with either hand.

Handball is a fast-paced game that provides a vigorous aerobic workout.

Proper footwork is extremely important to being successful in handball.

Handball can be played on a court with 1 wall, or on a court with 3 walls.

Even though rules may vary based on the number of players in a match, handball can be played with 1, 2, 3, or 4 people.

The line that is 34 feet from the wall is known as the long line.

The line that is 16 feet from the wall is known as the short line.

In order for a player to serve, he/she must be standing in the service zone.

When a player/team loses a serve it is called an out.

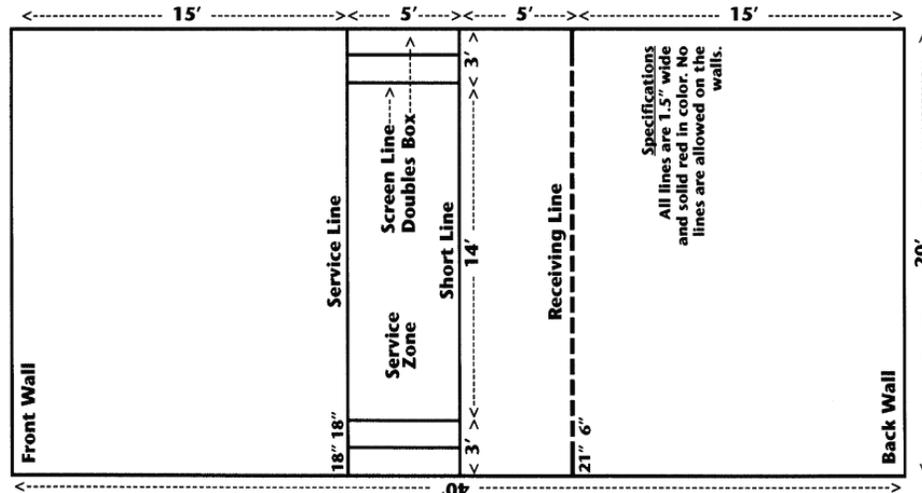
When a player steps over the outer edge of the service or short line during a serve it is considered a fault.

A perfect serve that is not returnable by the opposing player/team is called an ace.

Similar to volleyball, players in handball can use a spike. This is when a player slams the ball toward the base of the wall making it very difficult for an opponent to return.

Gloves are required in competitive handball.

## Diagram



## International Dance - Theory/Fact Sheet

This unit will provide students with the skills to perform and appreciate dance as an art and a form of physical fitness as a life-time activity. Fitness can be achieved by applying the concepts of rhythm, movement and bio-mechanics to execute various forms of dance. In addition, dance is cultural, interactive and a method of non-verbal communication.

### Safety Concerns

- ◇ Listen to directions
- ◇ Always warm up properly
- ◇ Proper attire and footwear

### Terminology

**Choreographed routines-** formally arranged step patterns taught in the same sequence each time the routine is performed.

**Cueing-** verbal and nonverbal techniques used to inform participants of upcoming movements.

**Lifelong fitness-** the ability to stay healthy and fit as you age

**Tempo-** rate of speed of music played; determined by counting the number of beats per minute

**Warm-up-** a five- to ten-minute period of mild exercise that prepares your body for more vigorous exercise

### Eight International Dances

- ◇ Samba
- ◇ Mambo
- ◇ Salsa
- ◇ Tango
- ◇ Rhumba
- ◇ Cha-Cha
- ◇ Merengue
- ◇ Bollywood



### Samba

- a. Stand with feet shoulder-length apart. Keep feet this width as you come out of and go into each new move.
- b. Step back with right foot and do a quick bounce. Bring feet together. Bend knees slightly coming back together to keep that “bounce effect”. Step forward with left foot and do a quick bounce again. Bring feet together. Remember to bend knees
- c. Take a step to right side and bounce, bring feet together. Bend your knees. The music timing will also help you remember this. (This move is called a Cuban move)
- d. Go back to left side and bounce, bring feet back together. Bend your knees again.
- e. Move forward with left foot and turn slightly with your right foot. Propel body around 100 degrees moving with your left foot and guiding with your right.
- f. Transition right back in the Cuban move after the last step, which completes the basic Samba steps.

### Mambo

Leader

- a. Stand with your feet together facing your partner
- b. Place your right hand on your partner’s waist
- c. Extend your left hand, palm up, to your side with your arm bent
- d. Grasp your partner’s hand in a loose grip



- e. Wait for music to start
- f. Listen for first beat
- g. On second beat, step back with your right foot
- h. On third beat, shift your weight to your left foot
- i. On the fourth beat, step forward with your right to bring your feet together again. Shift your weight back to your right.
- j. Pause for the fifth beat
- k. On the sixth beat, shift your weight to your left foot and step forward
- l. On the seventh beat, shift your weight back to your right foot
- m. On the eighth and final beat, shift your weight back to your left and step back, bringing your feet together.

**Partner**

- a. Follow the leader
- b. Place your left hand on their right shoulder
- c. Bend right elbow and place of your right hand lightly on your leader's outstretched palm
- d. Wait for the music to start
- e. Listen for first beat
- f. On second beat, step forward with your left foot
- g. Continue following, in reverse, the direction of the leader

**Salsa**

- a. Relax. Salsa is all about the rhythm and it's hard to have rhythm when you're tense
- b. Listen to the music. You are to mimic the rhythm of the drums with your feet. Just follow the general pattern they lay out
- c. Take small steps in time with the music. The faster the music goes, the smaller your steps have to be. Bend your leg, and then straighten it, with every step you take
- d. Lead with the balls of your feet no matter which direction you're stepping in. Don't wiggle your hips, the characteristic salsa hip and leg movements come naturally if you make sure to shift your weight with every step
- e. Remember to relax, breathe, and stand up straight. Remember keep your feet moving to the rhythm

**Tango**

- a. Face your partner and stand close together that your torsos are touching
- b. If you're the leader, place right hand on the middle of partner's lower back. Extend left hand out to side with arm bent and grasp partner's right hand in a loose grip. Your partner should place right hand lightly in your palm with their right elbow bent
- c. On the first beat, walk forward slowly with left foot, placing down your heel first and then toes. Your partner will mirror each movement on every beat throughout the dance- in this step the partner will be moving right foot backward, landing their toes and then their heel
- d. On the second beat, step forward slowly with your right foot so it moves past the left
- e. On the third beat, step forward slowly with your left foot then immediately slide your right foot quickly to the right side and shift your weight to that foot.
- f. On the fourth beat, bring your left foot slowly to your right, leaving your left foot slightly bent as your feet come together. Your weight should still be on the right foot
- g. Now shift your weight to your left foot and do a right forward rock step. While making a half turn clockwise, quickly shift your weight back to your left foot. With your right foot, slowly step forward to complete the half turn
- h. Bring your feet together, bring your left foot up next to your right and repeat steps c-g

## Rhumba

### Leader

- a. Stand opposite your partner
- b. Place your right hand on their waist
- c. Extend your left hand to chest height with your elbow bent and your palm raised
- d. Grasp your partner's hand in a loose grip
- e. Listen to the 2/4 or 4/4 beat as the music begins
- f. Step with your left foot when you hear the beat: two feet to the left
- g. Follow with your right foot
- h. Step with your left foot: two feet forward
- i. Step with your right foot: forward two feet and to the right two feet, in one fluid motion
- j. Bring your left foot to meet your right
- k. Step with your right foot: backward two feet
- l. Bring your left foot to meet your right
- m. Repeat

### Partner

- a. Follow the leader
- b. Place your left hand on your partner's shoulder
- c. Place your right hand in your partner's outstretched hand
- d. Step forward when your partner steps back
- e. Step back when your partner steps forward
- f. Mirror your partner's moves as they make their steps

## Cha- Cha

### Leader

- a. Stand opposite your partner
- b. Place your right hand high on your partner's back, under their shoulder blade.
- c. Extend left hand to chest height with your with your elbow bent and your palm raised
- d. Grasp your partner's right hand in a loose grip
- e. Listen to the rhythm of the music when it begins
- f. Steps to the left and slightly backward with your left foot
- g. Step forward with your right
- h. Bring your left foot into your right and close your feet together
- i. Step to the right and slightly forward with your right foot
- j. Step forward with your left foot, rocking up on your right heel as you do so.
- k. Step back with your right foot
- l. Step to the left with your left foot and bring your right foot in to close the step
- m. Repeat

### Partner

- a. Follow the leader
- b. Place your left hand on your partner's shoulder
- c. Place your right hand in your partner's outstretched hand
- d. Step forward when your partner steps back
- e. Step back when your partner steps forward
- f. Mirror your partners moves as they make their moves



## Merengue

### Leader

- a. Stand opposite your partner
- b. Place your right hand high on your partner's waist
- c. Extend left hand to chest height with your elbow bent and palm raised
- d. Grasp your partner's hand in a loose grip
- e. Place your feet shoulder width apart
- f. Bend your legs slightly
- g. Lift your feet to the beat of the music. Drag or shuffle your feet lightly
- h. Move your hips to the beat of the music

### Partner

- a. Follow the leader
- b. Place your left hand on your partner's shoulder
- c. Place your right hand in your partner's outstretched hand
- d. Step forward when your partner steps back
- e. Step back when your partner steps forward
- f. Mirror your partner's moves as they make their moves



## Bollywood

- a. Hands on right hip, right foot on toe, left foot flat.
- b. Move right hip up and down using a 4 count, alternate sides for a total of 16 ct
- c. Step back right, left, right then left, right, left. Arms at chest. Level, hands are palms up bending back and forth towards body (come hither motion) Leaning to the side that is going back
- d. Step forward right, left, right then left, right, left. Arms are shimmying forward slightly down up movement. Repeat steps c-d.
- e. Around the world. Left foot stays in place right foot goes out to side (counter clockwise) and makes full turn hesitating at each  $\frac{1}{4}$  turn. Repeat with right foot in place (clockwise). Arms are out to side.
- f. Limp Step: one foot on toe other flat. Movement toe, flat, toe, flat. Body bends up and down while doing hand roll
- g. Crossover full turn: right over left spinout. Arms down at side at crossover, cross in, open out while turning.
- h. Take right foot step together, left foot step together. Arms at sides in a down up movement.
- i. Limp step in place, left foot in place right foot on toe doing touches in an around motion. Arms: right foot right arm chest level, left arm aside head both using turning light bulb movement.
- j. Repeat step h
- k. Limp step with left foot in place. Hands are at side of face palms out at eye level, going twisting back and forth
- l. Repeat step h
- m. Limp step with left foot in place. Hands are lowered pointing towards toes in a twisting motion.
- n. Repeat step h
- o. Jump to right side, touch, Jump to left side, touch. Hands over head. (raise the roof)
- p. Repeat steps h-o

## Lacrosse- Theory/Fact Sheet

The objective of the game is to sling a ball in the opponent's goal using a long stick that has a triangular head and a webbed pouch called a crosse as many times as possible, while defending your own goal.

### History

- ✧ French settlers in Canada adapted the modern game from an ancient American Indian activity that was at once a sport, combat training, and mystical ceremony.
- ✧ It became an organized sport in the late 19th century.

### Safety Concerns

- ✧ When not playing the stick should be by the player's side and held by the throat or in the two hand ready position.
- ✧ Do not swing or twirl stick.
- ✧ Two hands must be on the stick during play.
- ✧ There is NO contact with any players.
- ✧ All play stops when the whistle blows.

### Terminology

**Cradle**- keeping the ball in the crosse with a swinging motion

**Crease**- area in which only the goalie is allowed

**Crosse**- the top of the stick where the net is

**Throat**- portion of the stick where the handle and head join

### Equipment

- ✧ Crosse
- ✧ Field/Court
- ✧ Goals
- ✧ Protective gear

### Playing Area

- ✧ Men's Field- 110yds x 40yds
- ✧ Women's Field- 120yds x 82yds

### Players & Positions

Men's- (4) 15minute quarters

- ✧ Goalkeeper
- ✧ Three Defenders
- ✧ Three Mid-Fielders
- ✧ Three Attackers

Women's – (2) 30 minute periods

- ✧ Goalkeeper
- ✧ Point
- ✧ Cover Point
- ✧ Third Man
- ✧ Two Defensive Wings
- ✧ Two Attack Wings
- ✧ Center
- ✧ Third Home
- ✧ Second Home
- ✧ First Home

## Scoring

In order to score the ball must be shot into the opponents net. Scoring is unlimited in the time allotted.

## Rules

Game starts with a coin toss to determine possession.

There must be three complete passes before any shots are attempted on goal.

Each gender must touch the ball at least once before a shot can be attempted.

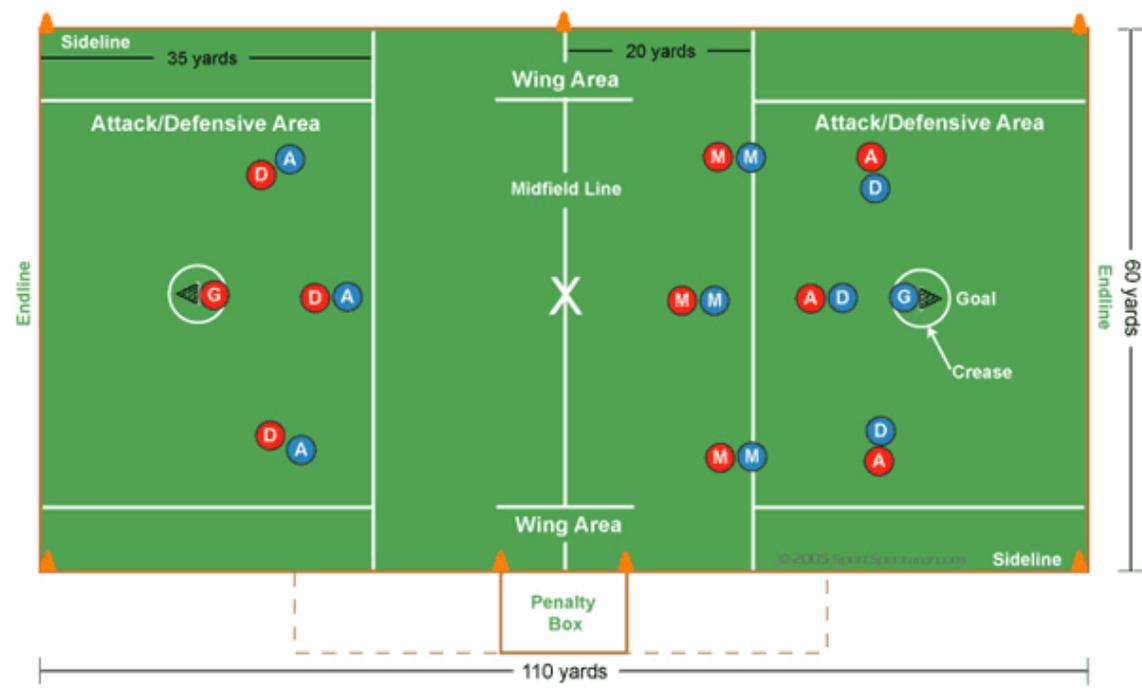
If stalling occurs a possession time limit can be imposed.

Both hands must remain on stick at all times during play.

No one is allowed in the crease. Players should be in constant movement.

Possession changes after each goal.

## Diagram



## Line Dancing - Theory/Fact Sheet

Line Dancing has been mainly associated with country-western music and dance. It can be seen as folk dancing. Many folk dances are danced in unison in a single, non linear line with a connection between dancers often. Line dances have accompanied many popular styles of music since the early 1970's. The music includes pop, swing, rock and roll, disco, Latin, and jazz. Line dancing is practiced in social clubs, dance clubs, and ballrooms worldwide. Line dancing avoids the problem of imbalance of male/female interaction, so people feel more comfortable.



### Safety Concerns

- ◇ Listen to directions
- ◇ Always warm up properly
- ◇ Proper attire and footwear

### Terminology

**Basic-** one repetition of the main dance from the first count to the last without any tags or bridges

**Chasse-** one foot moves to the side, the other foot is placed next to it, and the first foot moves again to the side.

**Counts-** the number of beats of music it would take to complete one sequence of the dance. **Grapevine-** one foot moves to the side, the other moves behind it, the first foot moves again to the side, and the second touches next to the first. There are variations: the final step can consist of a hitch, a scuff, placement of weight on the second foot, and so forth. The name of the step is sometimes abbreviated to vine.

**Lock step-** A triple step backwards or forwards, starting on either foot, with the second foot slid up to and tightly locked in front of or behind the first foot before the first foot is moved a second time in the same direction as for the first step

**Restart-** is a point at which the basic dance sequence is interrupted and the dance routine is started again from the beginning

**Shuffle step-** triple step to the front or the back, left or right side, starting on either foot. The feet slide rather than being given the staccato (short and sharp) movement of the cha-cha.

**Steps-** number of movements

**Tag/Bridge-** is an extra set of steps not part of the main dance sequence that are inserted into one or more sequences to ensure the dance fits with the phrasing of the music.

**Triple step-** 3 steps being taken in only 2 beats of music

**Variation-** when dancers who have progressed beyond beginner status will often replace a section of a dance (say 8 beats) with a compatible set of steps

**Wall-** a wall is the direction in which the dancers face at any given time: the front (the direction faced at the beginning of the dance), the back or one of the sides.

**Weave-** to the left or the right-this is a grapevine with a cross in front as well as a cross behind.

### Five Line Dances

- ◇ **Alley Cat**
- ◇ **Electric Slide**
- ◇ **Cha-Cha Slide**
- ◇ **Mississippi Mudslide**
- ◇ **College Hustle (music Love Train by O'Jays)**

## Dances

### **Alley Cat**

#### Toe Touches to the Side

Touch the right toe to the right side  
Touch the right toe next to the LF  
Touch the right toe to the right side  
Step next to the LF with the RF  
Touch the left toe to the left side  
Touch the left toe next to the RF  
Touch the left toe to the left side  
Step next to the RF with the LF



#### Toe Touches to the Back

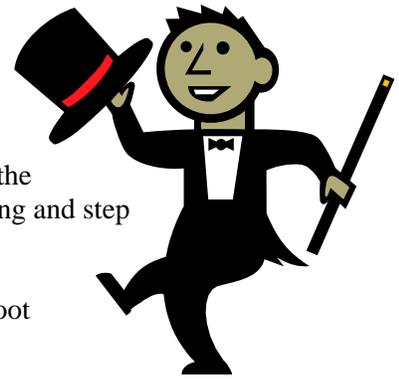
Touch the right toe to the right back corner  
Touch the right toe next to the LF  
Touch the right toe to the right back corner  
Step next to the LF with the RF  
Touch the left toe to the left back corner  
Touch the left toe next to the RF  
Touch the left toe to the left back corner  
Step next to the RF with the LF

#### Raise the Knees

Raise the right knee  
Touch the right toe next to the LF  
Raise the right knee  
Step next to the LF with the RF  
Raise the left knee  
Touch the left toe next to the RF  
Raise the left knee  
Step next to the RF with the LF

#### Raise the Knees and Turn

Raise the right knee  
Step next to the LF with the RF  
Raise the left knee  
Step next to the RF with the LF  
Clap the hands together  
Hold  
Turn to the right  
Hold



### **Electric Slide**

Start by doing a grapevine to the right for steps 1-4 and touch the left foot next to the right foot while clapping on step 4. Then grapevine to the left for steps 5-8 clapping and step touching the right foot next to the left on step 8 at the end of the grapevine.

Walk backward for 9-12. Step on the right then left then right and touch the left foot next to the right and clap on step 12.

Step forward with the left foot for step 13 and tap the right toe at the left heel for step 14 ending with a clap. On step 15 step backward on the right foot and tap the left foot at the right heel for step 16 finishing with a clap. This sequence should resemble a rocking motion.

Repeat the step touch sequence, dance steps 13-16, for 17-20. Step forward with the left foot for step 17 and tap the right toe at the left heel for step 18 and clap. On step 19, step backward on the right foot and tap the left foot at the right heel for step 20 while clapping simultaneously. Use the left foot to step 21 and quarter-turn to the left ending with a hop for a step 22. Now, the group faces "west" and is ready to repeat the steps starting with the grapevine step 1. Continue until the song ends.

### **Cha-Cha Slide**

Grapevine step with a touch

Step back with left foot, step back with the right foot, step back with the right foot, step back with the left foot, touch right foot beside left.

Hop forward with two feet (times will vary)

Stomp right foot in front, Stomp right foot in front

Cross the right foot over the left, step back with the left foot, step to the right with the right foot, step forward with the left foot.

Make a slight turn to the left, step to the right with the right foot, step across right foot with the left foot, step to the side with the right foot, touch the left foot beside the right.

Clap your hands (fast) to the beat.

Jump both feet out, jump and cross right over left, jump both feet out, and jump both feet together.

Step to the left with the left foot, slide right foot to meet the left. "Slide to the right!" Step to the right with the right foot, slide left foot to meet the right.

Do the slide to the opposite side.

Lean back toward the floor, bending down as low as you can go.

Pull yourself back up to a standing position, waving your arms above your head.

With your hands crossing from knee-to-knee, bend your knees and bounce to the beat.

Rock forward on right foot while kicking left foot back

Freeze and strike a pose...with attitude!

### **Mississippi Mudslide**

Stomp forward with right foot, hold for 3 counts, stomp forward with left foot, hold for 3 counts

Rock forward on right, recover left, step in place: right, left, right. Rock forward on left, recover on right, and step in place: left, right, left.

Angle your body slightly to the right as you moves toward the right side wall on counts 1-4, that slight angle is the “turn to the right”. Step right foot right, step left foot behind /next to right, step right foot right turning ¼ left, touch left toes next to right root. After the turn you shall have squared up to the side wall (9:00).

Step left foot left, step right foot behind/next to left, step left on left foot, touch right toes next to left foot

Walks back: right, left, right, left. Hop forward on both feet, hold for three counts with weight on left.

Repeat

### **College Hustle (music Love Train by O’Jays)**

Step right foot to right side, Touch left toe “in” beside Right foot Touch left toe “out” to left side, Touch left toe “in” beside Right foot Step left foot to left side, Touch right toe “in” beside Left foot Touch right toe “out” to right side, Touch right toe “in” beside Left foot.

Step right foot to right side, Touch left toe behind Right foot Step left foot to left side, Touch right toe behind Left foot Step right foot to right side, Kick left foot across front of Right foot Step left foot to left side turning 1/4 left, Low Kick right foot forward (facing 9:00 wall)

Step right foot to right side, Touch left toe behind Right foot Step left foot to left side, Touch right toe behind Left foot Step right foot to right side, Kick left foot across front of Right foot Step left foot to left side turning 1/4 left, Low Kick right foot forward (facing 9:00 wall)

Step right foot forward, Step left foot forward, Step right foot forward Kick left foot forward Step left foot back, Step right foot back, Step left foot back Touch right toe beside Left.



## **Paddleball - Theory/ Fact Sheet**

Life-time activities are an essential factor in maintaining overall wellness and physical fitness. This unit will afford the student activity which they can participate in after high school. Basic techniques and fundamentals will be introduced along with an opportunity to participate in tournament play.

### **Terminology**

**Fault-** an infraction of the rules

**Service Line** – line from which the person serves the ball

**Side Out-** when the team or player loses

### **Equipment**

- ✧ Paddle- short-handled, and intermediate in size between ping pong paddles and tennis rackets
- ✧ Ball- resembles a handball, has a rubber surface, and is harder and smaller than a tennis ball.

### **Playing Area**

- ✧ Racquetball Court- 40 feet long, 20 feet wide, by 20 feet high.

### **Scoring**

Play is usually to 11, 15 or 21 points, with two points required to win. A score of 9 to nothing, for a 21-point game, might be considered a shutout – an automatic win

### **Rules**

The game is usually played singles or doubles.

The service line is 9 feet behind the short line; the server must stand between those two lines. The service line is marked with lines at least 6 inches long. The sidelines are continued about 3 feet behind the long line to help determine if a served ball is long (a fault) or out (a side-out.)

There would be another pair on the other side of this wall. The fence at the top of the wall helps keep balls from being lost.

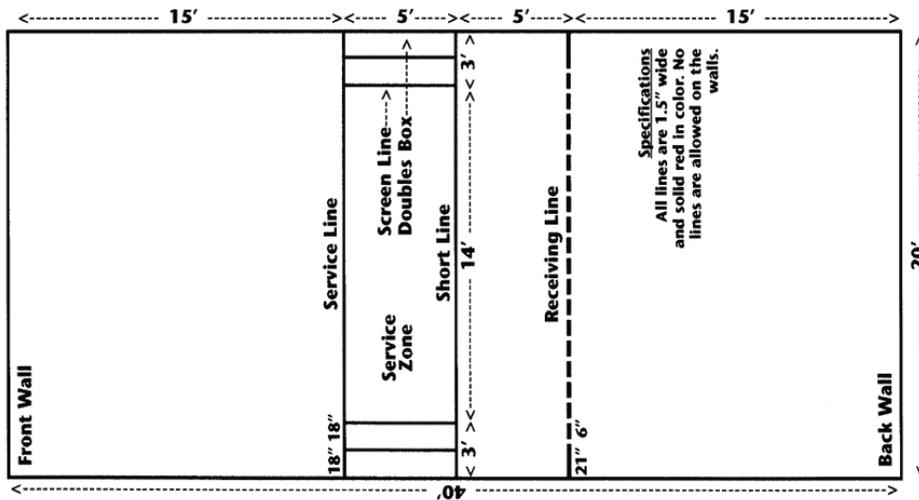
There is a short line about halfway from the wall to the baseline, and the sidelines are extended a few feet past the baseline.

The service line is indicated by ticks about halfway between the short line and the baseline, and indicates where the serving player must stand when serving. The sidelines continue to the top of the wall.

The server must drop the ball to the ground, and hit it when it bounces. The ball must strike the wall, and hit the court surface between the short line and long line, and within the sidelines. If the ball lands short or long, the server gets one additional attempt. If the ball lands wide, or strikes the wall wide, the server is out.

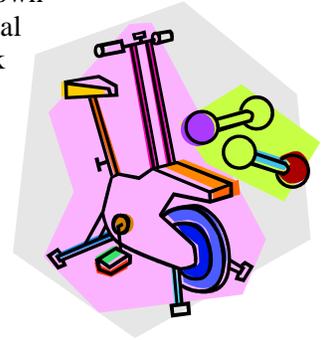
Each player in turn may hit the ball on-the-fly or after one bounce. The ball must hit the wall, within the sidelines, on the fly, and return, hitting the court surface between the sidelines and before the baseline. Failure to do so results in a point, if the other player served or a side-out if the server fails.

**Diagram**



## Physical Fitness - Theory/Fact Sheet

The physical fitness unit will promote health and wellness as a life-time activity. In basic fitness, there is less emphasis on improving the individual fitness levels of students as there is on helping students gain the cognitive and affective skills necessary to take responsibility for their own fitness level. The unit encourages the use of fitness assessment tools, team and individual games, fitness equipment, exercise DVDs, and television as a means of reducing the risk of cardiovascular disease.



### Safety Concerns

- ✧ Exercise at least two or three times weekly
- ✧ Warm up before exercising
- ✧ Cool down after each session

### Terminology

**Cardiovascular endurance** – the ability of the heart and lungs to supply exercising muscle groups with enough oxygen to continue doing work.

**Flexibility** – the ability of the body to move through full range of motion at each joint.

**Heart rate** – the number of times a person’s heart is beating within a one minute time period.

**Muscular endurance** – the ability of a certain muscle group to contract repeatedly.

**Muscular strength** – the maximum amount of force a certain muscle group can exert at one time.

**Physical fitness** – a state in which the human body is in good health and has good cardiovascular endurance, muscular endurance, muscular strength, and flexibility.

### Benefits of Physical Fitness

- ✧ A “physically fit” person performs tasks without exhausting the body.
- ✧ Improves flexibility, strength, cardiovascular fitness and body composition
- ✧ Develop coordination and balance
- ✧ Provides opportunity for social interaction
- ✧ When we sweat, any liquid that evaporates off of our skin helps cool our body temperature.
- ✧ When a person exercises, he/she is purposely breaking down and fatiguing that particular muscle group.
- ✧ When the muscles that were exercised heal, they are stronger than they were before the exercise.
- ✧ Eating healthy will benefit a person who exercises daily.
- ✧ Exercise is a healthy way of dealing with stress.
- ✧ Proper hydration is important in order for an athlete to perform at his/her best.
- ✧ Flexibility not only helps improve performance, but will help an athlete prevent injuries during competition.
- ✧ Regular exercise will prolong a person’s ability to stay active as they age.
- ✧ The better a person’s cardiovascular fitness level, the faster their heart rate will decrease and return to normal after exercise.
- ✧ Exercise should be a part of our daily routine.
- ✧ It is extremely important for **YOU** to take responsibility for **YOUR** own fitness level.

## **Power Walking- Theory/Fact Sheet**

The objective of power walking is to give your whole body a thorough workout and a new way to increase your physical activity. Students will also be able to participate in a lifetime activity that reduces the risk of cardio-vascular disease, and take the appropriate steps towards defeating obesity.

### **Safety Considerations**

- ✧ Weather
- ✧ Course

### **Pedometer**

The purpose of a Pedometer is to track the amount of steps you take throughout the day. On average 2000 steps equals one mile.

### **Body Positioning**

The position of the body is very important in power walking. In order to achieve full effectiveness of the exercise it is important for you to consider how each part of the body contributes to your overall health and success during power walking.

### **Head and Posture**

- ✧ Head Level
- ✧ Eyes Ahead (20 yards)
- ✧ Relax Neck and Jaw

### **Arms**

- ✧ 85-90 degree elbow bend
- ✧ Swing arms loosely and vigorously.
- ✧ Hands close to body.
- ✧ Relaxed hands loosely clenched fists

### **Torso**

- ✧ Posture relaxed and straight (walk tall)
- ✧ Keep abdominals firm
- ✧ Shoulders should remain relaxed

### **Feet**

- ✧ One foot should remain in contact with ground.
- ✧ Do not over stride
- ✧ Land on the heel, ankle flexed within your range of motion.

### **Hips**

- ✧ Rotate pelvis forward and back horizontally.
- ✧ Avoid lateral hip motion.

### **Legs and Stride**

- ✧ The knee of the advancing leg must be straightened when foot makes ground contact.
- ✧ Move legs slowly at first then gradually increase leg speed/cadence.
- ✧ Maintain natural stride.



## Rhythm and Movement Concepts - Theory/Fact Sheet

The unit will explore the biomechanics of the body and the way the body identifies to tempos, beats, and measures of music. Identification of quality and quantity of energy expended for demonstrating movement skills will be explored with the presence of music or without, or with other forms of sound. The student will be able to create routines which will assist in their overall health and fitness.

### Safety Concerns

- ✧ Exercise in open areas with good lighting
- ✧ Listen to your body signals.
- ✧ Warm up before exercising
- ✧ Cool down after each session

### Terminology

**Accent** –percussion, sustained

**Beat** -underlying pulse

**Balance**- a state of equilibrium or equipoise; equal distribution of weight, amount, etc

**Counter-balance**- a weight balancing another weight; an equal weight, power, or influence acting in opposition; counterpoise

**Force**- an influence on a body or system, producing or tending to produce a change in movement or in shape or other effects

**Intensity** -longs and shorts

**Loco motor skills**- moving skills such as walking, running, hopping, skipping, galloping, sliding, chasing, fleeing, and dodging

**Measure**- eight measures

**Pattern** –combinations

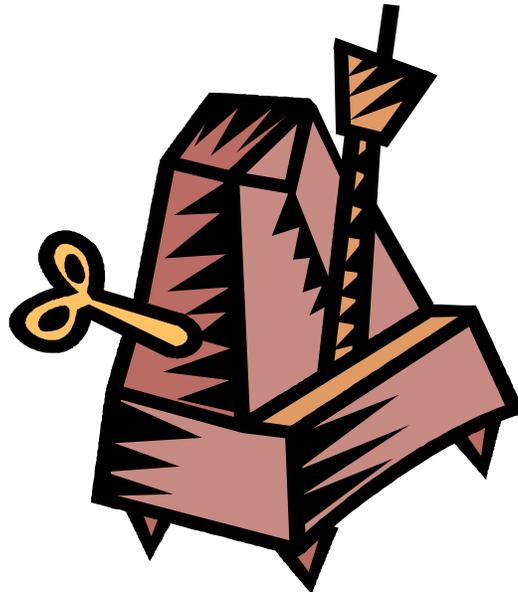
**Phrase**- four-eight measures

**Rotation**- the act of rotating; a turning around as on an axis

**Stability**- being firm

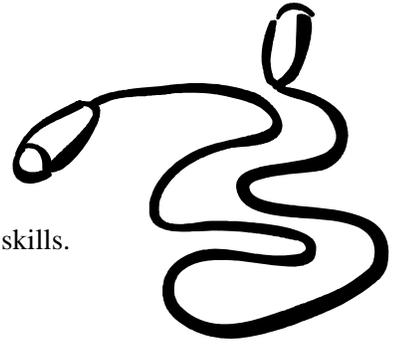
**Syncopation**- a shift of accent when a normally weak beat is stressed

**Tempo** –fast, slow



## Rope Jumping - Theory/Fact Sheet

The rope jumping unit will provide each student with a vehicle to improve and maintain cardiovascular fitness, and improve loco-motor and non-manipulative skills.



### Safety Concerns

- ✧ Exercise in open areas with good lighting
- ✧ Exercise at least two or three times weekly
- ✧ Warm up before exercising
- ✧ Cool down after each session

### Terminology

**Alternate Foot Jump** - This style consists of using alternate feet to jump off the ground. This technique can be used to effectively double the number of skips per minute as compared to the above technique.

**Basic jump**-These are where both feet are slightly apart and jump at the same time over the rope. Beginners should master this technique first before moving onto more advanced techniques.

**Bell**- a front-and-back jump keeping the feet together;

**Can-can**- a jump with one leg up and bent, followed by a jump with both feet on ground, followed by a jump kicking the foot out

**Combination jumps**- There are many more difficult jump roping tricks that combine two or more of these techniques to make a single trick. These combinations can also be used in Chinese Wheel, Double Dutch, and Long Rope.

**Criss-cross**- This method is similar to the basic jump with the only difference being that while jumping, the left hand goes to the right part of the body and vice versa for the right hand.

**Double under**- To perform a double under, the participant needs to jump up a bit higher than usual while swinging the rope twice under his feet. It is possible to have the rope swing three times under the feet (triple under). In fact, in competitive jump rope, triples, quadruples ("quads"), and quintuples ("quins") are not uncommon.

**Jumping jack**- a jump putting the feet apart and then together

**Scissors**- a jump putting one foot forward and the other back, then switching back-and-forth

**Skier**- a side-to-side jump keeping the feet together;

**Toad**- The toad is a complicated trick where the jumper performs the "Cross" maneuver with their leg intersecting the arms.

### Four Benefits of Rope Jumping

- ✧ Develops overall fitness
- ✧ Improves strength, cardiovascular fitness and body composition
- ✧ Develop coordination and balance
- ✧ Provides opportunity for social interaction

### Additional Benefits of Rope Jumping

- ✧ Appearance
- ✧ Increased energy level
- ✧ Improved self esteem

## Soccer Theory/Fact Sheet



The unit will provide students with an opportunity to develop an understanding of the fundamental skills and knowledge of the game. Students will utilize skills learned in order to participate in a modified or regulation game. Students will have an opportunity to continue this life time activity to reduce the risk of cardio-vascular disease.

### History

- ✧ Most popular game in the world
- ✧ Known as “football” throughout the rest of the world
- ✧ (10th century) originated in England
- ✧ (1870) brought to U.S. about
- ✧ (1908) Became an Olympic medal sport

### Terminology

**Attacking team**- the team that has possession of the ball

**Center circle**-where kickoffs are taken to start a game

**Chest trap**-when a player uses his chest to slow down and control a ball in the air

**Clear**-ball kicked away from the goal

**Drop ball**-a method of restarting a game where the referee drops the ball between 2 players

**Forwards**-players who main responsibility is scoring

**Foul**-violation of rules

**Goal**-consists of the net, posts and crossbar

**Goalkeeper**-only person on the field who touches the ball with their hands

**Goal line**-lines at each end of the field

**Corner kick**-putting the ball back into play when it goes out over the end line by the defensive team

**Dribbling**-moving the ball with your feet

**Indirect kick**-a free kick that must touch another player before entering the goal

**Penalty kicks**- result of a flagrant foul or overtime play taken from the penalty mark, 12 yards in front of the goal

**Throw-in** putting the ball back into play when it goes out of bounds on the sideline

**Trapping**-stopping and/or controlling the ball.

### Equipment

- ✧ Ball
- ✧ Goals
- ✧ Playing Area

### Players and Positions

- ✧ Attackers/ forwards – main responsibility is scoring
- ✧ Midfielders / halfbacks – bridge between forwards and defenders
- ✧ Defenders / fullbacks – preventing opponents from scoring and protect the goalie
- ✧ Goalkeeper - main responsibility is prevent opponents from scoring

## Benefits of Soccer:

- ✧ Provides a great cardiovascular workout & conditioning for legs
- ✧ Teaches cooperation and teamwork
- ✧ Can be played indoors or outdoors
- ✧ Fun and enjoyable

## Rules & Regulations

A regulation game consists of two equal 45 minute periods

Games begin with a kickoff at midfield

A ball that passes over the goal line and was last touched by a defender is returned to play by a corner kick

A ball that passes over the goal line and was last touched by an offensive player is returned to play by a goal kick

A ball that crosses over the sideline is returned into play by a throw in

The ball is out of play when it has completely crossed the goal line; it completely crossed the touch, line, or the referee has stopped the game.

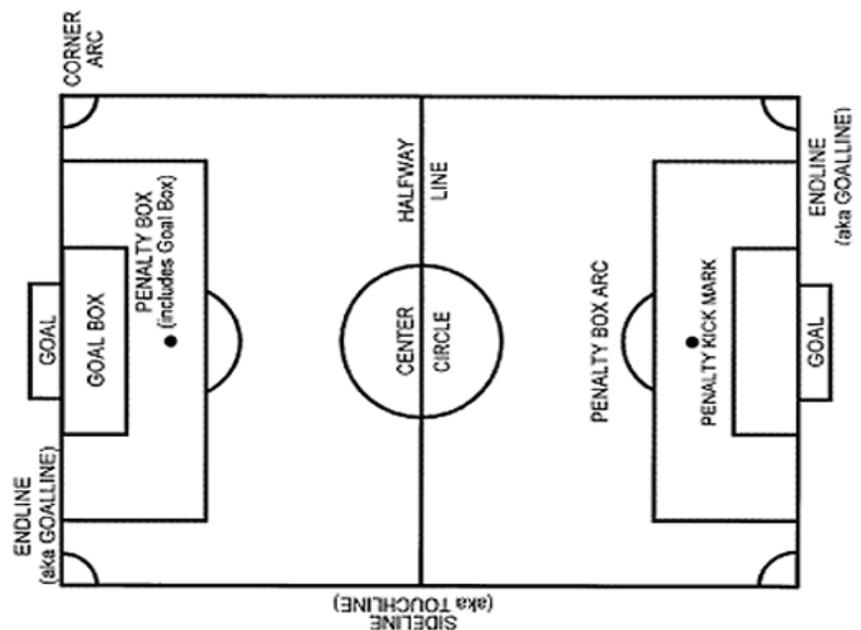
The kickoff is used at the beginning of the game and each playing period, after a goal is scored, and awarded to the team that did not score.

Major fouls consist of kicking or attempting to kick an opponent, jumping at an opponent, striking or attempting to strike an opponent, pushing, holding or tripping an opponent, or charging in a violent manner.

Minor fouls consist of being offside; playing in a dangerous manner, intentionally obstructing an opponent, player shows disagreement of any decision by the referee, or unsportsmanlike conduct.

Penalties for these fouls may range anywhere from a direct kick for major fouls, an indirect kick for minor fouls, a penalty kick for a foul in penalty area, and Yellow and Red cards.

## Soccer Field



## Softball Theory/Fact Sheet



### Safety Concerns

- ✧ Always wear the proper safety equipment
- ✧ Always stand behind the fence if not batting

### Equipment

- ✧ The same basic equipment is used as in baseball
- ✧ Ball is slightly larger
- ✧ Playing field is slightly smaller
- ✧ Pitched underhand.

### Players and Positions

- ✧ Pitcher – the person who pitches the ball
- ✧ Catcher – the person who receives the pitch if the ball is not hit
- ✧ First Base – stands to the left of the base and fields balls hit towards them and receives throws from the infield.
- ✧ Second Base – stands between first and second base and takes the cut to any outfield hits to right field
- ✧ Third Base – responsible for third base and balls that he or she can field
- ✧ Shortstop – stands between second and third base and is in charge of the infield, they also take the cut to any outfield hit to the left side
- ✧ Left Field – takes care of most of the left side of the outfield and backs up balls hit to center
- ✧ Center Field – stands in the center of the outfield behind second base
- ✧ Right Field – stands in the right field and backs up balls hit to center

### Terminology

**Base on Balls-** batter is awarded first base after four balls were pitched out of the strike zone

**Batting Order-**official order in which a team must come to bat

**Catcher-** person who receives the pitch if the ball is not hit

**Double play** -when two base runners are called out on the same play

**Fly Ball** -any ball batted into the air

**Force out-**when the runner has to advance to the next base to make room for the following base runner

**Grounder-**a ball that is hit on the ground

**Home Run-**a four base hit and the batter scores

**Inning** -division of the game when each team gets an opportunity to bat and play the field

**Infield** -fair territory within the base paths

**On Deck-**next person to bat

**Outfield-** fair territory beyond the infield

**Overthrow-** throws above the fielder's hand

**RBI-**run batted in

**Triple Play-**three outs on one batted ball

**Walk-**when a batter has four balls called and are able to advance safely to first base

## Scoring

Each runner is brought home is called a run.

The team with more runs after seven (7) innings is the winner.

## Rules

A regulation game is seven innings long and each team has nine players the two teams take turns playing in the field and at bat for 7 innings, with the home team batting last.

Each player on the team bat in a specific order (batting order)

The batter tries to hit the ball delivered by the opposing teams' pitcher

When batting, both feet must remain in the batter's box until the ball has been hit

Each batter gets four balls and three strikes

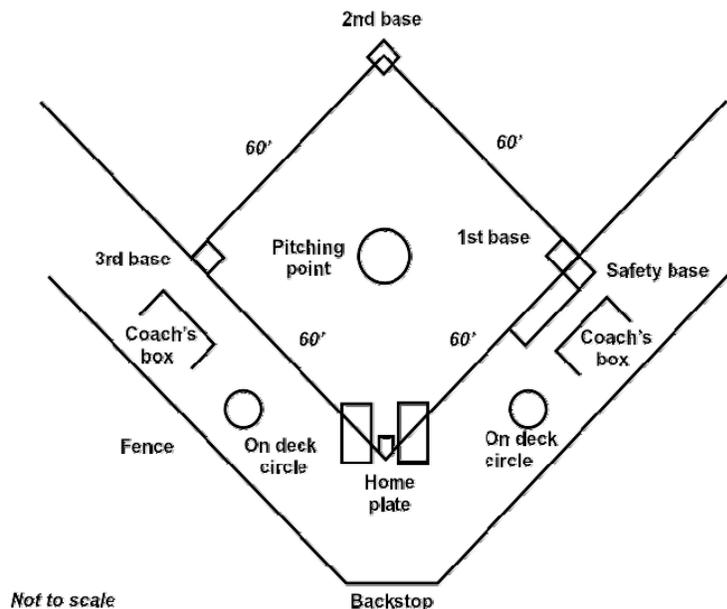
Once the batter reaches first base, he or she is called a base runner

If the ball is caught off the bat and the base runner has left the base he or she was occupying, they must return to that base before attempting to proceed (Tagging Up)

An out can occur several ways, if a ball is caught before touching the ground, a ground ball is fielded and thrown to first base before the batter gets there, if fielder holding a ball touches a base with a runner advancing to it, and runners are on previous bases, if a player leaves a base and does not get back before a caught fly ball is thrown to that base, or when the pitcher gets three strikes on the batter.

A strike is a ball swung at and missed, a ball hit into foul territory, and a ball not swung at but in the strike zone

## **Softball Field Diagram**



## Speedball/Flickerball- Theory/Fact Sheet

The objective of the game is to score in the opponent's goal as many times as possible, while defending your own goal.

### Safety Concerns

- ✧ When not playing the stick should be by the player's side and held by the throat or in the two hand ready position.
- ✧ Do not swing or twirl stick.
- ✧ Two hands must be on the stick during play.
- ✧ There is NO contact with any players.
- ✧ All play stops when the whistle blows.

### Terminology

**Soccer style pass**– when the ball is on the ground, players are allowed to kick the ball to one another.

**Football style pass** – when the ball becomes airborne, players are allowed to make aerial passes similar to that of a quarterback in football.

**Basketball style pass**– when the ball becomes airborne, players are allowed to make aerial passes similar to those used in basketball.

**Catching** – anytime a ball is in the air, players can catch the ball with their hands.

**Soccer style dribbling** – anytime the ball is on the ground, players are allowed to advance down court while maintaining possession using a soccer style dribble.

**Drop kick** – when a player catches an aerial ball and then decides to drop it to the floor and simultaneously kick it toward the goal or as a pass to another teammate

**Heading** – exactly the same as the skill used in soccer, players are allowed to “head” the ball toward the goal or as a pass to another teammate.

**Kick up** – when a ground ball is intentionally kicked into the air and converted into an aerial ball.

**Overhead dribble / air dribble** – when a player intentionally taps the ball in any direction and catches it before it hits the ground.

### Equipment

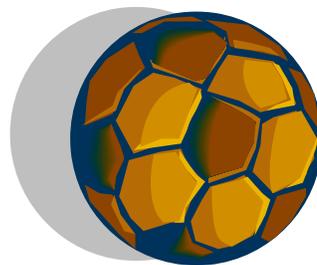
- ✧ Ball
- ✧ Field/Court

### Playing Area

- ✧ Field- 110yds x 40yds

### Scoring

- ✧ A field goal is worth 3 points.
- ✧ A penalty kick is worth 1 point.
- ✧ A touchdown is worth 1 point.



**Rules**

Speedball consists of 4 quarters.

Each team consists of 11 players.

When a team scores, the opposing team gets a kick-off.

A kick-off must travel the length of the field.

Any ball that is traveling in the air is known as an aerial ball.

A player can catch an aerial ball with his/her hands.

Once the ball is off the ground and into the hands of a player, that team is allowed to make aerial passes to teammates until the ball hits the floor.

If two players on opposing teams both catch the ball at the same time and neither gain immediate possession, the referee will stop play and call a tie-ball.

Any ball that is rolling or bouncing is known as a ground ball.

A player may catch an aerial pass and immediately place it on the floor to be played as a ground ball.

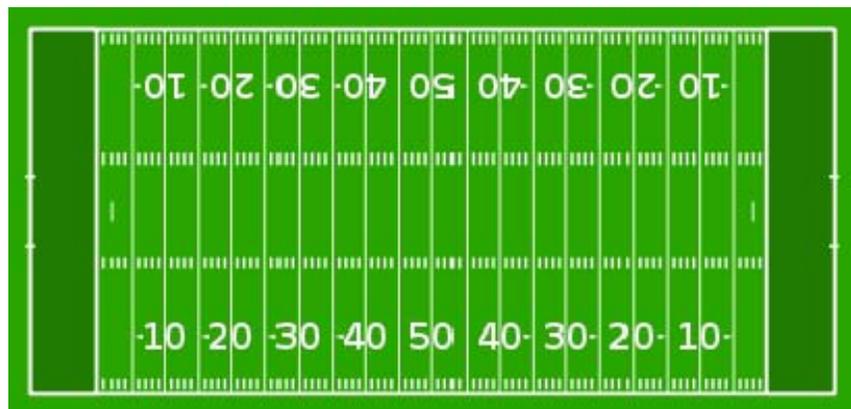
The act of stopping or slowing the ball with any part of the body except the arms and hands is known as blocking or trapping.

A touchdown is scored when a player who is outside the penalty area completes a pass to a teammate who is behind the goal line.

Teams choose to play both man to man and zone defenses.

**Diagram**

E  
N  
D  
  
Z  
O  
N  
E



E  
N  
D  
  
Z  
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N  
E

## **Team Handball - Theory/Fact Sheet**

### **History**

The game was first played in the early 1900's and has evolved into an Olympic sport with both men's and women's teams.

### **Equipment**

Men's Ball- smaller version of a soccer ball size 3 weighing 15-17 ounces

Women's Ball- also smaller version of a soccer ball size 2 weighing 12-14 ounces

### **Terminology**

**Attack-** a team attacks when they have possession

**Centerline-** divides the court into two halves

**Charging-** when an offensive player runs into or over a stationary defensive player

**Checking-** obstructing an opponent from taking a shot using the body

**Free Throw-** taken from 3m line

**Substitution Area-** area designated for substitutions

**Throw in-** when a ball goes out of bounds and is thrown back in from the spot it went out

**Throw off-** the throw taken after the referee blows the whistle to start the game or after a goal is scored

### **Playing Area**

20m wide x 40m long

The playing area is sectioned with a center line down the middle and a 4, 6, 7, & 9m line in each end zone.

### **Players**

There are 6 court people and 1 goalie on the playing area at all times.

### **Scoring**

Scoring is unlimited

Each goal is worth 1 point

Scoring goals in team handball occurs more often than it does in other sports such as hockey and soccer.

### **Rules**

The ball is advanced by passing, catching, and dribbling.

A player is allowed to run with the ball for 3 steps before and after dribbling.

A player is allowed to dribble the ball 3 times.

A player can hold the ball for 3 seconds before passing or attempting a shot at the goal.

In team handball, a team is allowed unlimited substitutions.

If a player commits a serious rule violation, unsportsmanlike conduct, or an illegal substitution, a 2 minute suspension is issued.

Team handball is played on a court that is a little bigger than a basketball court.

The most effective way of moving the ball down court is passing the ball to teammates.

The duration of the game is two thirty minute halves with a ten minute half-time.

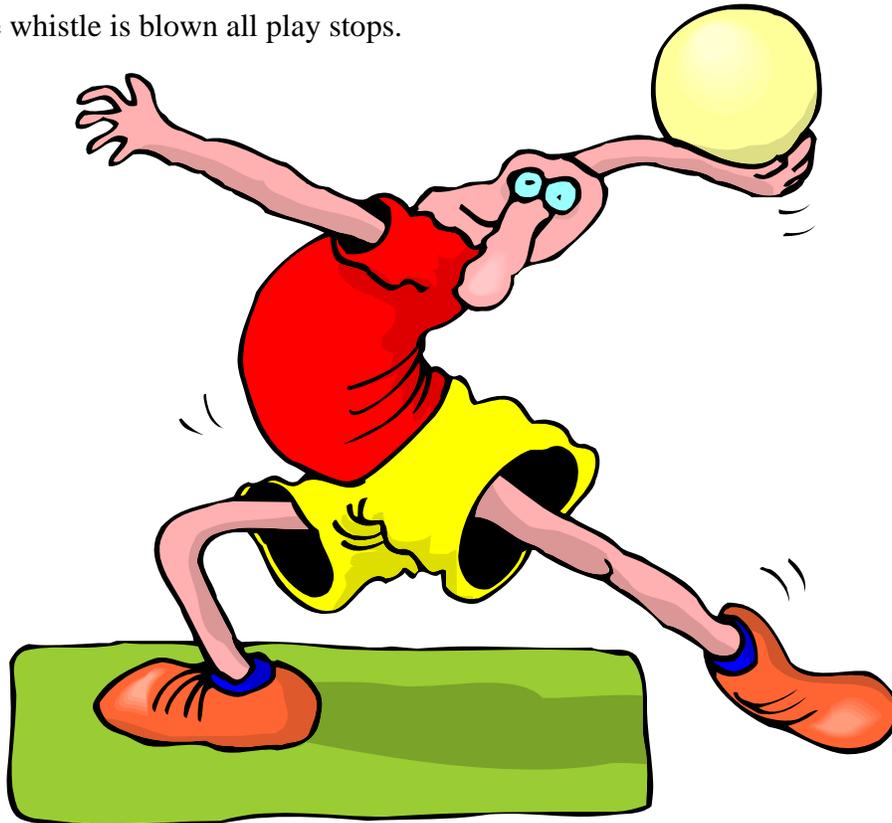
Possession is determined by a coin toss

Dribbling is unlimited, but double dribbles are illegal.

When there is a minor penalty/rule violation a free throw is awarded from the 9m line.

When a serious penalty is committed the throw is taken from the 7m line.

When the whistle is blown all play stops.



## Tennis - Theory/Fact Sheet

This unit provides students with an introduction of the fundamental skills and etiquette of tennis that students may participate competitively or as a life-time activity.

### Safety Considerations

- ✧ Racquet control
- ✧ Communication to avoid collision

### Terminology

**Ace-** serve not touched by opponent

**Ad In-** term used to describe the team that is serving and earns a point in a game that is tied 40-40

**Ad Out-** receiving team earns one point after the score is tied 40-40

**Deuce-** score is tied at 40-40

**Double Fault-** when the server does not hit either of his/her two attempts into the proper court

**Love-** a word meaning zero points

**Match Point-** one point from winning a match

**Let-** serve that hits the top of the net and bounces into the proper service court

**Set-** A set consist of six or seven games depending if a tie breaker is needed.

**Serve-** overhand hitting action to begin each point

**Volley-** shot hit before the ball bounces on the court

### Equipment

- ✧ Racquet
- ✧ Balls

### Playing Area

- ✧ A standard tennis court is designed and lined to accommodate singles or doubles play.
- ✧ In tennis all lines are considered in play.
- ✧ The tennis court is wider for doubles play than it is for singles. The wider area is known as the alleys.

### Scoring

In tennis the scoring system is as follows 15, 30, and 40, game.

In tennis you are required to win six games in order to win the set. To win a set the player or players must win by two games.

Whenever there is a disagreement with the score you should always go back to the last score that the opponents can agree upon.

To win a game the player or players must earn the required four points.



## **Track-Theory/Fact Sheet**

This unit will introduce students to one of the oldest competitive sports dating back to ancient Greece and the Olympics. Students will be given the opportunity to enhance their gross body coordination, as well as, improve their individual speed and endurance capabilities while participating in this lifetime activity.

### **History**

- ✧ (776 BC) The original and only event at the first Olympics was a stadium-length foot race or "stade", run on a track.
- ✧ (1876) Intercollegiate Association of Amateur Athletes of America was formed.
- ✧ (1888) The Amateur Athletic Union of the United States was founded for collegians and non-collegians.
- ✧ (1896) Track was included in the first modern Olympic Games.
- ✧ (1912) The International Amateur Federation was organized and sets rules and approves world records.
- ✧ (1928) Women were first allowed to participate in track and field events in the Olympics.
- ✧ (1970's) USA Track & Field (USATF or USA T&F) was established.

### **Indoor Track**

- ✧ Run during the winter.
- ✧ Most indoor tracks are 200 meters and consist of 4-6 lanes.
- ✧ The same events are held indoors as outdoors with few exceptions.

### **Outdoor Track**

- ✧ Season usually begins in the spring and lasts through the summer.
- ✧ Most tracks are ovals of 400 meters in circumference.
- ✧ Made with rubberized surface.
- ✧ Tracks normally consist of 6-10 lanes.

### **Events**

#### **Sprinting**

Sprinting is the shortest and fastest of the events. Short sprints and long sprints are 2 of many events.

#### **Middle Distance Runs**

Middle distance runs are more strenuous than sprints. Athletes must regulate their speed carefully to avoid exhaustion.

## **Distance Runs**

During these events the runners need to balance their energy. These types of races are very energy-consuming; require mental determination, and aerobic conditioning. In these events stamina is a bigger factor than speed.

## **Relays**

During these races 4 athletes run a given distance called a leg. Each runner must hand off the baton to the next runner within the exchange zone, usually marked by triangles on the track. During shorter races the baton is passed with a blind exchange so that the next runner can continue looking forward. For longer runs, the runner looks back before taking the baton.



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For additional reading

"Track and Field," Microsoft ® Encarta. Copyright © 1994 Microsoft Corporation.

Copyright © 1994 Funk & Wagnalls Corporation.

"Track and Field." Wikipedia, The Free Encyclopedia. 2 Dec 2008, 07:01 UTC. 2 Dec 2008

<[http://en.wikipedia.org/w/index.php?title=Relay\\_race&oldid=255375843](http://en.wikipedia.org/w/index.php?title=Relay_race&oldid=255375843)

## Ultimate Frisbee- Theory/Fact Sheet

The objective of this unit is for students to learn an exciting, non-contact team sport that mixes sports such as Soccer, Basketball, and American Football into one demanding game. Students will review skills such as catching and throwing, as well as, learning how to track and catch a flying disc which requires a basic understanding of how to generate and reduce air pressure which creates lift/spin.

### History

- ✧ (1968) Columbia high school student in Maplewood, New Jersey created team.
- ✧ (1979-1980) Ultimate Players Association (UPA) was formed.
- ✧ (2006) Ultimate became an accredited sport at UK universities for both indoor and outdoor open division events.

### Terminology

**Backhand**- throwing across the body

**Force**- amount of power behind the throw

**Forehand/Flick**-throwing with a wrist flicking motion that does not cross the body

**Hand Block**- batting the disc down while it's in the air

**Pancake/Sandwich**- the act of catching the disc between two hands

**Pivot**- act of moving the body while one foot is planted on the ground

**Pull**- long, hanging throws

**Stalling**- taking more than 5 seconds to pass the disc

**Turnover**- occurs when the disc is dropped, batted down, or flies out of bounds

### Equipment

- ✧ Frisbee/disc
- ✧ Area/Field markings

### Playing Area

- ✧ 120 yards long by 40 yards wide
- ✧ End zones are 10 yards each.

### Scoring

A point is scored when a player catches a pass in the end zone his team is attacking.

After a point is scored, the teams exchange ends. The team who just scored remains in that end zone, and the opposing team goes to the opposite end zone. Play is re-started with a pull by the scoring team.

### Rules

Regulation games are played 7 on 7. Pick-up or informal games may have any number of players.

The players line up at the edge of their respective end zones, and the defensive team throws, or pulls, the disc to the offensive team to begin play.

A pull begins the game and each point. Pulls are normally long, hanging throws, giving the offense poor field position and the defense an opportunity to move up the field.

The disc may be moved in any direction by completing a pass to a teammate. After catching a pass, a player is required to come to a stop as quickly as possible, and then can only move their non-pivot foot

A player has ten seconds to pass it. This period is known as the "stall", and each second is counted out.

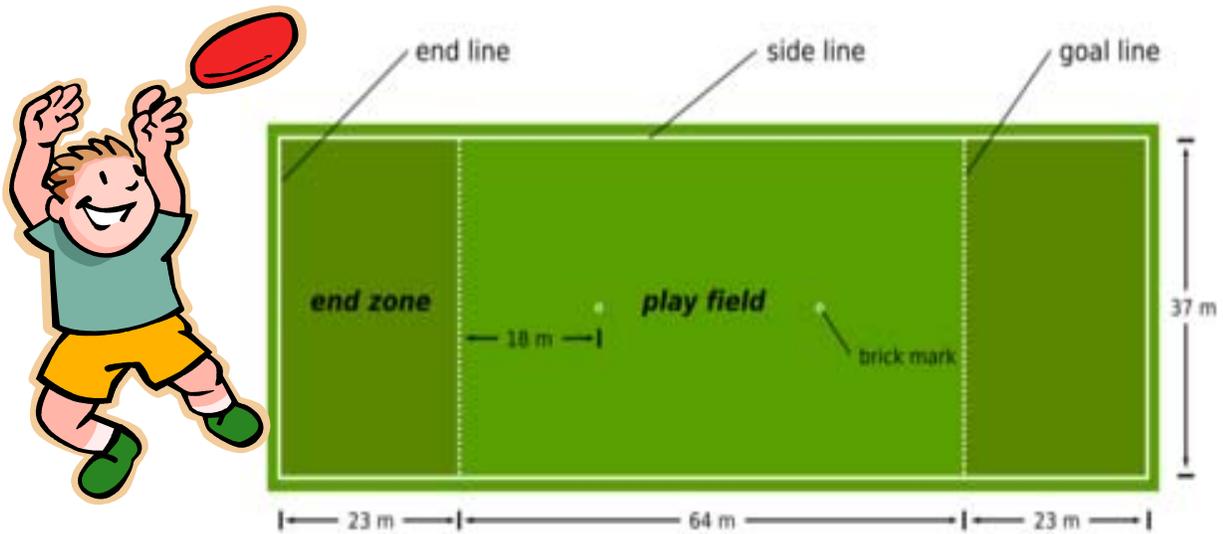
Under Ultimate Players Association (UPA) rules most games are played to odd numbers. For instance, if the game is to 15, half comes when one team scores 8 points.

Possession changes when there is an incomplete pass, a throw away, a drop, a block, an interception, an out of bounds, or a stall.

A foul occurs when contact is made between players.

All play stops on the whistle.

### Diagram



## Volleyball-Theory/Fact Sheet

The objective of the game of volleyball is to use any part of the body above the waist to send the ball over the net into the opponent's court, within the set boundaries, so that the opposing team is unable to return it or prevent it from hitting the ground.

### History

- ✧ (1895) Originated in Holyoke Massachusetts
- ✧ (1928) United States Volleyball Association is organized.
- ✧ (1947) International Volleyball Federation is organized.
- ✧ (1955) Pan-American Games is introduced.
- ✧ (1996) Olympic Games

### Safety Concerns

- ✧ Use communication to avoid collisions

### Terminology

**Attack-** sending the ball over the net in a forceful manner

**Block-**when a player jumps close to the net with both arms extended to block the opponents spike

**Dig-** getting an attacked ball close to the floor

**Dink-** a light hit using the back of the hand or a closed hand to put the ball over the net

**Forearm Pass/Bump-** passing the ball using the forearms

**Let Serve-** when the serve hits the net and goes over

**Rally Scoring-** system of scoring in which a point is awarded for every serve and resulting rally

**Serve-** the act of putting the ball in play

**Serving Area-** area behind the entire end line outside of the court

**Set-** placement of the ball to enable the spiker to hit the ball into the opponents court

**Side Out- Side Out-** when the serving team makes a fault and the receiving team gains the serve

**Spike-** a ball hit with great force into the opponents area

### Equipment

- ✧ Volleyball
- ✧ Net- Woman's net is 7 feet 4 1/4" high., Men's net is 7 feet 11 5/8" high. (8 feet)

### Playing Area

- ✧ The playing area is 18M by 9m. (60 feet by 30 feet)
- ✧ The center line divides the court in half.
- ✧ The attack line is 9'10" from the center line, (10 feet)
- ✧ The end lines are the furthest from the center.
- ✧ The service area is anywhere behind the end line

## **Players**

Each team is composed of six players and a maximum of eighteen substitutes. Each team has a captain. The floor captain is the only player allowed to speak to the officials. He/She along with the coach may request a time out.

## **Scoring**

Rally scoring is used. A point is awarded for every rule infraction. A team must score twenty-five points with a two or more point(s) advantage to win.

## **Rules**

When the ball is served the front line players are at the net, the back line players anywhere behind them on the court.

When there is a change of service (side-out) players must rotate in a clockwise direction. (Only one position)

The server has five seconds to serve the ball over the net without touching the end line before contacting the ball.

A foul is committed if the ball goes under the net, hits the net, over the net and lands out of bounds, or the servers foot touches the line.

The ball may be hit with any part of the body above the waist, as long as the hit is clean and the ball is not held, lifted, or carried.

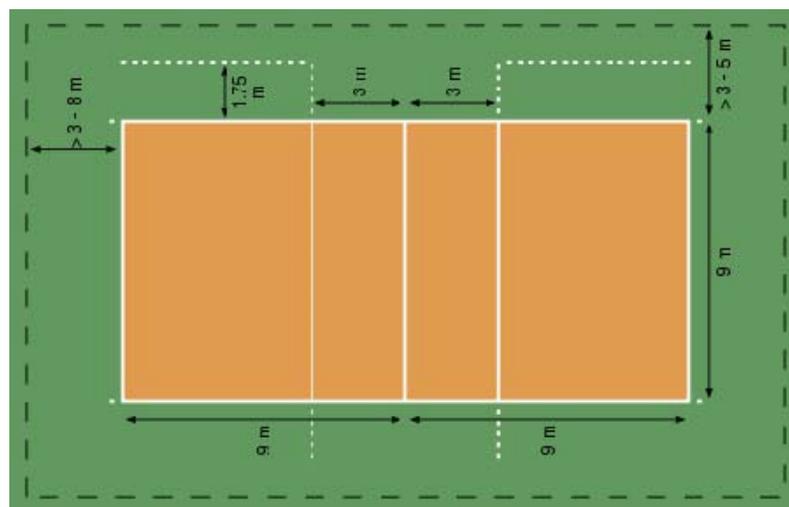
Each team may contact the ball up to three times before returning it over the net. Except in blocking, the same player may not hit the ball twice in succession.

Players may not make any contact with their bodies and the net.

When the referee blows the whistle the ball is dead and play stops.

After a block the team has three more hits. Each team is allowed two- sixty second time outs. Each team may make up to eighteen substitutions in a game.

## **Diagram**



## Weight Training- Theory/Fact Sheet

The objective of weight training is the attainment of strength, which is an important goal of physical fitness. Strength is achieved by a gradual increase of a load to a working muscle over a period of time. After the exercised muscle adjusts to the initial load more weight can be added. Benefits of weight training are increased strength, improved physical appearance, improved cardiovascular endurance, and flexibility. Weight training is an activity that can be enjoyed at any age.

### Safety

- ✧ Sufficient warm up exercises.
- ✧ Spotters
- ✧ No horse-play in training area.
- ✧ Use of collars/clamps on barbells and dumbbells.
- ✧ Partner training
- ✧ Use of belts and wraps for heavy lifting.
- ✧ Alternate body part training.

### Terminology

**Free Weight-** equipment such as barbells or dumbbells

**Spotting-** partner who monitors, guides, and coaches the exercise

**Breathing-** inhaling and exhaling during the exercise

**Repetition-** each individual movement during the exercise

**Routine-** a set workout that is performed

**Set-** a group of repetitions

**Partner-** person you train with

**Rest Period-** 80-90 seconds of non-activity between each set

**Alternate Body Parts-** training a different muscle group every day

**Extension-** to flex away from the body

**Flexion-** flex to the body



### Upper Body Training- Muscles and Exercises

**Chest (Pectorals) -** Bench Press, Dumbbell Press, Incline/Decline Bench Press, Medicine Ball

**Shoulders (Trapezius and Deltoids) -** Military Press, Shoulder Press, Upright Rows, Front/Lateral Raises, Arnold Press

**Arms (Biceps and Triceps) -** Bicep Curls, Dips, Triceps kick backs

**Stomach (Abdominals) -** Sit ups, Leg raises, Crunches, Stability Ball/Core Exercises

**Back (Latissimus Dorsi) -** Pull Ups, Rowing Movements, Bent/Seated Row, T-Bar Row, Lat Pull Downs

### Lower Body Training- Muscles and Exercises

**Upper Thigh (Quadriceps) -** Leg Extensions, Squat, Leg Press, Step-Ups

**Back of Leg (Hamstring) –** Hamstring Curl, Stiff Leg Dead Lifts, Reverse Lunges

**Lower Leg (Calf) –** Raises

### Cardiovascular Training (Lungs and Heart)

Treadmill – if available

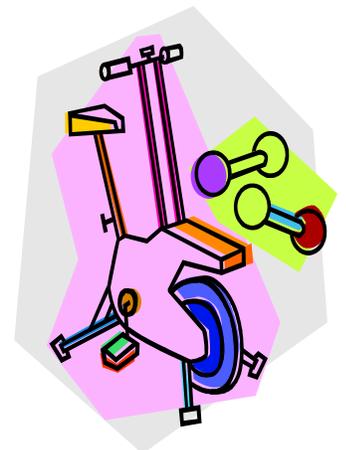
Elliptical Trainer – if available

Jump Rope

Walking

Jogging

Stepper – if available



## Yoga-Theory/Fact Sheet

Yoga is a form of exercise based on the concept that the body and breath are connected with the mind. Yoga means union and consists of these key elements: proper breathing, proper exercise, proper relaxation, proper diet, positive thinking, and tension reduction. The students will be introduced to exercises designed to ease tensed muscles, tone up the internal organs, and to improve the flexibility of the body's joints and ligaments.

### Proper Exercise: Yoga Asanas

The aim of proper exercise is to improve agility and strength. Each posture is performed slowly. Violent movements are avoided because they produce a build up of lactic acid causing fatigue.

### Proper Breathing

Most people use 1/3 of their breathing capacity. This can lead to stress and fatigue. Yoga breathing teaches you to breathe through the nose concentrating on exhalation rather than inhalation. This is done to cleanse the lungs of stale air and to eliminate toxins from the body. It also improves your physical and mental health.

### Proper Relaxation

The release of tension is vital to keeping the body healthy. Begin and end each session of yoga exercises with relaxation. It is also important to relax between each of the poses.

### Proper Diet

A diet made up of natural foods that are easily digested, such as, vegetables, grains, fruit, beans, and dairy products, is suggested. This keeps the body vital and healthy and allows the mind to be free of restless thoughts.

### Positive Thinking

Positive thinking begins with learning how to relax the mind and focus mental energy inward. This can help relieve stress and replenish energy. When done on a daily basis it enables a person to think more clearly and positively.

### Material Needs

- ✧ Mat
- ✧ Towel
- ✧ Music
- ✧ Comfortable clothes



### Body Balance

Yoga exercises make each group of muscles work equally on the left and right side of the body to achieve equilibrium. This keeps all parts of the body equally strong and flexible.

- ✧ Stretch to the same extent on each side.
- ✧ Stretch as far as possible.

### Sitting Techniques

Sit cross-legged aligning your head, neck and spine. Keep your shoulders straight but relaxed.

### Full Breath

Place one hand on your lower rib cage and one on your abdomen. Breathe in trying to fill the lowest part of your lungs, then the middle, and then the top. Feel your chest and abdomen expand.

## Poses



### Lying Down Poses

Used at the beginning of a session to prepare you mentally and physically for the work ahead. It is also performed between postures to allow released energy to flow freely and to expel waste products from the muscles.

### Headstand Sequence

By inverting the entire body and balancing on your elbows, arms, and head, a plentiful supply of oxygen rich blood can reach the upper regions of the body. The head stand rests the heart which usually has to work against gravity.

### Shoulder Stand Cycle

This cycle strengthens the muscles, improves spinal flexibility, and balances the thyroid gland. This gland in the neck gives energy, equalizes the metabolism, controls body weight, removes poisons from the blood, and produces a healthy complexion.

### Forward Bends

Much of a person's time is spent standing upright which can cause the spine to become compressed. Regular practice of forward bends can help to keep the spine elastic, the joints mobile, the internal organs toned, and the nervous system invigorated.

### Backwards Bends

This position helps to tone the deep and superficial muscles of both the back and the abdominal regions tone and strengthen. The backward bends allows for flexibility in the spinal column and relieves tension in the lower back region.

### Spinal Twists

After forward and backward bends the spinal twists give the spine lateral movement. During this pose the vertebrae is mobilized and nourishment is given to the roots of the spinal nerves and the sympathetic nervous system.

### Balancing Poses

These poses require strong concentration. By improving one's balance the core muscles are worked and toned, concentration is improved, and mental tranquility may be achieved.

### Standing Poses

By performing this pose you are able to give a complete stretch to the back of the body. In this energizing position the joints are mobilized and the brain is supplied with an increased amount of blood. Inequalities in the body may also be corrected.

### Final Relaxation

This may be the most important part of a yoga session. It allows the mind to remain calm, the muscles to remain relaxed, and the body to absorb the energy released by the asanas.



### Self-Reflection

This is beneficial for everyone, especially for those with stressful and busy lives. During this time the mind is calmed and turned inward allowing the body to recharge, increase physical stamina, and improve concentration.