

Property of

**Blue Valley North
Physical
Education
Department
This is the PE
Booklet**

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General Physical Education General Directives

Physical Education should be an enjoyable class for all. The enjoyment of physical education comes from challenging yourself physically and rising to meet that challenge, achieving success at a new or newly acquired skill through practice and performance, social interaction, an improvement in physical fitness, friendly competition and cooperation in activities and an understanding of movement, conditioning and technique principles associated with sports and activities. The student should also develop an appreciation of the values of fitness and have adequate information to form a basis for starting and continuing a lifetime fitness program.

General Guidelines and Class Rules

Tardies- Students need to be in the 700 (P.E.) hallway when the bell rings. If this does not occur, an 8th hour will be assigned. Students should also be seated quietly in their squad approximately **five** minutes after the bell. If this does not occur, one point will be deducted from their daily grade. All Physical Education students are required to stay either in the locker room or the PE hallway until the dismissal bell rings. Leaving class before the bell rings will result in the loss of all daily points.

Dressing Out- There is a **required uniform** consisting of shorts and T-shirt (**District required PE uniform**), socks and tennis shoes with good arch support and non-marking soles. Improper dress will result in the deduction of points (1-3) from the daily grade.

Participation- Not participating throughout the entire hour may result in the loss of all daily points.

No dress- If a student does not dress out, they will lose all dress-out points.

Classroom Rules:

1. **No Cell phones or IPODs. Cell phone use during class time is NOT allowed! Cell phones may only be used during passing periods and lunch time. This means your phone cannot be on when you are in the hallway or locker rooms waiting for the release bell. Your phone WILL be confiscated and turned into the office.**
2. **NO Bullying- We encourage all students to do their best. Please be respectful of others and do not criticize or make fun of other students.**
3. **No gum chewing-** loss of 1 point from daily grade
4. **No jewelry-** only post earrings and certain watches may be worn. A loss of 1 daily point.
5. **No profanity-** loss of 1 point from daily grade with repeated offenses warranting further disciplinary action.
6. **NO POP or FOOD** is allowed in the locker rooms, the PE hallway or the gymnasiums. It will be confiscated from the student and disposed of properly. Do not expect to get your money back. This may also result in the loss of points from the daily grade.

7. You must remain in the PE hallway until the bell rings after re-dressing. You are not allowed to go back into the gym or into the commons.
8. **Clothing/Equipment-** must be kept in the P.E. locker room, not in the Varsity locker room. You will not be allowed into the varsity locker during school hours. Those individuals that have a varsity locker must use it before or after school only. **Please plan ahead!**
9. **Medication** must be obtained through the school nurse.
10. **Game day or sports day activity-** all students must dress out and participate for their daily grade. If a physical test is given that day, it should be made up at a later date.
11. **Locker and locker rooms-** the student will be assigned one locker in the P.E. locker room.
12. **Lock all of your valuables- these are public locker rooms—do not leave your personal belongings and valuables unlocked. THEY WILL GET STOLEN!!!**
13. **Shower facilities** are provided. The student must bring their own towel and soap.
14. **Lost and found-** any lost item found in the locker room will be stored inside a box inside the locker room. However don't expect someone to pick up after you.

GRADING

Daily grading is based on the following three (3) points: 1) Being on time, 2) dressing out properly and 3) participation. By this we mean:

- 1) Being on time to your squad – not just “in the gym”.
- 2) Dressing out properly in uniform- district required uniform
- 3) Participating throughout the entire period and displaying proper/appropriate behavior- i.e. respect for others, cooperation, teamwork and sportsmanship

There will be a loss of one point for each infraction. Fitness days are worth an extra 5 points. Block days are worth double points (6).

60% participation/daily grade (dressing out properly and participating 100% throughout the entire class period)

25% skills/fitness grade

15% written exams

Individual instructors may grade your participation/fitness grades differently.

Unexcused Absences- cannot be made up and there will be a loss of all daily points and any tests that may have been given on that day.

Excused Absences- this is an absence cleared through the office. If a written test or skills test is missed, it must be made up at a later date. If a regular participation day is missed the student is responsible to make up the activity time. **To make-up an absence, the student must attend a make-up session during academic support time (Wednesday mornings from 7:30 – 8:10) Approximately 15 minutes of physical activity or a one mile run will make-up one excused absence. If a block day is missed, make-ups will be worth two days of activity. You must dress out properly for PE make-ups. Students with extra-curricular activities must be prudent about allowing time to make-up for their PE activities. All make-ups are required to be done during this time with a qualified instructor.**

Non- Participation- Occasionally there are legitimate reasons why a student cannot participate fully in the activity. A written doctor's note is required for long term conditions (over 3 days). A parent's note is needed for short-term disabilities. All daily points missed during this period are recorded as zero's until the student makes up the daily work. If a student is out over 3 weeks, an alternative will be discussed on an individual basis.

Final Written Exam- given at the conclusion of each semester not to exceed 10%.

Final Semester Grade- Grade is based on accumulative points from both quarters along with the final exam.

BADMINTON

Doubles

The doubles game is played with two players on side. The rules quoted on this sheet will be for doubles, since this is all that we usually play in class.

The Toss

Before commencing play, the opposite sides shall toss a coin or spin a racket, and the side winning shall have the option of a) serving first, b) not serving first, or c) choosing ends of the court. The side losing the toss shall then have the choice of what is left.

Service Order

The side serving is called the "IN" side, the receiving side is called the "OUT" side.

1. The player in the right hand service court of the "In" side starts the game by serving to the player in the diagonally opposite court.
2. If a fault is made by the serving team, the service then goes across to the opponents. The side beginning the game has only one server in the first INNING, but in all innings after that each partner has a chance to serve.
3. If a fault is made by the receiving team, the server scores a point, and the serving side players change service courts. The serve is then from the left hand service court. As long as the team makes points, service is alternately from each service court.
4. *The first service of a team in each inning shall be made from the right hand service court.*
5. After the service is delivered, the server and the player may take any position they choose on their side of the net.
6. Only the player served to may receive the serve. (If the birdie touches or is struck by a partner, the serving side receives a point).
7. If a player serves out of turn or from the wrong service court, and the side wins the point, it is a "let" if called before the next serve.
8. If a player standing in the wrong service court receives the serve and his/her side wins the rally, it shall be a "let" if called before the next serve.
9. In either of the two cases about, if the rally is lost, the mistake and the score stands.
10. Only one try is allowed on a serve unless the birdie is completely missed.

Scoring

NEW IBF 21 point format- International Badminton Federation

The game is played to 21 and you must win by 2 points. If the score becomes 20-20, 2 consecutive points must be scored to win game. If the score becomes 29-29, the 30th point scored wins the game.

No Service Over – Meaning you can score a point no matter who serves. There is a point scored every serve.

Old 15 point format

ONLY the side serving can score. When the serving side wins the rally, one point is scored. In mixed doubles, women's doubles, and men's singles, a game consists of 15 points. In women's singles, a game is 11. For class purposes, we will play all games to 11.

Players change courts at the end of each game; the winner serves first in the next game.

Faults

A fault made by a player of the side which is serving causes them to lost the serve. If made by a player whose side is not serving, it counts a point to the serving side.

It is a fault:

- a) If when serving, the birdie is struck above the waist level.
- b) If in serving, the birdie falls into the wrong service court, or falls short of the short service line, or falls out of bounds.
- c) If the server balks or fakes during the delivery of the serve.

- d) If the player fails to return a legally hit birdie.
 - e) If a player fails to return a legally hit birdie.
 - f) If a player touches the net with racket or body.
 - g) If a player hits the birdie before it crosses over the net
- h) If the birdie is hit twice in succession by a player and then his/her partner.

Terminology

Block- stop the birdie

Carry- hold birdie momentarily on the racket during the swing

Clear- high, deep shot to back boundary line

Double hit- hit birdie twice on same stroke.

Drive- fast, low hit with horizontal flight pattern about the net

Drop shot- birdie rebounds off racket and falls close to the net. This stroke does not have a follow-through

Fault- any violation of rules.

Flip- quick action of wrist

Game bird- game point, last point scored before a side wins

Hair pin shot- drop shot

In-sides- the side having the right to serve

Love- no score

Match- best 2 out of 3 games

Net shot- birdie just touches or clears the net

Out-sides- receiving team

Rush the serve- quick run to the net in order to block the serve

Side by side- doubles formation

Smash- quick, hard shot "IN YOUR FACE"

Up and back- doubles formation

Wood shot- hit off edge of racket

BASKETBALL UNIT HANDOUT

HISTORY OF THE GAME

Basketball was invented in 1891 by Dr. James Naismith, who thought of the game to fulfill a class assignment at the YMCA Training School in Springfield, Mass. The game was originally played with two peach baskets at each end of the court used as hoops, and a volleyball which had to be dribbled, passed, rolled or thrown from player to player. Basketball has since grown into a very popular indoor winter sport with participation in age groups ranging from grade school, to college, pro and Olympic competition.

PLAYING THE GAME

- a. **Starting the game**-the game is started with a jump ball in the center circle. The game consists of four 8 minute quarters, with 3 minute overtime periods should the regulation game end in a tie. Each team is allowed four 1 minute time-outs, and half-time is 10 minutes in length.
- b. **Scoring**- a field goal is any shot that goes through the basket, is worth two points. A free throw, which follows a foul on shot or in the bonus situation, is worth 1 point. There is also the three point shot which must be made from behind the 3 point arc.
- c. **Jump ball**- (alternating possession now!) is taken in the center circle at the beginning of the game only now. With the induction of alternating possession rule, the ball is taken out of bounds at the nearest point for the following reasons:
 1. a tie ball- when two opposing players place 1 or both hands on the ball at the same time.
 2. A double violation- when two fouls occur simultaneously
 3. A ball going out of bounds as a result of simultaneous contact by opposing players
 4. At the beginning of each quarter
- d. **Time Limits**
 1. a player may hold the ball for 5 seconds only if he/she is closely guarded
 2. 5 seconds out of bounds on a throw-in
 3. 10 seconds in the back court
 4. 10 seconds on a free throw
 5. 3 seconds in the lane of offense
- e. **Free throws**- this is an unguarded shot from the free-throw line awarded to the opposition when they are fouled. A player is given a "1 and 1" for any foul if they are in the bonus situation (fifth team foul), or 2 shots if they were in the act of shooting (regardless of team fouls).
 1. the player fouled must shoot the free-throw
 2. teams must alternate when lining up for the free-throw
 3. if the FT is made, the ball is taken out behind the baseline by the opposition
 4. if missed, the ball is in play
- f. **Out of bounds**- the ball is thrown in from out of bounds when:
 1. a player causes the ball to go out of bounds (opposition throws in)
 2. there is a violation
 3. alternating possession rule
 4. after a successful field goal or free-throw (taken from behind the baseline)

PLAYER POSITIONS

OFFENSE

Guards- usually the ball handlers. May be set up as point guard who sets up the offense and brings the ball down court, or on the wing who is set up outside the free throw line extended.

Forwards-small forward, usually a ball handler also, and sets up at the opposite wing position. Tall forward sets up low and is used as a post and rebounder.

Center- usually the tallest player on the team and plays post position

DEFENSE- the guards will usually play the top of the zone, while the forwards and posts will play closer under the basket depending upon the type of zone defense being played. A man-to-man type of defense can also be played where one player is directly responsible for guarding a specific opponent.

VIOLATIONS AND FOULS

Violation- a violation is a rule infringement which results in the ball being put in play from out of bounds- at the side of behind the baseline- by a member of the opposing team. Below are the most common types of violations:

1. **jump ball infraction** (moving into the circle too quickly)
2. **free throw violation** (either stepping into the lane too soon or over the line)
3. **ball handling** (double dribble, traveling, kicking the ball, etc.)
4. **out of bounds violations** (taking longer than 5 sec. To throw the ball in, reaching over on the throw in, stepping over the line)
5. **missing the rim** and/or backboard on the free throw attempt
6. **time violations** (3 sec. in the lane, 10 sec back court rule, etc.)

Fouls- are rule infringements that result in a penalty for the fouler. Each time a team member commits a foul they receive a personal foul, and the team receives a team foul. Each player has five personal fouls before they foul out. After the team receives the fifth team foul, the opposing team goes into the “**bonus**” situation- meaning if they make the first free throw attempt they get another shot. Fouls in the act of shooting are given 2 free throw attempts, regardless of the team foul situation. Technical fouls are given for unsportsmanlike conduct, flagrant behavior, unnecessary roughness, disrespect to an official, offensive gestures/language, delay of game, etc. Most technicals are given 2 shots. The most common types of fouls are:

1. **blocking**- moving on a pick or screen or moving into an offensive player
2. **charging**- committed by the offensive player
3. **pushing**
4. **holding**
5. **tripping**

The above examples of personal fouls are due to contact which occurs as players move to gain possession of the ball and prevent the opponents from scoring, although, theoretically, basketball is supposed to a “**non-contact**” sport!

TERMINOLOGY

Backcourt- the half of the court which contains the opponent’s basket

Bank shot- a shot which hits the backboard then goes through the basket

Baseline- the end line running under the basket from sideline to sideline

Blocking- personal contact which impedes the progress of an opponent

Blockout- positioning yourself between your opponent and the basket to get a rebound

Bounce pass- a pass that strides the floor before it gets to the receiver

Charging- contact resulting for a player with the ball moving into the defense

Cut- a quick move toward the basket without the ball looking for the pass

Defense- team whose opponent’s have possession of the ball

Defensive rebound- a rebound for under the opponent’s basket

Double dribble- dribbling the ball with both hands at the same time or dribbling again after a player's first dribble is ended

Dribble- bouncing the ball one or more times with one hand. The dribble ends when the player touches the ball with both hands.

Drive- a player with the ball moves quickly toward the basket for the shot and gets there by dribbling.

Fastbreak- moving the ball quickly down court in order to score before the defense can set up

Field goal- a basket scored for the field. Worth two points or three if beyond the arc.

Front court- the half of the court which contains a team's own basket

Foul- an infraction of the rules, for which one or more free throws are awarded or ball possession is lost to the opposing team

Free-throw- the privilege given to a player to score one or two points by unhindered shots for a goal from the free throw line. Worth 1 point each.

Held ball- occurs when two opponents have one or both hands firmly on the ball and neither can gain possession without undue roughness.

Key- top of the circle that surrounds either foul line.

Lane- area in front of the basket which is 10 feet wide and 15 feet in length

Man-to-Man- a team defense in which each player is assigned a particular opponent to guard wherever this opponent may go.

Offense- team in possession of the ball

Offense rebound- a rebound at the offensive end of the court

One-on-One- the situation in which one offensive player tries to score against one defensive player

Personal foul- contact made with an opponent while the ball is alive

Pick and Roll- screening out a teammate's defensive person and turn and roll toward the basket looking for a pass or position for a rebound

Pivot- footwork that enables the ball handler to move one foot while keeping the other foot in the same position of contact on the floor

Rebound- the act of trying to gain control of the ball after the shot attempt is missed

Screen- an offensive maneuver where a player is positioned between the defender and a teammate in order to free the teammate for an uncontested shot.

Technical foul- a non-contact foul by a player, team or coach for unsportsmanlike conduct, flagrant behavior or failure to comply with certain rules.

Three second lane- the offensive free throw lane in which no offensive player can remain for more than three seconds at a time

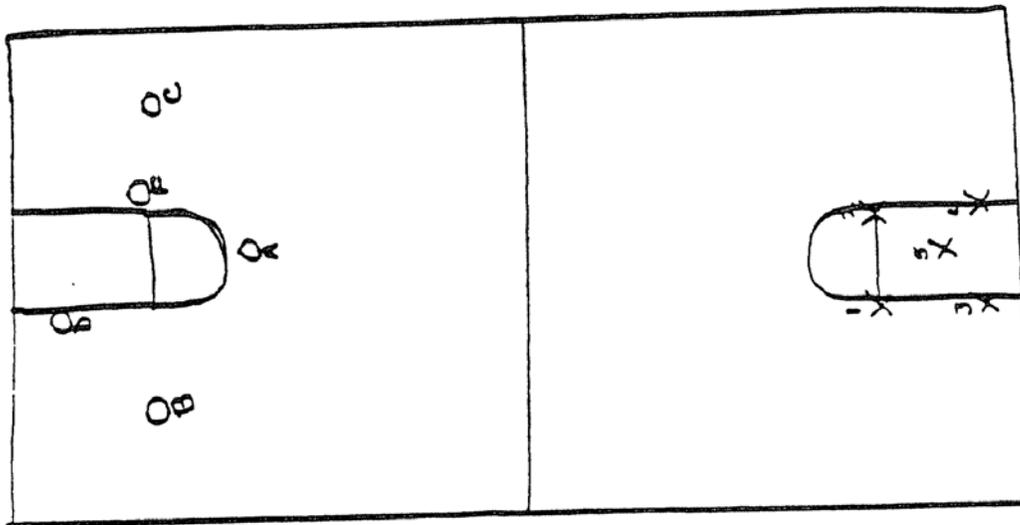
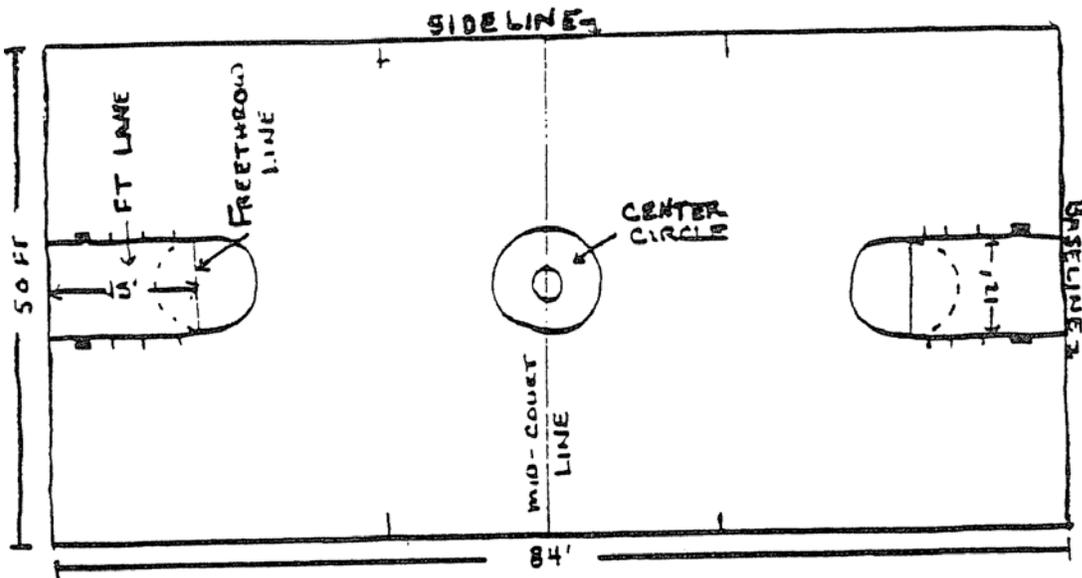
Traveling- taking more than one step with the ball without dribbling (walking)

Turnover- an illegal action (double dribble), or any mistake which gives the opposing team the ball

Violation- an infraction of the rules resulting in a throw-in for out of bounds for the opponents

Zone defense- a team defense in which the defensive player is assigned an area on the court to guard

COURT REGULATIONS AND OFFENSIVE/DEFENSIVE PLAYER ASSIGNMENTS



DEFENSIVE ALIGNMENT 2-1-2
 1 and 2- guards
 3 and 4- forwards
 5- center (post)

OFFENSIVE ALIGNMENT
 A- point guard
 B and C- rt and left wings
 D- low- post
 E- high-post

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BOCCE

HISTORY

There are many different stories about the origins of bocce, but one thing is certain, it's old. Drawings dated as far back as 5200 B.C. show figures tossing a ball or stone. Even the early Egyptians are believed to have played a version of the game. Early Greek physicians advised patients to play bocce as a therapeutic exercise.

The popularity of the game grew through out Europe to a point in time at which governments feared for the security of the state. Many people were more interested in playing the game than in defending their nations. Governments, Kings, and even the Catholic Church church official condemned the sport imposing fines and even imprisonment on those who disobeyed the law.

Yet the game remained and became more popular than ever.

Despite the international appreciation for the game, bocce was still lacking any central organization thus it was excluded from the first modern Olympics held in 1896. France was the first to establish organized leagues followed by Italy. These two countries together help to garner interest in the sport through out the rest of Europe. The United States first organized competitively during the turn of the last century.

The Olympic Committee is currently considering adding Bocce as a competitive sport. Possibly with the first demo trial being held during the 2002 Olympic Games.

The object of the game is simply to try and get your ball closest to the Pallino or target ball. It can be played by individuals of all ages and physical ability, on a court, on the beach or in your backyard. It is fast becoming one of the most popular games in the United States. World wide it ranks second as the most participated sport, preceded by soccer and followed by golf.



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RULES

THE GAME - Bocce is played with eight large balls and one smaller target or object ball called the pallino or jack. There are four balls to one side, or team, and they are made in two colors to distinguish the balls of one team from the four balls of the opposing team.

A coin toss will determine which team has the pallino and which color balls that team selects.

The pallino is thrown out by a member of the team having won the coin toss to start the game. The same player throwing the pallino must deliver the first bocce ball. The opposing team will then deliver their bocce balls until the point is taken or they have exhausted their four balls. The "nearest ball" rule governs the sequence of thrown balls. The side whose bocce is the closest to the pallino is called the "in" ball and the opposing side the "out" ball. Whenever a team gets "in" it steps aside and allows the "out" team to bowl.

A team has the option of rolling, throwing, bouncing, banking, etc. its ball down the court provided it does not go out-of-bounds or the player does not violate the foul markers. A player also has the option of "spoking" or hitting out any ball in play in trying to obtain a point, or decreasing the opposing team's points.

At the end of each frame (when both teams have exhausted four balls each), a designated official under the scrutiny of the captain/or designee of each team, will determine the points scored. Scoring points are all those of one team closer to the pallino than the closest ball of the opposing team, which can be determined by viewing or by mechanical measurement.

In the event that the two balls closest to the pallino belong to opposing teams and are tied, no points will be awarded, and the pallino returns to the team which delivered it. Only balls which are distinguishably closer to the pallino than any opponent's balls may be awarded points.

FOULS - Foul-line Fouls-In both pointing and hitting, the foremost part of the specific foul-line will not be surpassed by any part of the foot before the ball leaves the player's hand.

One official warning may be granted each team after which penalties will be prescribed.

The penalty for a team committing a 2nd foul-line infraction will be as follows.

(a) The team fouled against will be awarded points as they were immediately proceeding the foul

and the frame will end. The team committing the foul will be awarded no points for the frame.

(b) Or the fouled against team may have the option of declining the penalty and completing the frame.

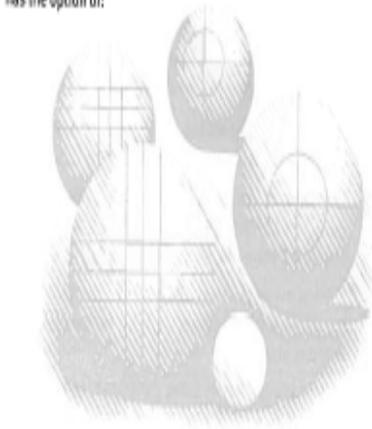
Illegal Movement of a Ball Belonging to Your Own Team - If a player moves one or more of his teams ball, it or they are removed from the court and considered dead and play continues.

Illegal Movement of an Opponent's Ball - If a player moves one or more of his opponent's balls, those balls are removed and awarded one point each and play continues. Only one team is awarded points, so only the team fouled against can be awarded points.

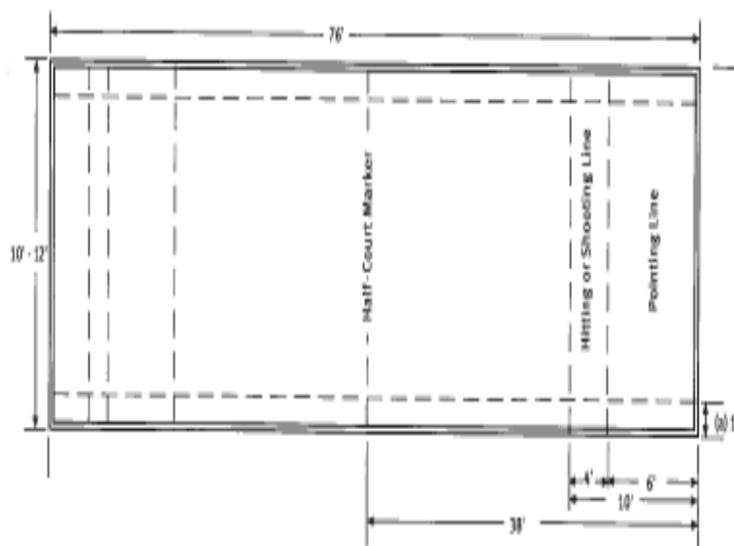
Illegal Movement of the Pallino by a Player - If the pallino is moved by a player, the team fouled against will be awarded as many points as the number of balls that team already played and the frame will end.

Or, the team fouled against may have the option of declining that penalty and completing the frame.

"Illegal Movement" refers to any movement of a ball by means other than the result of normal play such as kicking, touching, etc. If a player interferes with a ball in motion, the team fouled against has the option of:



COURT LAYOUT



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- (a) Playing the ball over;
- (b) Declaring the frame dead or
- (c) Declining the penalty, accept the lie of the touched ball and continue playing.

If a spectator, animal or object interferes with a ball in motion and it does not touch another ball already in play, the frame is dead.

Other Disruption of Play - Any action which interferes with the position of a ball in play-renders the frame dead.

EQUIPMENT

BALLS - 8 Balls, 4 of one color, 4 of another color and 1 small ball called the "Jack" or "Pallino". These balls may be made of composition: wood or metal, and of equal size within a set. The competitive size of the balls may vary from 107mm to 114mm in diameter. The pallino or Jack must be a color visibly distinct from both bocce ball colors. It may not be larger than 63mm or smaller than 53mm.

PRO TIPS

- *The traditional game of bocce calls for three basic styles or methods of play: The PUNTA (or "gentle" method), the VOLO (or "strong flying" method), and the RAIFA ("strong smash" method.)
- *Experience, ability, strategy and personal preference are the factors, which will determine your method of choice.

BOWLING UNIT

History

The first recorded sport in history was a form of bowling. 7,000 years ago, the Egyptians were known to have played a game similar to our modern tenpin game in the year 5200 B.C.

According to some historians, bowling was introduced in Europe in 50 B.C. with the Italian game known as Bocci. Records from 300 A.D. indicate that the modern game of tenpins may have originated in central European monasteries and cathedrals as part of a religious ritual. The parishioners, while attending church, rolled a large stone ball at a wooden club placed in a corner. The canon are reported to have told the parishioners that the club represented evil or the devil. If the parishioners hit it, he/ she would lead a good life. If not, they would certainly have to improve.

In the 1620's, ninepins was brought by the Dutch settlers to Manhattan. The first bowling house was built in New York City in 1840. Because of heavy wagering on bowling matches, however, the game became controlled by gamblers. For this reason, ninepins was outlawed in the eastern states. To circumvent this law, an extra pin was added, and the pins were arranged in a triangular formation instead of a diamond shape.

Tenpins soon became popular over much of this country. The American Bowling Congress (ABC) was formed in 1895 and established national rules and regulations and formulated specifications for the game. Soon after this, the Women's International Bowling Congress (WIBC) was established in 1916

Rules of Safety

There are certain rules we all must follow in order to stay free from accident or injury.

1. Everyone must wear socks- for obvious health reasons! It is also a very good idea to avoid wearing dresses or skirts the days that we go bowling.
2. Always pick the ball up off the rack with both hands on the outside edge. This is to prevent injury to fingers and hands.
3. Keep both hands in contact with the ball until the backswing is started. Be careful as to not drop the ball on the backswing as it could do both bodily injury as well as damage to the ball and lane.
4. There should never be more than one person on the approach lane at anytime.
5. Make sure you have proper fit in the bowling shoes as well as the ball to prevent injury.
6. Be sure pin gate is up and all pins have either been cleared or have been reset. Never push the rest button before releasing the ball. This action could warrant your expulsion from bowling.

Rules of Etiquette

Along with the rules of safety, there are also a few rules of etiquette we need to be aware of when bowling.

1. Always give priority to the person on your right.
2. Don't deliberately step on or across the foul line.
3. Stay off the other persons approach.
4. Observe the foul line.
5. Never bowl in street shoes and make sure that the bowling shoes are free of substances that might mar the approach lanes.
6. Don't use someone else's bowling ball without permission.
7. Remain seated until it is your turn to bowl and then move to the approach promptly.
8. Control your temper and your language. Remember, you are representing Blue Valley North!
9. Do not loft the ball.
10. Don't talk to a player who is ready to bowl.

Equipment

To ensure proper fit and the most comfort, it is important to have proper selection of equipment.

1. Shoes- it is required to wear bowling shoes while bowling. Most shoes will run true to size, so it is best to select the same size as you would wear in street shoes.

2. Ball- selection of proper ball size is critical. There are two things to keep in mind when selecting one:
 - a. *the size of the thumb and finger holes*: make sure the thumb will slip out of the thumb hole easily and lay hand over the finger holes. The knuckle of your middle two fingers should be directly over the inside edge of the finger holes when you insert the thumb and two fingers in the holes.
 - b. *Weight*: most men will use between a 14-16 lb. Ball while women bowl with a ball weighing between 12-14 lbs.

Scoring

Bowling has its own unique scoring system. Although it may seem difficult to understand at first, once you grasp the process, it becomes very easy. Follow these basic rules:

1. A strike (X) counts as 10 plus a bonus of two balls (pins knocked down with the next two balls). Exception occurs in the tenth frame when awarded 2 more balls for making a strike with the first ball.
2. A spare (/) counts as 10 plus a bonus of one ball (pins knocked down with the next ball). Exception occurs in the tenth frame: only 3 balls are allowed in the tenth frame.
3. A miss, open, blow, or split not converted into a spare, count only the total pins knocked down with both balls in the frame
4. A foul counts as zero for that ball.

Terminology

1. Arrows- a series of seven triangular darts, 12 to 15 feet beyond the foul line. Spot bowlers use these aiming targets.
2. Average- add all games bowled in league and divide by the number of bowled games.
3. Back-up ball- a ball that curves to the right of a right handed bowler.
4. Bonus- the number of additional pins scored after getting a strike or a spare.
5. Brooklyn- ball hitting to the left side of the head pin for a right-hander.
6. Channel ball- also known as a gutter ball. Throwing the ball into the shallow 9 inch wide trough on either side of the bowling lane.
7. Curve- a ball that is rolled toward the outside of the lane which then curves back toward the enter of the lane.
8. Delivery- rolling the ball. Also used as a term to designate either the curve, hook, backup, or straight ball.
9. Dutchman or Dutch 200- Alternating strikes and spares in a game.
10. Foul- touching or going over the foul line when delivering the ball.
11. Frame- a game consists of ten frames per player; either one ball (strike) or two balls are rolled per frame.
12. Handicap- a score adjustment based on the difference between team or individual averages.
13. Hook- a ball rolled so that the ball takes a sharp turn (hook) at the end.
14. Kingpin- name given to the number 5 pin.
15. Lane- name given to the wooden surface that extends from the foul line to the end of the pin deck.
16. Mark- a strike or a spare which is "marked" on the score sheet a (X) for a strike, or (/) for a spare.
17. Perfect game- a score of 300. 12 consecutive strikes in a game.
18. Pocket- the 1-3 pins for right-handed bowlers.
19. Spare- knocking down all 10 pins with two balls in a frame. A spare counts as 10 plus the number of pins knocked down with the next ball.
20. Split- when an intermediate pin is missing in a series of pins, providing the head pin is not standing after delivering the first ball in a frame.
21. Strike- knocking down all 10 pins with the first ball in a frame except in the tenth frame where the bowler may have three chances for strikes.
22. Turkey- three consecutive strikes in a row.

Flag Football

HISTORY

Football as we see it today came to us through soccer and rugby. Harvard, Yale, Princeton and Rutgers were the schools that made early attempts at playing this game. The early attempts at football were not much more than gang fights over a round ball.

From tackle football the game has been modified in such a way that it can be played without pads and still be played safely. Flag football as it is played today is an interesting and beneficial game for all who desire fun and competition.

BRIEF DESCRIPTION

Flag Football is a game of skill and fitness, not of strength and power. Strategy and organization are of primary importance to the team to play the game. Flag football is also basically a *passing game* because of the lack of blocking. Therefore, the defense and offense are designed around the pass.

PLAYING FIELD

The playing field is 100 yards long and 50 yards wide. The long lines are called sidelines and the short ones end lines. Goal lines are 10 yards from the end lines. The conversion line is 3 yards from the goal line. Inbound lines are broken lines 15 yards inside the sidelines.

EQUIPMENT

The football is regulation size (usually made of leather- pigskin). There are white laces on the ball which aid in passing of the ball, and white stripes on each end of the ball to aid in sighting of the ball by the receiver.

Two flags (socks) are worn by each player, one on each side of the body, tucked into shorts/sweats, and hanging down at least 12 inches.

PLAYERS AND POSITIONS

There may be 9-11 players on each team plus substitutes. There should be five linemen and at least 4 backfield players on the offensive team. The defense should have the same number on the field as the offense and may line up in any formation, provided they line up no closer than 3 yards from the line of scrimmage.

SCORING

Touchdown- a touchdown is made when the offense moves the ball over the opponents goal line by either running it or passing it. Six points is scored.

Conversion- the conversion is scored after a touchdown by passing or running the ball over the goal line from the 3 yard conversion line. Two points is scored.

Safety- a safety is scored when the ball, legally in the possession of a player becomes dead behind their own goal line. Two points are scored.

Field goal- a field goal is scored when the ball is kicked through the goal posts instead of scoring a touchdown. Three points are scored.

LENGTH OF GAME

The game consists of four 10-minute quarters with 2 minutes between quarters and 10 minutes between halves. For class purposes, the game length will be two class periods for a complete game. This may be left to the discretion of the individual instructor.

PLAYING THE GAME

Kick-off:

1. A coin toss between the officials and the team captains will determine which team will kick off or receive the ball and which end of the field they will start off on.
2. A kick-off is a punt from the 40 yard line (center line)
3. The kicking team may not pass over the line before the kick, and the receiving team cannot pass over the center line until the ball is kicked.

4. When the kick-off is fumbled in or lands in the end zone, a touchback is declared and the receiving team shall start on the quarter line.
5. If the kick-off lands beyond the center line and touches the ground, the receiving team starts where the ball lands.
6. If the kick-off does not exceed the center line, the receiving team may choose to have the ball re-kicked or start from the center line.
7. If the kick-off goes out-of-bounds, it is either re-kicked or played from the point where it went out.

Lining up: (Scrimmage)

1. Offensive team must be behind the line of scrimmage while the defensive team must be 3 yards away from the line of scrimmage.
2. When the ball is centered only one player of the offensive team can be in motion behind the line of scrimmage.
3. The ball must be centered within 25 seconds.
4. It is a dead ball and down if the ball is fumbled or touches the ground.

Downs:

1. Each team has four downs to advance into the next zone or to score.
2. It is a dead ball and a down if the ball is fumbled or touches the ground.

Scrimmage Kick:

1. Any one of the back fielders may punt or place kick on any down.
2. The receiver may run with the ball, hand-off, or lateral the ball.
3. If a member of the kicking team should touch the ball first, it becomes dead where it was touched.
4. If the ball is kicked into the receiving team's end zone, it is brought out to the receiver's quarter line.

Offensive play:

1. The team receiving the kick may use any number of lateral passes or hand-offs anywhere on the field.
2. Forward hand-offs in front of the line of scrimmage must be parallel to the line or behind it, and can be made by anyone.
3. Hand-offs in front of the line of scrimmage must be parallel to the line or behind it, and can be made by anyone.
4. A forward pass must be thrown from behind the line of scrimmage and any player may catch it.
5. A player who intercepts a pass in his/her own end zone may ground the ball, resulting in a touchback, or they also have the option of running it out.

Defensive play:

1. A defensive player must have one or both feet on the ground when taking a flag.
2. The ball becomes dead where the flag is detached.
3. The ball carrier must not attempt to stop a player from taking the flag.

Dead ball: the ball becomes dead when:

1. The carrier falls down or the flag is detached.
2. Following a touchdown, extra point try safety or touchback.
3. the runner or ball goes out of bounds
4. The ball hits the ground (fumble, on a kick, incomplete pass, etc.)
5. A member of the kicking team touches a scrimmage kick before a member of the receiving team does

FOULS AND PENALTIES

1. Ball handling-
 - a. A player cannot make a forward pass after crossing the line of scrimmage.
 - b. Beyond the line of scrimmage the ball must be passed backward or lateralled to the side or back.
 - c. A hand-off must be made backwards or to the side. Penalty- loss of 5 yards and the down
2. Line of Scrimmage
 - a. The ball must be centered from a grounded position, between the legs, within 25 seconds after the ball has been placed on the line of scrimmage.
 - b. Neither team can cross the line of scrimmage until the ball is snapped.

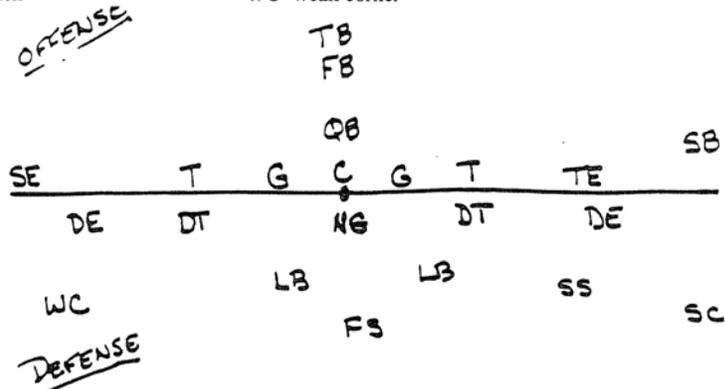
- a. All members of the offensive team must be motionless for one second before the ball is snapped. Penalty- 5 yard loss, down remains the same
- 3. Kick-off
 - a. All players must remain at their positions until the ball is kicked.
Penalty: Offense- re-kick 5 yards in front of quarter line or 1st down where the ball is dead
Defense- re-kick 5 yards behind quarter line or 1st down where ball is declared dead.
- 4. Scrimmage kick
 - a. No players can cross the line of scrimmage until the kick is made.
 - b. There must be at least 3 players from each team on the line of scrimmage when the kick is made Penalty- 5 yards loss from where the ball is declared dead
- 5. Flags-
 - a. Each player must have 2 flags, which hang freely on each side. Penalty- 5-yard loss from the line of scrimmage or the spot of the foul, whichever is greater.
 - b. The ball carrier cannot conceal his/her hands to prevent the flag from being pulled.
 - c. No opposing player may interfere with the ball carrier in any way in an attempt to pull the flag. Penalty- (for #'s 2 and 3)- 15 yard loss from the line of scrimmage or the spot where the infraction occurred, whichever is greater
 - d. A player must have both feet in contact with the ground when pulling a flag. If not, official shall not recognize the down.
- 6. Contact-
 - a. The only physical contact that may occur is between the line players in an attempt to follow the ball or to protect the ball carrier.
 - b. When contact is made, the arms and hands must be against the body. Penalty- 15-yard loss from the line of scrimmage or where the infraction occurred, whichever is greater.
 - c. Contact may not be made during a pass play by the pass receiver or the defender.
Penalty- Defense- automatic 1st down for the offense at the spot of the foul. Offense- 15-yard loss from the line of scrimmage, no loss of down.

TERMS

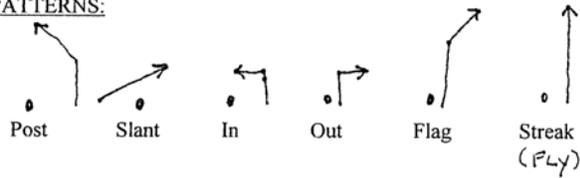
1. Conversion- a pass or run over the goal line from the 3 yard line after a touchdown.
2. Dead ball- ball that is not in play due to out of bounds, a rule infraction, or a pulled flag from the ball carrier.
3. Defense- team defending their own goal
4. Down- game unit which begins with the centering of the ball and ends with a dead ball
5. End zone- area between end line and goal line
6. Forward pass- ball thrown from behind the line of scrimmage toward to opposing team's goal.
7. Goal line- line you cross to score a touchdown
8. Kick-off means of starting the game play at the beginning, half and after a TD
9. Lateral pass- underhand backward toss which occurs beyond the line of scrimmage.
10. Line of scrimmage- imaginary line passing through from tip of the ball, parallel to the end line where the ball is set for downs
11. Offense- team which has possession of the ball
12. Own goal- goal which a team is defending
13. Penalty- loss or gain of yardage and/or downs due to an infraction of the rules.
14. Pattern- specific movement/direction of an offensive player
15. Play- combination of patterns to gain yardage or score a touchdown
16. Touchdown- player runs or receives a pass across the goal line

PLAYER FIELD ASSIGNMENTS:

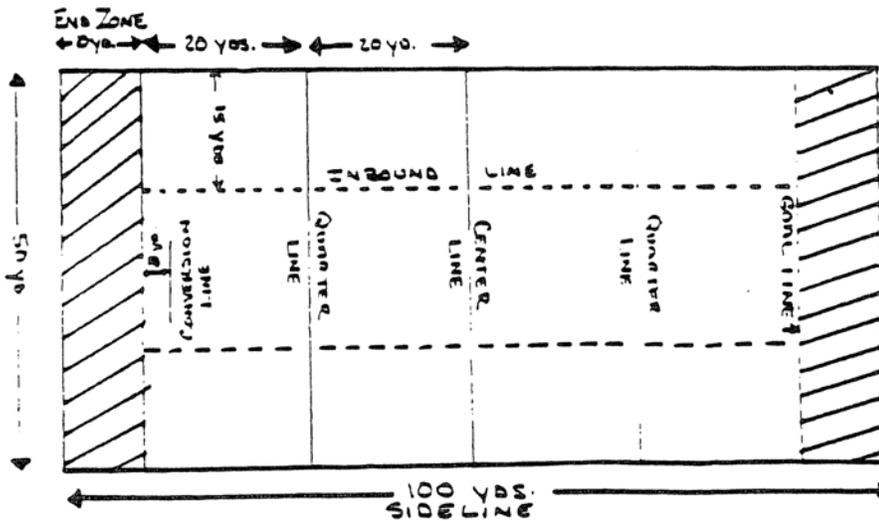
C- center	FB- fullback	NG- nose guard
G- guard	SB- slot back	LB- line backer
SE- split end	DE- defensive end	FS- free safety
TE- tight end	SS- strong safety	DT- defensive tackle
QB- quarterback	SC- strong corner	
HB- tail back	WC- weak corner	



PASS PATTERNS:



FIELD DIMENSIONS:



HEALTH/PHYSICAL FITNESS UNIT

Through the many technological and medical advances in the past century, our standard of living for most Americans has been greatly enhanced. However, our physical well-being has not seen such vast improvements. Listed below are the three leading causes of death, both in the year 1900 and again in 1970.

1900

1. pneumonia & influenza
2. tuberculosis
3. intestinal diseases

1970

1. heart disease
2. cancer
3. stroke

As you can see with the differences in causes of death, today's killers, (chronic diseases) are directly related to or contributed to by, an *inactive lifestyle*. The following terms should help you understand a little more clearly, the many aspects related to the field of health/physical fitness.

1. Hypo kinesis- a style of living characterized by a lack of physical exercise.
2. Hypo kinetic disease- diseases which occur more frequently to sedentary persons (lack of physical exercise). (Ex. Coronary heart disease, obesity, diabetes, high blood pressure, low back pain.)
3. Health- a state of body and mind characterized by absence of illness and by a level of vigor which permits fulfillment of human potential.
4. Physical Fitness- the ability to sustain moderate intensity, whole body activity for extended time periods.
5. Body Composition- fatness, ratio of fat weight to total body weight
6. Cardio respiratory endurance- ability to sustain moderate intensity, whole body activity for extended time periods.
7. Chronic diseases- a disease which develops over long periods of time- often caused by lifestyle health habits.
8. Atherosclerosis- a disease where fatty plaque is deposited on the inner walls of the arteries. This can lead to coronary heart disease.
9. Coronary heart disease- impairment of blood flow and oxygen delivery to the heart muscle.
10. Lordosis- an excessive curvature of the lumbar region of the spine, frequently developing from a lack of proper exercise. This is related to two fitness deficiencies- shortening of the lower back and hamstrings; and weak abdominal muscles.
11. Flexibility- maximum range of motion possible in a joint or series of joints. Flexibility can be gained by or improved through static stretching.
12. Agility- speed in changing directions or body positions.

Through proper exercise, active persons may be able to avoid or develop three specific health problems: 1) coronary heart disease; 2) obesity; and 3) low back pain (lordosis).

Maybe you too can take an "active role in determining your own well-fitness!"

HEART RATES

Heart Rate- is the number of times per minute the heart beats to pump blood through the system.

Resting Heart Rate- (RHR) a person in good aerobic condition will usually have a lower resting heart rate than that of a person in poor aerobic condition. The average RHR for teenagers is between 50-70 beats per minute. As your heart becomes stronger through training, the RHR becomes lower as the heart has to beat less times to complete the same amount of work. Take the reading for 60 seconds, preferably upon arising in the morning or after sitting quietly for 15 to 20 minutes. The RHR is the minimum number of beats that your heart needs to keep you alive in the middle of the night.

Training Heart Rate- (THR) also referred to as target heart rate. The THR is a good indicator of the intensity and effectiveness of your workout. As exercise becomes more strenuous, the heart beats more often to supply oxygen to the muscles, and this in turn develops aerobic fitness. Realize that the blood stream contains the oxygen and the faster the blood travels from the heart to the lungs to the muscles and back around again, the more efficient your body works. Take your THR immediately after your exercise workout. Locate your pulse quickly while slowly walking and count beats for six seconds. Add a zero to this to get your THR. Never work at the maximum heart rate, but if you can work up to sustaining between 150-170 bpm, this would be a beneficial range.

Recovery Heart Rate- this measurement is taken 5 minutes after you have stopped exercising. Count your pulse for 15 seconds while standing still and multiply by 4. If the resulting answer is over 120 bpm, rest awhile longer before going on to something else for you have more than likely overextended yourself. If your heart rate returns below 120 very quickly, you are in good aerobic condition!!

METHOD FOR DETERMINING A TRAINING HEARTRATE

Step 1- Measure your resting heart rate (RHR). Do this by resting quietly for 5-10 minutes- then count heart beats for 60 seconds. It is ideal to take the RHR upon awaking in the morning to get a true resting heart rate.

Step 2- Estimate maximum rate (MHR). Maximum heart rate decreases with age. Estimate MHR with the following equation:

$$\text{MHR} = 220 - \text{age in years. Example } (220 - 15 = 205)$$

Step 3- Compute training heart rate (THR). THR is computed with the following equation:

$$\begin{aligned}\text{THR} &= \text{RHR} + .6(\text{MHR} - \text{RHR}) \text{ Ex. RHR is } 60 + (\text{MHR is } 205) \\ \text{THR} &= 60 + .6(205 - 60) \\ \text{THR} &= 60 + 87 \\ \text{THR} &= 147 \text{ beats per minute}\end{aligned}$$

NOTE- TRAINING HEART RATE IS ALSO REFERRED TO AS A TARGET HEART RATE- meaning that is the heart rate you want to “target you workout towards.

There are three important factors which help one to succeed with a cardio respiratory endurance program, we will refer to these three factors as:

F I T

F = Frequency of Exercise- three or more times per week for beginners. Gradually increase this to 5-6 times once conditioning increases.

I = Intensity of Exercise- should “work” at the desired level of training heart rate intensity. (TARGET ZONE!)

T = Time (Duration) of Exercise- aerobic exercise should be sustained for at least 30 minutes at a time. Beginners should start out with 15-20 minutes.

EXAMPLES OF AEROBIC EXERCISES/ACTIVITIES

Running, jogging, skipping, jumping, swimming, bicycling, dancing (aerobic), cross-country skiing, etc.

COMPONENTS OF HEALTH-RELATED FITNESS

There are 5 important areas of fitness which help keep a person healthy:

1. **CARDIOVASCULAR FITNESS:**

The ability of the heart, blood, blood vessels, and respiratory system to supply oxygen and fuel to the muscles during exercise. In order to continue activity, the circulatory and respiratory systems need to meet the muscles demand for oxygen. Improving cardiovascular fitness increases your energy level, which helps you to feel better, control your weight, and improves your ability to meet the problems you face daily. Research as shown that body functions improve with use and decline with disuse. The more you use your heart, lungs and muscles, the more efficient they will be. Aerobic exercise forces the body to handle a large amount of oxygen for a long period of time. It takes 20-40 minutes at least 3 times a week to get these fitness benefits.

2. **MUSCULAR STRENGTH**

3. **MUSCULAR ENDURANCE:**

These two are very closely related. *STRENGTH* is the ability of muscles to exert a force one time. *ENDURANCE* is the ability to use skeletal muscles for long periods of time over and over again. Being in better shape helps you to perform activities longer. By increasing your muscle strength, you can do things more easily. Having firmer muscles will cause you to look slimmer and trimmer. Strong muscles also help you to perform activity better and reduce fatigue, avoid back pain, prevent muscle injuries and soreness. Another factor influencing your muscles is your posture. Developing the body's muscles will help you have the strength and endurance to carry the body in an upright position.

4. **FLEXIBILITY:**

This is the RANGE OF MOVEMENT possible at various joints in your body. The loss of flexibility occurs gradually as you get older. Inadequate range of motion in joints not only limits one's ability to move, but also increases our chances of injury. Flexibility helps to prevent injuries such as muscle strains, tears, and sprains. If you have good flexibility in your lower back and the back of your thighs (hamstrings), it will help reduce lower back pain and problems when you are an adult. Another reason flexibility is important is because it can prevent or reduce the pain and stiffness caused by muscle exercise. Stretching before and after exercise helps prevent muscle soreness. Tight muscles are also caused by emotional tension, stretching these muscles will help relieve the tension.

5. **BODY COMPOSITION:**

This is the ration of muscle, fat, bone and other tissues of which the body is made up of. Some people have relatively low percentage of body fat, some have a high percent. Looking good and feeling good depends a great deal on the % of fat on your body. You can easily see how much you weigh by getting on a scale. *But what does your weight consist of?* Is it mostly muscle? Fat? Bone? Your body weight is a combination of all three. Together, they make up your lean body mass and body fat. **Lean body mass** is muscle tissue and other non-fat tissue such as bones, ligaments and tendons. **Body fat** is just that, it is stored calories you are wearing that have not been burned up. The distribution of your lean body mass and body fat will change depending upon how active you are, how much you eat, and how fast you are growing. Ways to measure body composition are by calipers (skin-fold tests), height-weight charts (often misleading), underwater weighting (very accurate) and electrical impedance (most accurate and expensive).

Many people believe that their body weight is the most crucial thing. How much you weigh is not as important as what your body is made up of.

PHYSICAL HEALTH BENEFITS OF ACTIVITY **(OR WHY SHOULD WE EXERCISE???)**

It is recommended that you exercise at least 3 times a week, for period of 20-40 minutes in your target heart rate zone. If you follow this prescription, it has been shown to benefit your body and mind in the following ways:

1. IMPROVED CARDIOVASCULAR FITNESS
 - Stronger heart muscle, lower heart rate, reduced blood pressure, reduced blood fat, resistance to clogged arteries in your circulatory system, improved blood circulation, less chance of heart attack, greater chance of surviving a heart attack
2. GREATER LEAN BODY MASS AND LESSER BODY FAT
 - Your body will have greater work efficiency, less chance of getting diseases, improved appearance, fewer self-concept problems due to obesity
3. IMPROVED STRENGTH AND MUSCULAR ENDURANCE
 - Greater work efficiency, less chance of muscle injury, less chance of low back problems, better performance in sports, better able to meet emergency situations
4. IMPROVED FLEXIBILITY
 - Greater work efficiency, less chance of muscle or joint injury, less chance of lower back problems, better sports performance
5. OTHER
 - Better use of oxygen in your body, quicker recovery after hard work, delay in aging process, less muscle tension

MENTAL HEALTH BENEFITS OF ACTIVITY

1. REDUCTION IN MENTAL TENSION
 - Fewer stress symptoms, ability to enjoy leisure, possible work improvement
2. IMPROVED QUALITY OF LIFE
3. RESISTANCE
 - You will feel less tired, you will have a better ability to deal with stress and problems
4. OPPORTUNITY FOR SUCCESSFUL EXPERIENCES
 - You will feel better about yourself, you will have a better sense of well-being, and improved appearance

Taken from: Concepts in Physical Education, by Charles Corbin

HEART RATE WATCHES

**Blue Button
To Download
To Record Target Zone
Heart Rate Zone
To Delete Files**

Clock face
Blue button to clock face, then bottom right to connect
Red Button 2 times
145-180
From clock face, top right button (file) then hold in top left button
(deleting files?) and then button again (are you sure) red button again.
All files should be deleted.
Re-moisten the monitor and/or tighten the strap

No THR showing?

Body Weight	125	150	175	200	225	250	275	300
LOCOMOTION								
Walking – 2 mph	31	35	40	46	53	58	64	69
Walking – 4.5 mph	58	67	78	87	98	110	120	131
Walking Upstairs	150	175	201	229	259	288	318	350
Jogging – 5.5 mph	96	108	127	142	160	178	197	215
Running – 7 mph	125	141	164	187	208	232	256	280
Running – 12 mph (sprint)	164	197	230	258	295	326	360	395
Running – in place (140 count)	200	242	284	325	363	405	447	490
Bicycle – 5.5 mph	43	50	58	67	75	83	92	101
Bicycle – 13 mph	96	107	125	142	160	178	197	216
RECREATION								
Badminton or Volleyball	44	52	67	75	85	94	104	115
Baseball (except pitcher)	40	47	54	62	70	78	86	94
Basketball	60	70	82	93	105	117	128	140
Bowling (non-stop)	56	67	82	90	100	111	122	133
Dancing Moderate	37	42	49	55	62	69	77	86
Dancing Vigorous	45	57	67	75	86	94	104	115
Square Dancing	59	68	80	90	103	113	124	135
Football	76	83	97	110	123	137	152	167
Golf Foursome	35	40	47	55	62	68	75	83
Horseback Riding (trot)	58	67	78	90	102	112	123	134
Ping-Pong	34	38	43	52	58	64	71	78
Skiing (alpine)	80	96	113	128	145	160	177	195
Skiing (cross-country)	97	117	137	158	174	194	214	235
Skiing (water)	66	73	92	104	117	130	142	165

Swimming (backstroke) 20 yd/min	33	38	43	52	58	64	71	79
Swimming (breaststroke) 20 yd/min	41	48	55	63	72	80	88	96
Swimming (crawl) 20 yd/min	41	48	55	63	72	80	88	96
Tennis	58	67	80	92	103	115	125	135
Wrestling, Judo, or Karate	108	129	150	175	192	213	235	257
PERSONAL ACTIVITIES								
Sleeping	10	12	14	16	18	20	22	24
Sitting (TV or reading)	10	12	14	16	18	20	22	24
Sitting (conversing)	15	18	21	24	28	30	34	37
Washing/Dressing	26	32	38	42	47	53	58	63
Standing Quietly	11	14	17	19	21	24	26	28
Sitting/Writing	15	18	21	24	28	30	34	37
Light Office Work	25	30	35	39	45	50	55	60
Standing (Light activity)	20	24	28	32	37	40	45	50

OVER 100 WAYS EXERCISE WILL ENRICH THE QUALITY OF YOUR LIFE

By Susan Smith Jones, Ph.D. E.M.T.

1. Increases your self-confidence and self-esteem
2. Improves your digestion.
3. Helps you to sleep better.
4. Gives you more energy.
5. Adds a sparkle and radiance to your complexion.
6. Enhances your immune system.
7. Improves your body shape.
8. Burns up extra calories.
9. Tones and firms up your muscles.
10. Provides more muscular definition.
11. Improves circulation and helps to reduce blood pressure.
12. Lifts your spirits
13. Reduces tension
14. Enables you to lose weight and keep it off.
15. Makes you limber.
16. Builds strength
17. Improves endurance.
18. Increases the lean muscle tissue in your body.
19. Improves your appetite for healthy foods
20. Alleviates menstrual cramps.
21. Alters and improves muscle chemistry.
22. Increases metabolic rate.
23. Enhances coordination and balance.
24. Improves your posture.
25. Eases and can possibly eliminate back problems and pain.
26. Alters how your body uses calories – now more efficiently.
27. Lowers your resting heart rate.
28. Increases muscle size through an increase in muscle fibers
29. Improves the storage of glycogen.
30. Enables your body to utilize nutrients more efficiently.
31. Increases the enzymes in the body which burn fat.
32. Increases the number and size of mitochondria in each muscle cell.
33. Strengthens your bones.
34. Increase the concentration of myoglobin (carries oxygen in muscles in skeletal muscles.
35. Enhances oxygen transport throughout the body.
36. Improves liver functioning.
37. Increase speed of muscle contraction and therefore reaction time.
38. Enhances feedback through the nervous system.
39. Strengthens the heart.
40. Improves blood flow through the body.
41. Helps to alleviate varicose veins.
42. Increases maximum cardiac output due to an increase in stroke volume.

43. Increases contractibility of the heart's ventricles.
44. Increases the weight of the heart.
45. Increases heart size.
46. Improves contractile function of the whole heart.
47. Makes calcium transport in the heart and the entire body more efficient.
48. Deters heart disease.
49. Increases the level of HDL
50. Decreases LDL
51. Decreases cholesterol
52. Decreases triglycerides.
53. Increases total hemoglobin
54. Increases alkaline reserve
55. Improves the body's ability to remove lactic acid
56. Improves the body's ability to decrease heart rate after exercise.
57. Increases the number of open capillaries during exercise as opposed to rest.
58. Improves blood flow to the active muscles at the peak of training.
59. Enhances the functioning of the cardiovascular system.
60. Enhances the functioning of the cardio respiratory system.
61. Improves efficiency in breathing.
62. Increases respiratory capacity.
63. Improves alveolar ventilation
64. Lessens sensitivity to the build up of CO₂
65. Improves breathing in that less ventilation is required per liter O₂ consumption.
66. Improves bone metabolism.
67. Decreases the changes of the development of osteoporosis.
68. Improves the development of and the strength of connective tissue.
69. Increases strength of ligaments.
70. Is inversely related to death from cancer.
71. Improves resistance to infectious diseases.
72. Enhances neuromuscular relaxation thus reducing anxiety and tension.
73. Enables you to relax more quickly and completely.
74. Alleviates depression.
75. Improves emotional stability.
76. Enhances clarity of the mind.
77. Makes you feel good.
78. Increases efficiency of your sweat glands.
79. Makes you better able to stay warm in colder environments.
80. Helps you respond more effectively to heat in that sweating begins at a lower body temperature.
81. Improves your body composition.
82. Increases body density.
83. Decreases fat tissue more easily
84. Helps you to achieve a more agile body.
85. Increases your positive attitude about yourself and life.
86. Increases the level of the hormone or epinephrine – boosts the spirits.
87. Increases the body's level of endorphins – boosts spirits.
88. Stimulates hormonal releases which alleviate pain.
89. Alleviates constipation.
90. Increases the efficiency of utilizing adrenalin, resulting in more energy.
91. Enables you to meet new friends and develop fulfilling relationships.
92. Enables you to socialize while you are getting in shape at the same time.
93. Helps you to move past self-imposed limitations.
94. Gives you a greater appreciation for life as a result of feeling better about yourself.
95. Enables you to better enjoy all type of physical activities.
96. Makes the clothes you wear to look better on you.
97. Makes it easier to exercise consistently because you like how you look and feel and don't want to lose it.
98. Gives you a greater desire to participate in life 100%, to take more risks as a result of increased confidence and self-esteem.
99. Improves athletic performance.
100. Enriches sexuality.
101. Improves the whole quality of your life.
102. May add a few years to your life.
103. Is the greatest tune-up for the body.
104. Reduces joint discomfort.
105. Increases your range of motion.
106. Gives you a feeling of control or mastery over your life and a belief that you can create any reality you want.
107. Stimulates and improves concentration.
108. Brings color to your cheeks.
109. Decreases appetite when you work out from 20 min. to one hour.
110. Gets your mind off of irritations.

- 111. Stimulates a feeling of well-being and accomplishment.
- 112. Invigorates the body and mind.
- 113. Is a wonderful way to enjoy nature and the great outdoors.
- 114. Increases the body's own awareness of itself.
- 115. Reduces or precludes boredom.
- 116. Increases your awareness of your gait.
- 117. Enables you to move from left brain to right brain thinking.

- 118. Can change the electrical activity in the brain from beta to alpha.
- 119. Increases your ability to solve problems more easily and often effortlessly.
- 120. Gives you a clearer perspective on ideas, issues, problems and challenges.
- 121. Releases blockages and limitations in thinking.
- 122. Affords you the opportunity to experience your fullest potential.

Heart Rate Zones & How To Determine The Right Training Zone For your Needs

Determine Your Target Heart Rates For The 5 Heart Rate Zones Below:

1. Moderate Activity Zone: _____ bpm to _____ bpm.
2. Weight Management Zone: _____ bpm to _____ bpm.
3. Aerobic Zone: _____ bpm to _____ bpm
4. Anaerobic Threshold Zone: _____ bpm to _____ bpm
5. Red-Line Zone: _____ bpm to _____ bpm

Heart Rate Zone	The Five Training Heart Rate Zones & What They Are For					
	%Max HR		Workout Duration	System Trained	Why use this HR Zone	Term For This Zone
Moderate	50%-60%		60+ Min	Metabolic Fuel Burn	Burns Fat Slowly	Easy Pace
Weight Management	60%-70%		30+Min	Cardio-respiratory	Burns Fat Faster	Base Work
Aerobic	70%-80%		8-30 Min	Aerobic	Burns Fat Fastest	Long Term
Anaerobic	80-90%		5-8Min	Lactate Clearance	Builds Muscle	Tempo
Red-line	90-100%		1-5Min	Anaerobic	Builds Muscle	Short Term

Remember: Your Maximum Heart Rate Is Determined by: 220 - your age

Lacrosse

Lacrosse is a game played by ten players: a goalie, three defensive players, three midfielders and three attackers. The object of the game is to shoot the ball into the opponent's goal. The team scoring the most goals wins.

General Rules of the Game:

Each team must keep at least four players, including the goalie, in its defensive half of the field and three in its offensive half. Three players, (midfielders) may roam the entire field.

Generally, high school games are 48 minutes long, with 12 minute quarters. Halftime is 10 minutes long. College games are normally 60 minutes in length, with 15 minute quarters.

Teams change sides between periods. Each team is permitted two timeouts each half. The team winning the coin toss at the beginning of the game chooses the end of the field it wants to defend first.

The players take their positions on the field: four in the defensive clearing area, one at the center, two in the wing areas and three in their attack goal area.

The game begins with a face-off. The ball is placed between the sticks of two squatting players at the center of the field. The official blows the whistle to begin play. Each face-off player tries to control the ball. The players in the wing areas can run after the ball when the whistle sounds. The other players must wait until one player has gained possession of the ball, or the ball has crossed the goal area line, before they can release. Center face-offs are also used at the start of each quarter and after a goal is scored.

Field players must use their crosses, (sticks) to pass, catch and run with the ball. Only the goalie is allowed to touch the ball with his hands. A player may gain possession of the ball by dislodging it from an opponent's crosse with a stick check. A stick check is the controlled poking and slapping of the stick and gloved hands of the player in possession of the ball. In class, we will NOT poke the opponent's hands.

Body checking is permitted if the opponent has the ball or is within five yards of a loose ball. All body contact must occur from the front or side, above the waist and below the shoulders and with both hands on the stick. An opponent's crosse may also be stick checked if it is within five yards of a loose ball or ball in the air. Body contact, for class purposes, may or may not be allowed.

If the ball or a player in possession of the ball goes out of bounds, the other team gains possession. If the ball goes out of bounds after an unsuccessful shot, the player nearest to the ball when and where it goes out of bounds is awarded possession.

An attacking player cannot enter the crease around the goal, but may reach in to scoop a loose ball.

Personal and Technical Fouls

There are personal fouls and technical fouls in lacrosse. The penalty for a personal foul results in a one to three minute suspension from play and possession to the team fouled. Players with five personal fouls are ejected from the game. The penalty for a technical foul is a thirty-second suspension if a team is in possession of the ball when the foul is committed, or possession of the ball to the team that was fouled if there was no possession when the foul was committed.

Personal Fouls:

Slashing- occurs when a player's stick viciously contacts an opponent in any area other than the stick or gloved hand on the stick.

Tripping: occurs when a player obstructs his opponent at or below the waist with the crosse, hands, arms, feet or legs.

Cross Checking: Occurs when a player uses the handle of his crosse between his/her hands to make contact with an opponent.

Unsportsmanlike Conduct: occurs when any player or coach commits an act which is considered unsportsmanlike by an official, including taunting, arguing, or obscene language or gestures.

Unnecessary Roughness: occurs when a player strikes an opponent with hi/her stick or body using excessive or violent force

Illegal Crosse: occurs when a player uses a crosse that does not conform to required specifications. A crosse may be found illegal if the pocket is too deep or if any other part of the crosse was altered to gain an advantage.

Illegal Body Checking: occurs when any of the following actions takes place:

- Avoidable body check of an opponent after he/she has passed or shot the ball
- Body checking an opponent when is not in possession of the ball or within five yards of a loose ball
- Body checking an opponent from the rear or at or below the waist
- Body checking an opponent above the shoulders. A body check must be below the shoulders and above the waist, and both hands of the player applying the body check must remain in contact with his crosse.

Technical Fouls:

Holding: occurs when a player impedes the movement of an opponent or an opponent's crosse.

Interference: occurs when a player interferes in any manner with the free movement of an opponent, except when that opponent has possession of the ball, the ball is in flight and within five yards of the player, or both players are within five yards of a loose ball.

Offsides: occurs when a team does not have at least four players on its defensive side of the midfield line or at least three players on its offensive side of the midfield line.

Pushing: occurs when a player thrusts or shoves a player.

Screening: occurs when an offensive player moves into and makes contact with a defensive player with the purpose of blocking him/her from the player he/she is defending.

Stalling: occurs when a team intentionally holds the ball, without conducting normal offensive play, with the intent of running time off the clock.

Warding Off: occurs when a player in possession of the ball uses his/her free hand or arm to hold, push or control the direction of an opponent's stick check.

Lacrosse Skills:

Catching: the act of receiving a passed ball with the crosse.

Checking: the act of attempting to dislodge the ball from an opponent's stick.

Poke check: a stick check in which the player pokes the head of his stick at an opponent's stick through the top hand by pushing with the bottom hand.

Slap check: a stick check in which a player slaps the head of his stick against his/her opponent's stick.

Wrap check: a one-handed check in which the defender swings his stick around his/ her opponent's body to dislodge the ball. (This check is only legal at the highest level of play- which means it is NOT legal in class!)

Cradling: the coordinated motion of the arms and wrists that keeps the ball secure in the pocket and ready to be passed or shot when running.

Cutting: a movement by an offensive player without the ball, toward the opponent's goal, in anticipation of a feed and shot.

Feeding: passing the ball to a teammate who is in position for a shot on goal.

Passing: the act of throwing the ball to a teammate with the crosse.

Scooping: the act of picking up a loose ball with the crosse.

Screening: an offensive tactic in which a player near the crease positions himself so as to block the goalkeeper's view of the ball.

Shooting: the act of throwing the ball with the crosse toward the goal in an attempt to score.

Terminology

Attack Goal Area: the area defined by a line drawn sideline to sideline 20 yards from the face of the goal. Once the offensive team crosses the midfield line, it has ten seconds to move the ball into its attack goal area.

Body Check: contact with an opponent from the front- between the shoulders and waist, when the opponent has the ball or is within five yards of a loose ball.

Box: an area used to hold players who have been served with penalties, and through which subs “on the fly” are permitted directly from the sideline onto the field.

Check-up: a call given by the goalie to tell each defender to find his man and call out his number.

Clamp- a face-off maneuver executed by quickly pushing the back of the stick on top of the ball.

Clearing: Running or passing the ball from the defensive half of the field to the attack goal area.

Crease: a circle around the goal with a radius of nine feet into which only defensive players may enter.

Crosse (Stick): the equipment used to throw, catch and carry the ball.

Defensive Clearing area: the area defined by a line drawn sideline to sideline 20 yards from the face of the goal. Once the defensive team gains possession of the ball in this area, it has ten seconds to move the ball across the midfield line.

Extra man Offense: a man advantage that results from a time-serving penalty.

Face-off: a technique used to put the ball in play at the start of each quarter, or after a goal is scored. The players squat down and the ball is placed between their crosses.

Fast-break: a transition scoring opportunity in which the offense has at least a one player advantage.

Ground ball: a loose ball on the playing field

Handle (shaft): an aluminum, wood, composite or plastic pole connected to the head of the crosse.

Head: the plastic or wood part of the stick connected to the handle.

Man Down Defense: the situation that results from a time-serving penalty which causes the defense to play with at least a one player disadvantage.

Midfield line: the line which bisects the field of play.

On-the-Fly Substitutions: a substitution made during play.

Pick: an offensive maneuver in which a stationary player attempts to block the path of a defender guarding another offensive player.

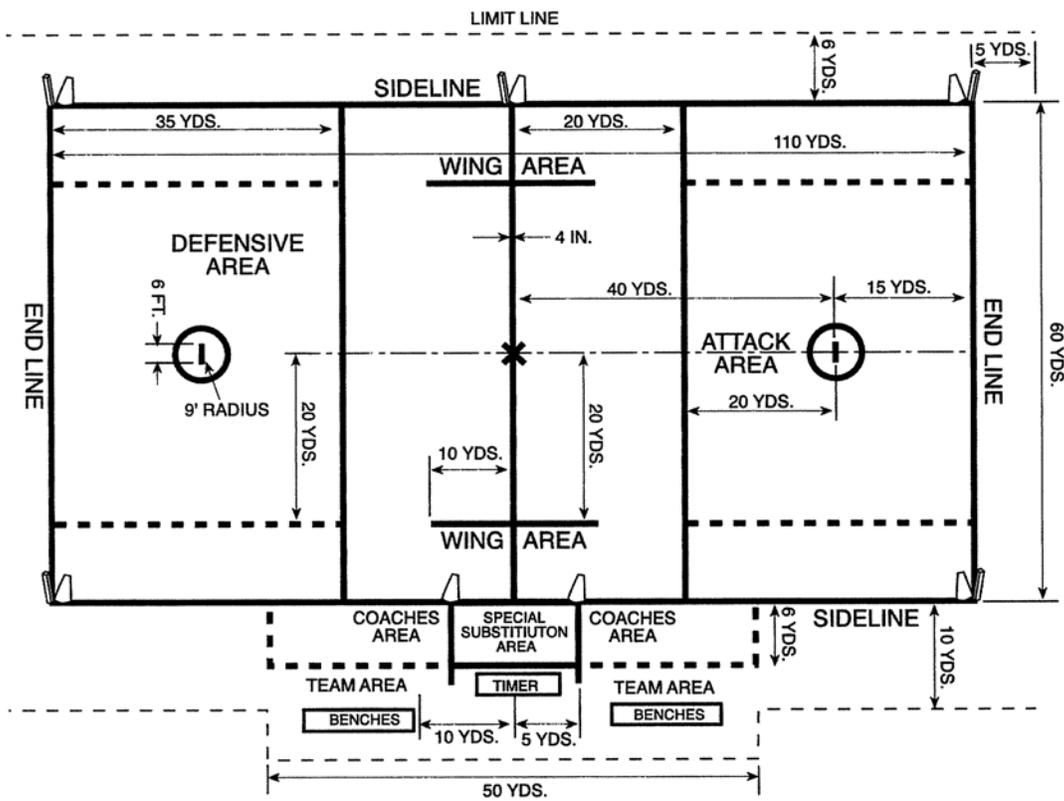
Pocket: the strung part of the head of the stick which holds the ball.

Rake: a face-off move in which a player sweeps the ball to the side.

Riding: the act of trying to prevent a team from clearing the ball.

Release: the term used by an official to notify a penalized player in the box that he may re-enter the game.

The Lacrosse Field of Play



Mat Ball

Mat ball is a version of the ever popular kick ball game played by elementary through high school aged children. In addition to being such a popular game in physical education classes, adults are giving the game a comeback by forming “adult kickball” leagues!

The rules we play with at Blue Valley North are as follows:

- There are two teams, divided up equally. In co-ed classes, the team who is “at bat” or “up” first shall alternate girl, boy when “up”.
- Once you kick the ball, you must run to the designated base. If you are the first one up in the inning, you may choose to go left or right. Everyone up after you must follow in the same direction.
- Once you are on the base, you must stay to be safe. If you leave the base, you are obligated to advance to the next base. You may not leave a base and then decide to go back.
- In order to score, you must touch all bases, including the first one you ran to.
- We play with a designated catcher. The “DC” is a different person selected by the instructor each inning. If the “DC” catches a fly ball, all outs are over and his/her team is now “up” A team may bump, set, kick a ball up to the DC to catch as long as there is no contact with the floor or wall, and the ball is not held at anytime.
- A ball can be caught on a rebound off the bleachers or side walls.
- A home run is scored if the ball is hit in the air and goes above the big blue line on the back wall.
- You may run as a base runner at anytime and you do not go back on a caught fly ball. Just remember, if you go off the base, you have to run to the next base.
- Each team shall have four outs
- You are “out” if any of the following occur:
 1. someone in the field catches a fly ball
 2. the “DC” (designated catcher) catches the fly ball. In this instance, all outs remaining are done.
 3. you get tagged with the ball when you are off base.
 4. you kick the ball in the air and it hits the ceiling, the rafters, the curtain, the speakers, etc. The basketball goals are “in play”
 5. If you kick the ball and it hits the scoreboard, all outs remaining are done.
- **ALL CALLS MADE BY THE OFFICIAL/INSTRUCTOR ARE FINAL!!!**

PADDLEBALL UNIT

HISTORY

Paddleball is a smaller version of tennis. It is a popular sport amongst country clubs in the Midwest as well as a popular league sport on the west coast. The game is played with the same rules and scoring as tennis with the exception of the court size.

THE GAME

The game is played by two players, called singles, or by four players, called doubles. In class we will normally always play doubles. The game is played within the four service courts, or four "squares".

CHOICE OF COURT OR SERVICE

The player determine by the toss of a coin or the racket which end of the court they will play on and which side will have the first serve. The winner of the toss may choose either serve or side.

SERVICE

A player serves throughout one entire game. The ball is put in play by a serve which consists of tossing it and striking it toward the opponent's court, using an underhand stroke. The ball must bounce within the diagonally opposite service court before it is returned. (always serve cross-court) In serving, the server must stand with both feet in back of the service court base line. The first serve for every game must be from behind the right half of this line, as you face the net, and the second serve from the left side. Thereafter, each serve must be alternately from the right and left.

RULES OF SERVING

1. A server may if necessary, have two tries or efforts for any serve. If a served ball should not be delivered correctly in any way, it is called a fault. For two consecutive faults, an opponent scores the point
2. A ball touching a line is considered to be within the court and is called "good"
3. If a served ball hits the net, it does not count as a serve. Such a ball is a let, that is, it does not count in any way even as a fault. (This only applies if the serve goes over the net into the correct court)
4. A returned ball that touches the net as it goes over is considered a good return and never played over.
5. The server must not serve until the receiver is in position and ready.
6. The second game is begun with a service by the player who was receiver in the previous game
7. The server must always call the score before serving the ball. The server's score is called first before the opponent's

PLAYING THE GAME

The receiver must return a served ball after it has bounced once in her own service court and hit it so that it will fall within the opponent's court. He/she may not return the serve before it bounces (no volleys on serve). After the first return, the receiver and opponent are both free to volley the ball or stroke after the bounce as they choose. For singles, the ball must not fall in an alley; in doubles, the ball may fall anywhere on the opponent's side of the net. Should a player fail to return the ball properly, the opponent scores a point.

The receiver scores one point if the server:

- Serves two faults in a row
- Fails to return the ball
- Returns the ball so that it drops outside the proper court

The server scores a point if the receiver:

- Volleys on the serve
- Fails to return the ball
- Returns the serve so that it drops outside the proper court

Either player scores if the opponent:

- Touches the net or reaches over the net while the ball is in play
- Touches the ball more than once with his/her racket on the same play
- Allows the ball in play to touch him/her or anything worn or carried by him/her, except the racket.

SCORING

1st score- 15

2nd score- 30

3rd score- 45

4th score- game

No score- love

Ad-in- advantage server

Ad-out- advantage receiver

Deuce- tie score (40 all)

If both opponents have scored one point, the score stands fifteen all; or, if both have tallied two points, thirty all; but if both have made three point, it is called deuce, not forty all.

When the game has gone to deuce, two consecutive points must be made to win the game. If, after deuce, one player makes an additional point, the score is called advantage (or ad); if he/she makes the next one, she/he wins the game; if he/she loses that point, then the score goes back to deuce, and so on until the “ad” player wins the second point (two consecutive points)

The player who first wins six games wins a set, but you must have a two game lead, such as 6-4 or 7-5. A tie breaker may be necessary.

Matches for women consist of winning the best of two out of three sets, while a men’s match is usually the best three out of five.

TERMS

Ace- term used for a serve which the receiver is unable to touch

Alley- area on both sides of the court used for doubles competition

Baseline- the back line at the end of each court

Hashmark- (center line mark) the mark in the center of the baseline that divides the right and the left courts

Fault- a served ball that does not land in the proper court that is not properly served

Foot fault- an infraction of the service rules (i.e. stepping on or over the baseline before the ball is served)

Game- the scoring unit next high than the point- game is reached when four points are won. (Unless tied at three where as a team must then gain a lead of two point to win the game)

In play- the ball is “in play” from the moment it is served until the point has been decided

Let- a served ball that touches the net and lands in the proper court. (Points may also be replayed due to interruption)

Lob- a lofted ball over the head of the opponent in the forecourt

Match- for women 2 out of 3 sets (best of three); for men 3 out of 5

Net- the net barrier that divides the court crosswise

No man’s land- the area between the baseline and the back line of the service line

Point- the smallest unit of scoring (i.e. love, fifteen, 30, or 40)

Receiver- the player to whom the serve is directed

Serve- (service) the act of putting the ball into play

Service line- the line 21 feet from the net that marks the back of the service courts

Set- the unit of scoring next high to the game; when a side has won 6 games, it wins the set. (unless tied at 5 games, whereas a team must gain a lead of two games to win the set)

Set point- the winning point in a set

Sideline- line that marks the outside edge of each side of the court

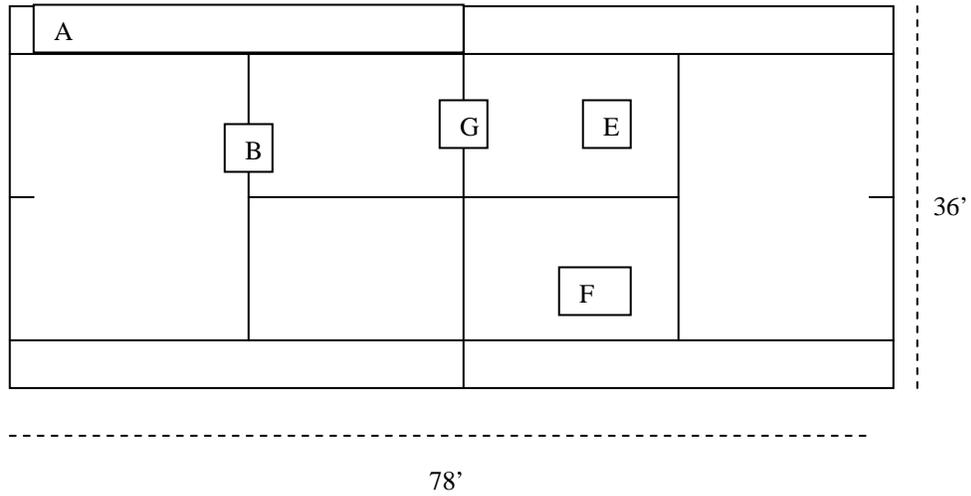
Stroke- the act of striking (contacting) the ball with the racket

Toss- to spin the racket to throw in the air for choice of side or serve

Tournament- an official competition. In some tournaments when the score is all, a tie break procedue may come into effect. Officials may rule that 5 out of 9 points or 7 out of 12 points will decide the winner
 Volley- a stroke made by hitting the ball before it has bounced once.
 Wide- a term used for the ball landing beyond the sideline

THE COURT

- A- ALLEY
- B- BASELINE
- G-THE NET
- J-SERVICE COURT ENDLINE
- C- SINGLES SIDELINE
- D- DOUBLES SIDELINE
- I-NO MAN'S LAND
- E-DEUCE COURT
- F-AD COURT
- H-SERVICE HASH MARK



PICKLE BALL UNIT

BRIEF HISTORY

Pickle-ball was created during the summer of 1965 on Bainbridge Island- a short ferryboat ride from Seattle, Washington. The original purpose of the game was to provide a sport for the entire family according to the co-inventors U.S. Congressman Joel Pritchard, William Bell, and Barney McCallum.

Initially, families played Pickle-ball in the backyards on a hard surface, on driveways, and on residential dead streets. Since the mid-1970's, Pickle-ball has grown and expanded from a family activity game to a net court sport with formalized rules and is currently being played in thousands of educational institutions, parks and recreation centers, correctional facilities, health clubs, corporate fitness centers and on multi-purpose courts at family residences. It is also my own personal favorite activity we play.

THE SERVE

Players must keep on foot behind the back line when serving. The serve is made underhand. The paddle must pass below the waist. The server must hit the ball in the air on the serve. He is not allowed to bounce it, then hit it. The service is made diagonally cross-court and must clear the non-volley zone. Only one serve attempt is allowed, except if the ball touches the net on the serve and lands in the proper service court. Then the serve may be taken over. At the start of each new game, the 1st serving team is allowed only one fault before giving up the ball to the opponents. Thereafter both members of each team will serve and fault before the ball is turned over to the opposing team. When the receiving team wins the serve, the player in the right hand court will always start play.

THE VOLLEY

To volley a ball means to hit it in the air without first letting it bounce. All volleying must be done with player's feet behind the non-volley zone line. NOTE- it is a fault if the player steps over the line on his/her follow through.

DOUBLE BOUNCE RULE

Each team must play their first shot off the bounce. That is, the receiving team must let the serve bounce, and the serving team must let the return of the serve bounce before playing it. After two bounces have occurred, the ball can be either volleyed or played off the bounce.

FAULTS

1. hitting the ball out of bounds
2. not clearing the net
3. stepping into the non-volley zone and volleying the ball.
4. Volleying the ball before it has bounced once on each side of the net as outlined in the double bounce rule

SCORING

A team shall score a point only when serving. A player who is serving shall continue to do so until a fault is made by his team. The game is played to 11 points; however, a team must win by 2 points.

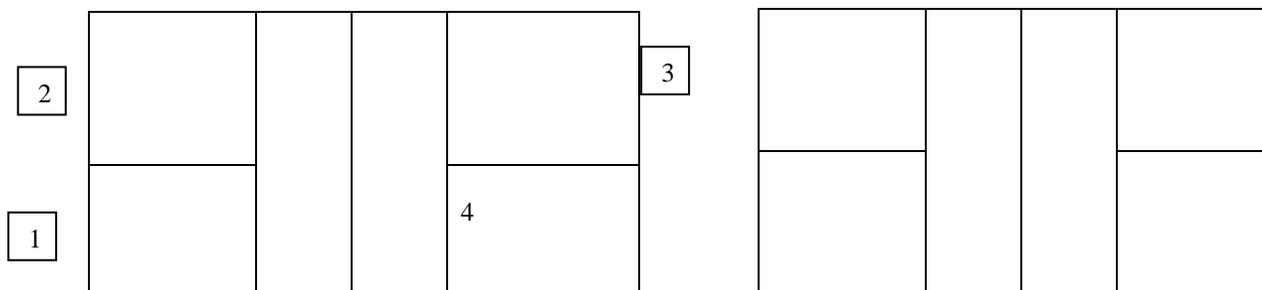
DETERMINATION OF SERVING TEAM

Players rally (PING!) until a fault is made. Winner of the toss or rally has the option of serving first or choice of side.

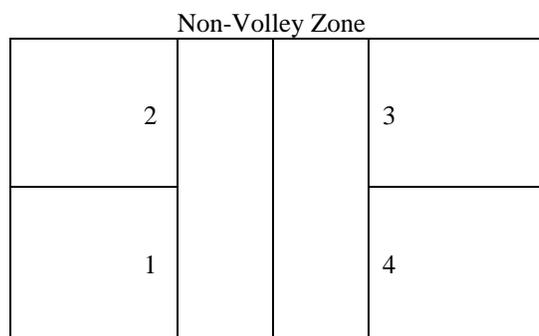
DOUBLES PLAY

1. Player in the RIGHT HAND court (1) serves diagonally across court to the receiver (3) in the opposite RIGHT HAND court. The ball must clear the non-volley zone and land in the RIGHT HAND serving court. The receiver (3) must let the ball bounce before returning the serve. Serving team must also let the return bounce before playing it. After the two bounces have occurred, the ball may then be either volleyed or played off the bounce until a fault is made.

POSITION OF PLAYER FOR DOUBLES AT START OF GAME



2. If the fault is made by the receiving team, a point is scored by the serving team. When the serving team wins a point, its players will switch courts and the same player will continue to serve. When the serving team makes its first fault they will stay in the same courts and turn the ball over to the other team. Players switch courts only after scoring. A ball landing on any line is considered good.



2. **DOUBLE BOUNCE RULE-** Each team must play their first shot off the bounce. That is, the receiving team must let the serve bounce, and the serving team must let the return of the serve bounce before playing it after the two bounces have occurred, the ball can be either volleyed or played off the bounce.

3. **FAULT-**

- a. Hitting the ball out of bounds;
- b. Not clearing net;
- c. Stepping into the non-volley zone and volleying the ball;
- d. Volleying the ball before it has bounced once on each side of the net as outline in rule 2.

4. **SCORING-** A team shall score a point only when serving. A player who is serving shall continue to do so until a fault is made by his team. The game is played to 11 points; however, a team must win by 2 points.

SOCCKER UNIT

BRIEF HISTORY

Soccer originated in Greece where it was then called “harpaston.” In the early games, two towns, usually 3 to 5 miles apart, would engage in a “kicking war” from one town to the other with no rules in force. The main goal was to get the ball into the marketplace. This became known as “football.”

In 1863, the London Football Association was formed and rules were established for the game. The association, as they referred to also as the game, was later shortened to “assoc” and finally to its present designation- soccer.

The first soccer game played in the United States was between Princeton and Rutgers in 1868. Outside the U.S., soccer is the most widely played and watched game in the world.

GENERAL DESCRIPTION

The game is played by two teams of eleven players, each of whom attempts to advance the ball toward the opponent’s goal with the object of scoring by propelling the ball with the head, feet, or body. Handling the ball with the hands is prohibited for all players with the exception of the goal keeper within the penalty area.

1. A team is made up of 11 players.
2. International rules call for 45 minute halves. High school generally go with anywhere between 30-40 minute halves.
3. A coin toss is used to decide choice of kick-off or side to defend
4. On the kick-off, the ball must be rolled at least its circumference into the opponents territory. Offense cannot cross the center line until the ball is kicked.
5. Center forward (striker) will usually make the kick-off at the start of the game, at the half, and after each goal. He/she may not touch it again until it has been touched by one of his/her own teammates.
6. When the ball is kicked or rolls out of bounds over the side lines, a throw in is taken by the team who did not touch the ball last
7. When the ball is sent out of bounds over the end line or over the crossbar by a member of the defense, a corner kick is taken by the offense from the nearest corner.
8. A goal kick is taken by the defense when the ball is kicked over the end line or over the crossbar by the attacking team.
9. A drop kick is taken when two opposing players commit fouls simultaneously.
10. A free kick is given to a team when the opposing team commits a foul in the penalty area.
11. A penalty kick is given when the defending player commits a foul in the penalty area.
12. A direct kick is given to a team when the opposing team commits a more serious foul; a goal may be scored directly from this kick.

TERMS

Attacking team- team that has possession of the ball

Blocking- using any body part (except arms and hands) to change or direct the progress of the ball (see trapping)

Carrying- an infringement of the rules when the goalie takes more than four steps with the ball

Clearing- a throw or kick awarded the attacking team after the ball has been sent over the crossbar or goal line by the defending team; taken in the quarter circle in the corner nearest to where the ball went out.

Defending team- team not in possession of the ball

Direct free kick- free kick from which a goal may be scored directly; taken on the spot where the foul occurred

Double foul- rules violations committed simultaneously by a member of each team

Dribbling- succession of kicks or foot taps used to move the ball

Drop Ball- ball held waist high and dropped by an official; used to put the ball in play at certain times to give equal access to the ball by both teams

Fake of Feint- deceptive movement to mislead an opponent as to a players intention of direction

Foul- any of the following illegal acts: tripping, kicking, striking, holding, pushing, jumping at an opponent; unnecessary roughness, handling the ball except by the keeper; failure to notify official when keeper is changed and the new keeper handles the ball in the penalty area.

Free kick- awarded to the opposing team when a foul or rule infraction is committed

Goal- ball legally propelled by head, feet or body between the goal posts under the crossbar; scores 1 point

Goal kick- kick taken by the keeper or back of the team opposing that which sent the ball over the end line; taken at the goal area corner.

Handling- (hands) playing or contacting the ball with the hands or arms when they are not direct contact with the body; a foul

Holding- a foul called for impeding progress of an opponent by touching him/her with hand or extended arm

Indirect free kick- kick awarded to the team against whom a violation was committed; the kick must be touched by a player other than the kicker before a goal can be scored; kick is taken on the spot of infringement

Infringement- any of the following illegal acts: improperly taking free kick, corner kick, kick-off, penalty kick, or throw in; off sides;; or improperly using goalie privileges

Kick-off- a place kick taken at the center of the halfway line to start play in each half, and after scoring each goal; taken by the center forward usually; teams are in their own ends of the field, with the defending team 10 yards away.

Marking- following a players' moves with the intention of preventing him/her from receiving the ball or playing it effectively; intercepting a pass, or tackling

Off sides- an infringement that occurs when an attacking player is nearer the opponent's goal line than the ball at the moment it is played, and there are fewer than two opponents nearer to their goal line than the player. This does not include the keeper.

Passing- the act of sending the ball from one player to another in a controlled manner

Penalty kick- a kick taken when the ball is stationary on the ground, without touching or picking it up with the hands

Punt- a kick in which the ball is dropped and contacted before it strikes the ground; a goalie skill used to clear the ball

Quarter circle- the area at each corner of the field where corner kicks are taken

Save- preventing the ball from entering the goal

Tackle- a method of getting the ball away from an opponent without body contact

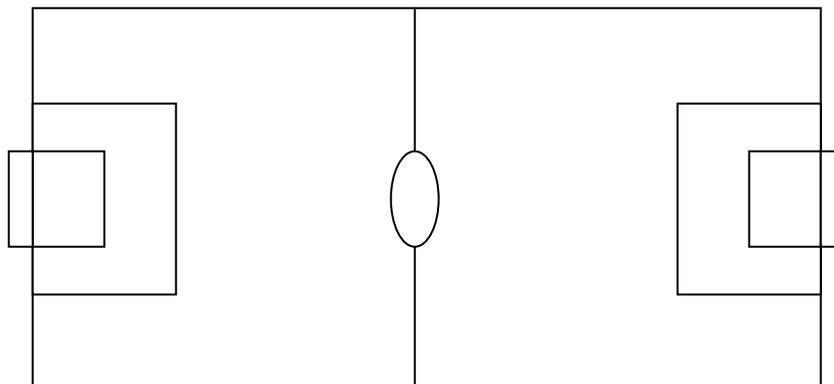
Throw-in- a means of putting the ball in play after it has been sent over the sideline by one team; a member of the opposite team stands outside the field of play at the point where the ball crossed the line, and throws the ball back onto the field in any direction. The throw must be a two-handed overhead motion keeping both feet in contact with the ground

Trapping- stopping and gaining control of the ball by use of a foot, one or both legs, or the body, often using the ground

Unnecessary roughness- any act that might cause injury to an opponent; indirect free kick awarded

THE FIELD

The field is 65-75 yds by 110-120 yds in length, with a halfway line drawn across the field in the middle. At each corner of the field a quadrant with a 1ft. radius is drawn for the purpose of corner kicks. The goal area is 6yds from the goal posts and 6yds parallel to the goal. The penalty area is 18 yds from the goal posts and 18 yds into the field. The penalty arc is drawn, with a 10yd radius, using the middle of the penalty kick mark as the center. A penalty kick mark 2 ft long is made 12 yds from and directly in from of the goal.



PLAYER POSITIONS

Fullbacks- are mainly defensive players

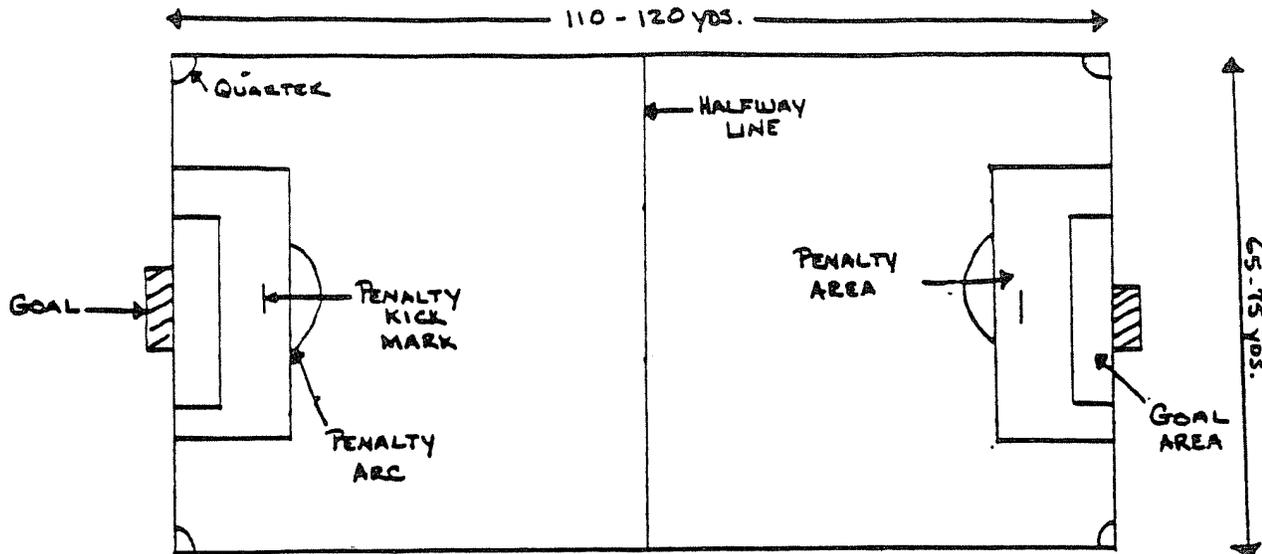
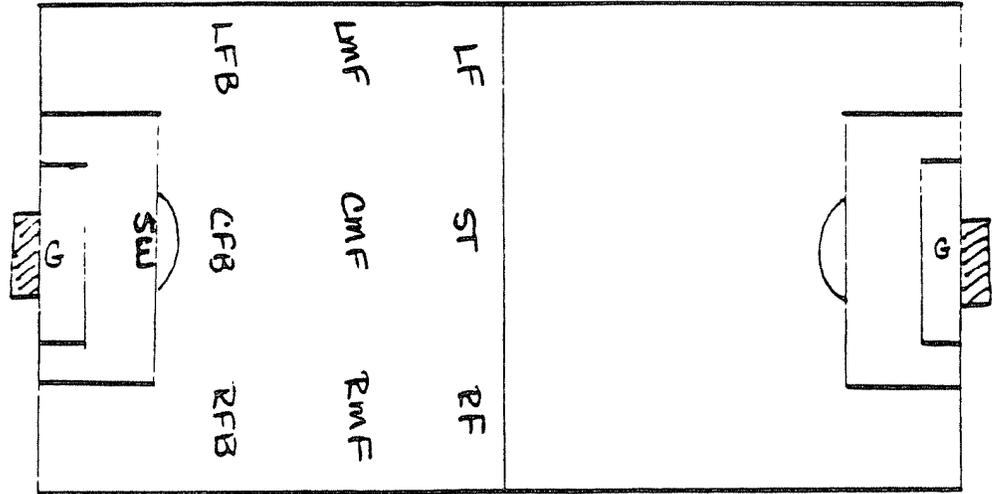
Halfbacks or midfielders- play both offense and defense

Forwards- are the main offensive scorers of the game

Goal keeper- defends the goal; he/she may use his/her hands within the penalty area and must wear different colored clothing

There are many different types of line-ups and offensive/defensive alignments depending on each teams' strengths and weaknesses. There are also varied names for the positions

G-Goalie (keeper)	LMF- Left midfielder	LF- left forward
SW- Sweeper	CMF- Center midfielder	ST- Striker
LFB- Left fullback	RMF- Right midfielder	RF- Right forward
CFB- Stopper	LF & RF- are also called wingers	RFB- Right fullback



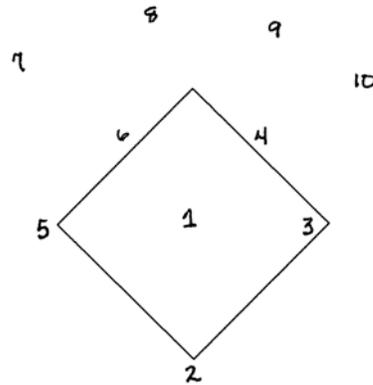
SOFTBALL UNIT

HISTORY

Softball is a game using throwing, batting, catching, and running skills by two opposing teams on a diamond-shaped field. Softball has been developed from many games with names such as mush ball, "sour old cat," indoor kitten and diamond ball. Basically, softball is an adaptation of the popular American game of baseball. Softball has become a highly competitive sport for girls and women in the high school and college ranks as a fast-pitch game. There was even a semi-pro league for a few years. Now the game has become a very popular recreational, as well as competitive, slow-pitch game. Teams consisting of all women, all men, or co-ed can be found playing slow-pitch softball in parks all over the country, all year round.

PLAYER POSITIONS (For slow pitch rules) (Fast pitch- Left, Center, and right fielders only)

1. Pitcher
2. Catcher
3. First baseman
4. Second baseman
5. Third baseman
6. Short stop
7. Left fielder
8. Left center fielder
9. Right center fielder
10. Right field



RULES AND REGULATIONS

1. Diamond- baselines are 60ft in length and the pitching distance is 40 ft
2. Equipment- needed are three bases and a home plate, softball, bat, and glove
3. Team- teams consist of 9 players for a fast-pitch game and 10 for slow-pitch. Each team must have at least 9 to start a game
4. Game- an official game consists of 7 innings
5. Pitching
 - a. The pitcher must have both feet on the pitcher's plate and take no more than 1 step when delivering the ball. (Only 1 foot in slow pitch)
 - b. The ball must be thrown with a n underarm swing, hand below hip
 - c. The pitcher must make no motion to pitch without immediately completing the delivery to the batter. (This is called a balk)
6. Batting-
 - a. The batting order must be followed throughout the entire game. A player substituting in for a player must take that player's spot in the batting order
 - b. A batter is out when:
 - i. The third strike is caught by the catcher
 - ii. The third strike is struck at and missed and touches any part of the batter's person
 - iii. A foul ball is legally caught

- iv. A batter bunts foul after the second strike (this is a fast-pitch rule)
 - v. Infield fly rule- the batter hits an infield fly (pop up in the infield) with base runners on first and second, with less than 2 outs
 - vi. If a fielder is intentionally interfered with by a base runner
 - vii. Any batted ball is caught in the air
 - viii. When the batter hits a foul ball with a two strike count
 - ix. If the batter attempts to bunt (slow pitch rule)
7. Base running-
- a. The batter becomes a base runner when:
 - i. The batter hits a fair ball
 - ii. Third strike rule- the catcher fails to catch the third strike before the ball touches the ground when there are less than two outs and first base is unoccupied, or anytime when there are two outs (the is a fast pitch rule only)
 - iii. Four balls are called by an umpire
 - iv. The catcher interferes with the batter
 - v. The batter is hit by a pitched ball while she is in the batter's box
 - b. Base runners may advance when:
 - i. The ball leaves the pitcher's hand (ball is contacted in slow-pitch)
 - ii. The ball is overthrown into fair or foul territory
 - iii. The ball is hit into fair territory
 - iv. On a balk by the pitcher
 - c. Baserunners are given one base when:
 - i. A "wild" pitch is thrown (fast-pitch rule)
 - ii. Pitcher makes an illegal pitch (fast-pitch rule)
 - iii. A fielder obstructs a baserunner unless he/she is attempting to field a ball or tag the runner
 - iv. The ball is overthrown into foul territory.
 - d. A baserunner must touch each base as she advances around the diamond
 - e. A baserunner may overrun only first base without liability of being put out. (Runner must turn right or go straight when over-running)
 - f. Baserunner must not lead-off until ball is pitched (fast-pitch) or ball is contacted by batter (slow-pitch)
 - g. A runner who is off the base must return and/or retag the base when a fly ball is caught before she may advance
 - h. A runner must stay within 3 feet of the baseline when running to the next base except when running around a fielder playing the ball.
 - i. The baserunner may not overrrun another baserunner
 - j. A baserunner is out when:
 - i. Tagged by the ball on the way to the base (Exception- on a force out he/she does not need to be tagged)
 - ii. Going out of baseline to avoid being tagged
 - iii. When tagged by a fielder in possession of the ball when off the base
 - iv. She/he overruns another baserunner
 - v. He/she leaves the base too soon
 - vi. She/he doesn't touch a base
 - vii. He/she doesn't tag up on a fly ball
 - k. A runner may score from third on anything except a foul ball. A run coming in to score on the third out shall not count.
8. A ball is fair when:
- a. It touches first of third base or the area within the diamond
 - b. The ball falls on fair ground beyond first or third
9. ALL UMPIRE DECISIONS ARE FINAL!!!

TERMINOLOGY

1. Advance- to run from one base to the next
2. Backing up- a fielder moving behind another fielder to stop the ball as an error occurs
3. Bag- a base
4. Ball- a pitch which is not within the strike zone of a batter
5. Batter's box- the area on either side of home plate where the batter must stand when batting.
6. Battery- the pitcher and the catcher
7. Bunt- a legally hit ball, not swung at, but purposely tapped with the bat and directed near the foul lines in the infield
8. Clean-up- the fourth hitter in the batting order
9. Diamond- the area formed by the four bases
10. Double play- defensive action which results in two outs
11. Error- a defensive misplay
12. Fair ball- a batted ball which is touched or stops between the foul lines in the infield or which first lands between the foul line beyond the bases.
13. Force out- a put-out on a baserunner who was forced to run due to a batter becoming a baserunner
14. Foul ball- a ball hit outside of fair territory
15. Full count- three balls and two strikes on the batter
16. Infield fly- a fair hit ball within the infield area which can be easily caught by an infielder. (With one or no outs and with runners on first and second or all three bases, the infield fly rule is in effect)
17. Inning- that portion of a game within which the teams alternate on offense and defense in which there are three outs for each team
18. Lead-off- quick move off the base by a runner once the ball leaves the pitcher's hand (fast pitch)
19. On deck- the next batter to come to bat
20. Out- the retirement of a batter or baserunner
21. Pitcher's plate- the rubber form from which the pitcher must pitch
22. Sacrifice- a batted ball which intentionally advances the runner, but results in the batter being put out
23. Shut-out- a game in which one team does not score
24. Squeeze play- to advance a runner home from third base on a bunt
25. Steal- to advance from one base to the next from the time the ball leaves the pitcher's hand until she/he is ready to pitch again
26. Strike zone- the area above home plate between the batter's knees and arm pits (fast pitch) when the batter is in a normal batting stance (The batter's highest shoulder is the top area for slow pitch)
27. Umpire- the official who calls balls and strikes and makes judgments on outs, etc.
28. Wild pitch- a pitched ball which is so high, so low, or so wide that the catcher has no chance of controlling it

SPEEDBALL

Originated by E. D. Mitchell of the University of Michigan in 1921, speedball is a combination of the passing and catching skills of basketball; and of the kicking and punting tactics of soccer and football.

The playing field may vary in size, according to the space available.

Play commences with a kick from the center of the field. The kicking team must remain behind the ball, while the opposing team must be 10 yards away (restraining). The object of the game is to enable each team to advance the ball toward the opponent's goal in order to score. To accomplish this purpose, the ball may be moved by heading, passing, drop kicking or punting.

Scoring:

1. Field goal (3 pts)- When a ground ball is kicked over the goal line between the goal post and under the cross bar
2. Touchdown (2 pts)- When a player standing in the end zone catches a pass from another player outside the end zone and in the field of play
3. Drop kick (1 pt)- When a ball has been legally caught and drop kick over the cross bar (outside end zone)

Play Privileges:

1. Fly ball- a ball that has been raised into the air directly from a kick by one or both feet or thrown by another player. A fly ball that has been caught may be held, passed, punted, drop kicked, or played as an overhead dribble.
2. Ground ball- one that is stationary, rolling or bouncing. A ground ball may not be played with the hands or any part of the arm, but must be kicked, headed, or bounced off the body
3. Dribbling- a player may dribble the ball at will with his feet
4. Overhead dribble- a player may use one overhead dribble in advancing the ball. The player may throw the ball in any direction, run, and catch it before the ball touches the ground. (May not score a touchdown by this method)
5. Kick up- a player kicking the ball into the air is eligible to catch the ball before the ball hits the ground
6. Goal keeper- no different than any other player
7. Traveling- a player who is standing still when catching the ball from a kick or pass may take two steps in any direction
8. Defensive play- a player may legally guard an opponent, but may not touch the opponent or knock the ball from the opponent

Out of Bounds:

1. Sidelines- throw in by the side opposite that which touched the ball last
2. Touchback- a ball that crosses the end line but fails to score is designated a touchback. The ball will be put into play from the spot where it crossed the side line. (defensive team)
3. Safety- a ball that crosses the end line but fails to score but is last touched by the defensive team is designated a safety and is played from the spot where it crossed the side line. (offensive team)

Playing Restrictions:

1. Personal fouls
 - a. Kicking, tripping, charging, holding, pushing, or blocking an opponent (running into from behind)
 - b. Unnecessary roughness

Enforcement of Penalties:

7. Personal Fouls
 - a. Outside penalty area- a free kick
 - b. Inside penalty area- penalty kick

Defensive Strategy:

1. Man to man
2. Zone

Offensive Strategy:

1. Keep the ball moving at all times

TEAM HANDBALL UNIT HANDOUT

HISTORY

Team handball is relatively new sport on the American scene, beginning in 1959 with the formation of the United States Handball Federation. The sport was originated in Europe where they referred to it only as "handball." Germany, Czechoslovakia and Denmark lay claim for the development of today's resemblance of team handball.

Team handball has now grown into a very popular team sport with its induction into the 1972 Munich Olympics. Today there are both men's and women's National and Olympic teams.

THE GAME

Object of the game- the basic concept of the game is to pass or dribble the ball down court to the opponent's goal and shoot the ball into the goal. Defensively, the idea is to defend one's own goal from the attack. There are markings on the court which restrict play in the goal area and therefore influence offensive and defensive play.

Offensive Movement- any offensive player with the ball is allowed to run three steps with the ball, hold the ball for 3 seconds and/or dribble. While dribbling is permitted, it is discouraged, as it tends to slow down the fast pace of the game.

Defensive Movement- the basic responsibility of the defense is to stop an offensive fastbreak and to defend the 6-meter or goal area line. Defensive players should assume responsibility for one offensive player (man-to-man) if they are in shooting position, and otherwise play a basic zone defense, shifting laterally along the 6-meter line.

Starting the Game- a coin toss determines first possession. Upon the officials whistle, a throw-on is made by the attacking team. A throw-on consists of a simple pass to a teammate at the center line. (This procedure is very similar to a kick-off in soccer)

THE PLAYING AREA

The court is longer and wider than a basketball court. (40x20)
The longer boundary lines are called touch lines and the shorter lines are the goal lines. The goal area is marked 6 meters from the goal line. There is a free throw line marked 9 meters from the goal. The penalty mark is 7 meters from the middle of the goal line.

PLAYERS AND POSITIONS

Each team consists of 7 players (6 court players and 1 goalie) with additional player for substitution. The positions are designated as goalie, center half, right and left backs (backcourt), center forward (center runner), and right and left wingers.

RULES OF THE GAME

1. Substitutions- must be made at the midcourt area. Player subbing in to the game must not enter until player coming out is off the field. Illegal substitution is given a free throw.
2. Goalie responsibilities- cannot be used as a court player, although he/she may assist a court player outside the goal area
3. Kicking or diving for the ball is illegal and results in a free throw for the opponent at the spot where is occurred.
4. Checking- (obstructing the offensive player by use of hands and arms by the defense) should be used as a good defensive technique. Checking too hard, however, may be called and results in a free throw for the offense.
5. It is illegal to hold, push, trip, or grab onto a player with or without the ball. Also, on the other hand, offensive players may not charge into a defensive player in proper position. A free throw is taken from the spot of the infraction.
6. Stealing the ball in team handball is much like stealing the ball in soccer or basketball. No body contact should be made. Results in a free throw.
7. Anytime the defensive player impedes a player from shooting or passing, the ball is returned to her/him on a free throw.
8. The shot must be made from behind the 6-meter line. However, a player may land inside the goal area after the shot or pass. Violation results in a free throw. If the defense goes over the 6-meter line in an attempt to defend, a penalty throw is awarded.

9. Court players may not pick up rolling ball inside the goal area. They must wait until it clears the line. Likewise, the goalie may not get a ball outside the goal area and bring it back in.
10. If the goalie last touches the ball on a shot or pass into the goal area and it goes over the endline, it results in a goal throw.
11. The ball must not be played with the legs below the knee
12. The ball cannot be held for more than three seconds if the player is not moving. Once the ball has been seized with one or both hands, it must be played off within 3 seconds or after 3 steps have been taken.
13. A throw in is taken when the ball goes over the touchline, taken on or near the spot where it went out
14. A penalty throw is taken when the offensive player has lost a clear chance of scoring by the defensive player's foul. The throw is taken on the penalty throw mark by the player fouled. This is a direct shot on goal.

TERMINOLOGY

Attack- team attacks when they are in possession of the ball

Centerline- divides the court in the center; game begins here

Charging- an offensive player runs into or over a stationary defensive player who is in proper position

Checking- obstructing an opponent from taking a shot or establishing position on offense by using the arms or body

Circle- area described by the 6-meter line, referred to as the goal area

Corner throw- when a ball is last touched by the defense before passing over the goal line, it is put into play at the point of intersection between the touchline and goal line by a throw

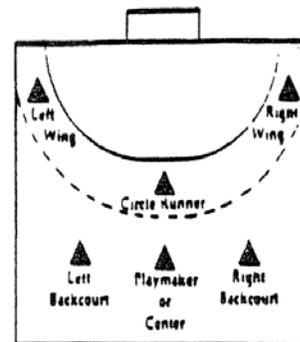
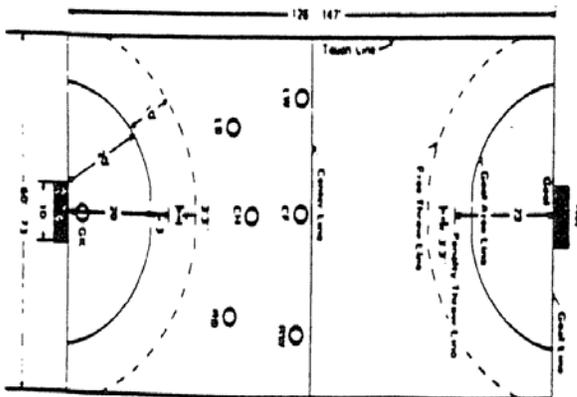
Free throw- play continues after a minor rule violation; an opponent maintains 3 meters from the player taking the throw

Goal area line- the 6-meter line or circle

Penalty line- a line one meter in length, 7 meters from the center of the goal. Penalty throws are taken from this line

Throw-in- when a ball goes out-of-bounds across the sideline, it is put back into play from the spot where it when out-of-bounds

Throw-on- the throw-on is taken after the referee's whistle and is a pass to a teammate at the centerline to start the game and after each scored goal



TENNIS UNIT

HISTORY

Tennis was developed from the ancient game of handball and was played in Greece before the Christian era. In the Middle Ages the game was played by batting a ball between two opponents rather than against a wall as in handball. At first there were no boundary lines; then a court was developed which resembled an hour glass, with a dividing line across the narrow central part. Finally, as the need for a longer reach was felt, the racket was evolved.

The game was carried to England in the Middle Ages, but was played only by the nobility as the courts were expensive and scoring intricate. In 1874 the scoring was simplified and simple grass courts introduced. In 1877 the All England Croquet and Lawn Tennis Club held the first tennis championship, also known as Wimbledon.

Mary Outerbridge brought tennis to the United States in 1875. Under the direction of the United States Lawn Tennis Association, the game became very popular. This association was formed in 1881 and held its first championship at New Port, RI. This tournament, known as the U.S. Open, was moved to Forest Hills NY in 1924 until 1977 when it was moved to Flushing, NY at the National Tennis Center.

The Grand Slam tournaments include, Wimbledon, the US Open, and the Australian Open.

THE GAME

The game is played by two players, called singles, or by four players, called doubles. In class we will normally always play doubles.

CHOICE OF COURT OR SERVICE

The player determine by the toss of a coin or the racket which end of the court they will play on and which side will have the first serve. The winner of the toss may choose either serve or side.

SERVICE

A player serves throughout one entire game. The ball is put in play by a serve which consists of tossing it and striking it toward the opponent's court, using an overhead stroke. The ball must bounce within the diagonally opposite service court before it is returned. (always serve cross-court) In serving, the server must stand with both feet in back of the base line. The first serve for every game must be from behind the right half of this line, as you face the net, and the second serve from the left side. Thereafter, each serve must be alternately from the right and left.

RULES OF SERVING

8. A server may if necessary, have two tries or efforts for any serve. If a served ball should not be delivered correctly in any way, it is called a fault. For two consecutive faults, an opponent scores the point
9. A ball touching a line is considered to be within the court and is called "good"
10. If a served ball hits the net, it does not count as a serve. Such a ball is a let, that is, it does not count in any way even as a fault. (This only applies if the serve goes over the net into the correct court)
11. A returned ball that touches the net as it goes over is considered a good return and never played over.
12. The server must not serve until the receiver is in position and ready.
13. The second game is begun with a service by the player who was receiver in the previous game
14. Ther server must always call the score before serving the ball. The server's score is called first before the opponent's

PLAYING THE GAME

The receiver must return a served ball after it has bounced once in her own service court and hit it so that it will fall within the opponent's court. He/she may not return the serve before it bounces (no volleys on serve). After the first return, the receiver and opponent are both free to volley the ball or stroke after the bounce as they choose. For singles, the ball must not fall in an alley; in doubles, the ball may fall

anywhere on the opponent's side of the net. Should a player fail to return the ball properly, the opponent scores a point.

The receiver scores one point if the server:

- Serves two faults in a row
- Fails to return the ball
- Returns the ball so that it drops outside the proper court

The server scores a point if the receiver:

- Volleys on the serve
- Fails to return the ball
- Returns the serve so that it drops outside the proper court

Either player scores if the opponent:

- Touches the net or reaches over the net while the ball is in play
- Touches the ball more than once with his/her racket on the same play
- Allows the ball in play to touch him/her or anything worn or carried by him/her, except the racket.

SCORING

1st score- 15
2nd score- 30
3rd score- 45
4th score- game

No score- love
Ad-in- advantage server
Ad-out- advantage receiver
Deuce- tie score (40 all)

If both opponents have scored one point, the score stands fifteen all; or, if both have tallied two points, thirty all; but if both have made three points, it is called deuce, not forty all.

When the game has gone to deuce, two consecutive points must be made to win the game. If, after deuce, one player makes an additional point, the score is called advantage (or ad); if he/she makes the next one, she/he wins the game; if he/she loses that point, then the score goes back to deuce, and so on until the "ad" player wins the second point (two consecutive points)

The player who first wins six games wins a set, but you must have a two game lead, such as 6-4 or 7-5. A tie breaker may be necessary.

Matches for women consist of winning the best of two out of three sets, while a men's match is usually the best three out of five.

TERMS

Ace- term used for a serve which the receiver is unable to touch

Alley- area on both sides of the court used for doubles competition

Baseline- the back line at the end of each court

Hashmark- (center line mark) the mark in the center of the baseline that divides the right and the left courts

Fault- a served ball that does not land in the proper court that is not properly served

Foot fault- an infraction of the service rules (i.e. stepping on or over the baseline before the ball is served)

Game- the scoring unit next high than the point- game is reached when four points are won. (Unless tied at three where as a team must then gain a lead of two point to win the game)

In play- the ball is "in play" from the moment it is served until the point has been decided

Let- a served ball that touches the net and lands in the proper court. (Point may also be replayed due to interruption)

Lob- a lofted ball over the head of the opponent in the forecourt

Match- for women 2 out of 3 sets (best of three); for men 3 out of 5

Net- the net barrier that divides the court crosswise

No man's land- the area between the baseline and the back line of the service line

Point- the smallest unit of scoring (i.e. love, fifteen, 30, or 40)

Receiver- the player to whom the serve is directed

Serve- (service) the act of putting the ball into play

Service line- the line 21 feet from the net that marks the back of the service courts
Set- the unit of scoring next high to the game; when a side has won 6 games, it wins the set. (unless tied at 5 games, whereas a team must gain a lead of two games to win the set)
Set point- the winning point in a set
Sideline- line that marks the outside edge of each side of the court
Stroke- the act of striking (contacting) the ball with the racket
Toss- to spin the racket to throw in the air for choice of side or serve
Tournament- an official competition. In some tournaments when the score is all, a tie break procedure may come into effect. Officials may rule that 5 out of 9 points, or 7 out of 12 points will decide the winner
Volley- a stroke made by hitting the ball before it has bounced once.
Wide- a term used for the ball landing beyond the sideline

THE COURT

A- ALLEY

B- BASELINE

G-THE NET

J-SERVICE COURT ENDLINE

C- SINGLES SIDELINE

D- DOUBLES SIDELINE

I-NO MAN'S LAND

E-DEUCE COURT

F-AD COURT

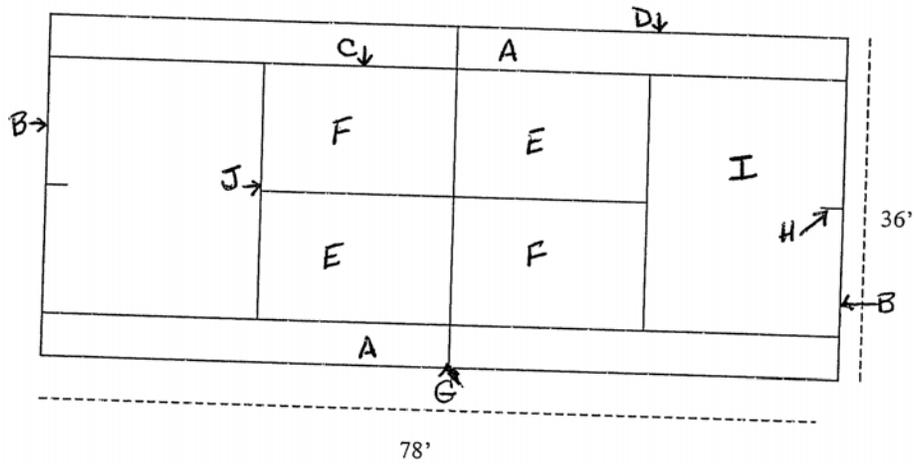
H-SERVICE HASH MARK

THE COURT

A- ALLEY
 B- BASELINE
 G-THE NET
 J-SERVICE COURT ENDLINE

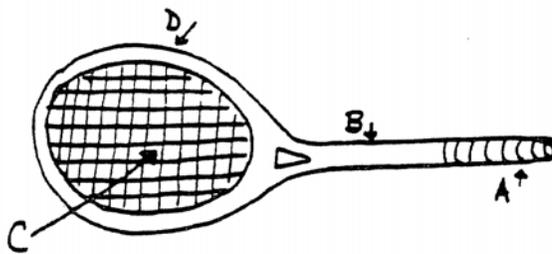
C- SINGLES SIDELINE
 D- DOUBLES SIDELINE
 I-NO MAN'S LAND

E-DEUCE COURT
 F-AD COURT
 H-SERVICE HASH MARK



THE RACKET:

Grip (A) Throat (B) Face (C) Head (D)



THUNDERBALL UNIT

Level: intermediate

Objective: team skills, foot and hand dexterity

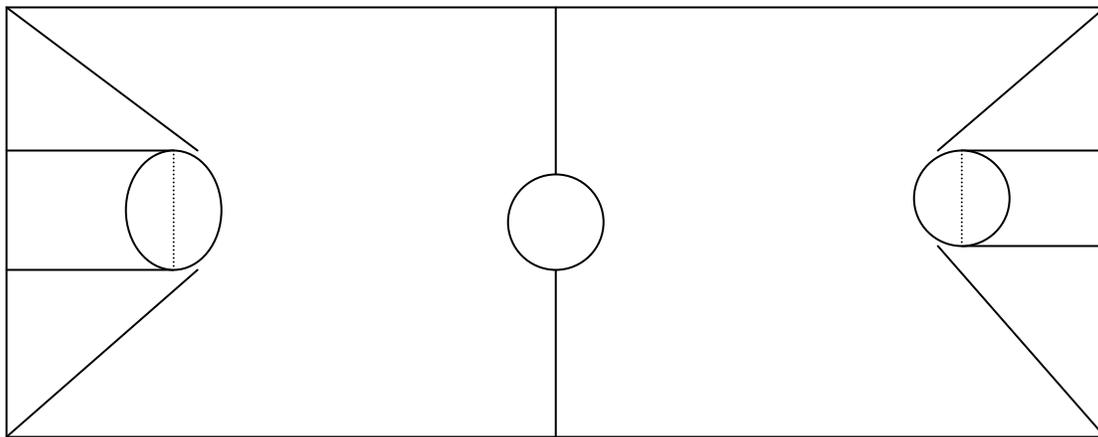
Material:

Pinnies
Two goals (four cones)
Soft soccer ball

Stopwatch
Whistle

Directions:

The class is divided into 3 teams. One sits out, one puts on the pinnies so they can play the remaining team. Usually there are from 7-8 players per team. Each team starts out on separate sides of the court.



This is actually three games within a game: soccer, football, and basketball.

Soccer: once the ball is thrown in by the teacher, and hits the floor, it automatically becomes soccer, using only feet. Any time a ball is thrown in, it must be soccer (unless you call “conversion”—but more on that later). A goal is scored when the ball goes through the cones in the corner. Each team also need to have a goalie.

Soccer Goal=1 point

Soccer suggestions: set a limited distance you must be from the goal, set a lowness zone as well

Basketball: if the ball is caught in the air before bouncing or played off the wall before bouncing, the player can take a shot at the basket; however, they must be a certain distance away from the basket. This is set by you. A suggestion is the imaginary line from the corners back up to the free-throw line.

Basketball Goal=2 points

Football: if the ball is caught in the air before bouncing or played of the wall before bouncing, the player who catches the ball cannot move. They can either pass or make it soccer again by simply dropping the ball to the floor. To continue with football, a touchdown is scored by passing to a teammate who is standing inside the small circle in the center of the court. The thing is, they can only stay in that circle for three seconds at a time. They can only hold the ball for three seconds as well.

Touchdown=3 points

Conversions: Now, this can get tricky. A conversion can only occur once per team, per game. A player calls "conversion," which means all the people around him/her must step away. You set the distance. Using the feet only, the ball can be brought to the hands. It cannot be picked up. Once in the hands it can be used for basketball or football. If the ball goes out of bounds, when you throw it in, it automatically becomes soccer, but if you yell "conversion," and you haven't used your conversion, you can throw it in as basketball or football.

Calling out which game is currently being played helps avoid the confusion

As soon as one team scores, the team that is waiting comes on and takes the other team's place. They can already have pinnies on if they are needed. If there is no score after three minutes, take one team off and rotate the other in. This keeps the momentum going!

VOLLEYBALL UNIT

HISTORY

The game of volleyball was invented back in 1895 by the physical fitness director of the Holyoke, Mass., YMCA. For no apparent reason, the game was originally called Minonette, and was played with the bladder of a basketball, a tennis net raised to a height of 6'6" and was batted around by any number of players the space could accommodate.

New rules have since been adopted to regulate not only the number of players per side, but the number of touches (hits) possible and rules of contacting the ball properly.

Volleyball was first recognized as an Olympic event for women in 1964 in Tokyo, Japan. The game is now one of the fastest growing team games for women in the U.S. and the world.

COURT AND EQUIPMENT

- a. The size of the court is 60' long and 30' wide
- b. The line in the middle which separates the two equal sides, is to be 4" wide
- c. The height of the net is 7'4.5" for women
- d. A 10' line is marked both sides of the court 10' from the net running parallel to the baseline
- e. The ball is usually an 18 paneled white leather ball.

PLAYERS AND POSITIONS

- a. Teams are composed of 6 players on the court at all times
- b. The positions are: left front, center front, right front, left back, center back, and right back. The server is always the right back player
- c. Players rotate clockwise
- d. Each player must be in her/his own position prior to the serve. RB (server) is out of bounds anywhere behind the baseline to serve
- e. After the serve, each player may cover any section of the court, and may leave the court to play a ball

PLAYING THE GAME

- a. Scoring- the game is over when one team has score 25 points, provided they are ahead by 2 points. Both teams can score points on every possession.
- b. Rally scoring- When a point is scored on each serve.**
- c. Playing the ball-
 - a. The ball must receive immediate impetus upon contact. (Should not come to rest on arms or hands"
 - b. The ball may be hit three times before going over the net. No player may touch the ball twice consecutively
 - c. A ball (except the serve) which strikes the net and goes over is still in play. A net serve is a side-out
 - d. A ball may be contacted with one or both hands, open or closed with the forearm or any part of the body above the waist
 - e. The ball may be played when any part of it has crossed the top of the net
 - f. A ball landing on a boundary line is considered "good" or in bounds
- d. Simultaneous contact- if two or more players of the same team hit the ball at the same time, it is

Freeball- any ball coming from the opponents which is not a spike or attack.

Game- when one team reaches 25 points as long as they are ahead by two

Match- the best 2 games out of three constitute a match or three out of five.

Off-hand- a spike in which the ball must cross in front of the spikers body before being contacted by the spiker's dominating hand. The set is from the hitter's non-dominant side

On-hand- a spike in which the ball must cross from the same side of the spiker's body as the dominant hand.

Serve- the act of putting the ball in play. The ball is hit from anywhere behind the endline and enters the opponent's court. The serve may contact the net.

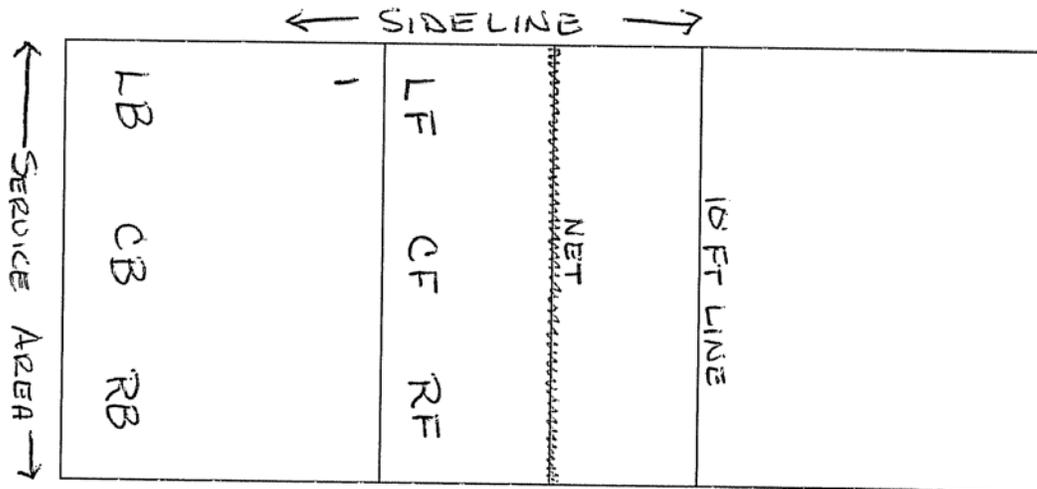
Serving Area- Anywhere behind the endline.

Set- the placement of the ball to enable the spiker to attack it to hit it into the opponent's court. Also known as an overhead pass.

Side-out- when a team makes a fault and the opposition gains the serve

Spike- a ball which is hit with great force from a position high than the top of the net so that it drops at a sharp angle to the opponent's court

Underhand pass- the act of directing the ball to a teammate. Also known as the bump



Swimming Unit Study Guide

Introduction:

1. The four competitive strokes are: Freestyle, Backstroke, Breaststroke and Butterfly.
2. The two resting strokes are: Elementary Backstroke and Sidestroke.
3. The four basic elements of all swimming strokes are:
 - a. armstroke
 - b. kick
 - c. body position
 - d. breathing and timing
4. The rotation around the midline is referred to as body roll
5. The angle of the hands as they move through the water is known as pitch.
6. The power phase of the armstroke is composed of three parts: catch, midpull and finish.
7. Continued forward movement without any effort from the swimmer is known as the glide.
8. The stage of the stroke when the body relaxes and returns to the starting position is known as recovery.

Front Crawl (Freestyle)

9. The freestyle or front crawl is the fastest of all swim strokes.
10. A swimmers face should have the water level between the eyebrows and the hairline.
11. Your head should always remain still except when you turn it to the side to breathe.
12. The index finger enters the water first.
13. The finish is the fastest and most productive part of the stroke.
14. The armstroke does NOT look like a windmill.
15. The kick is known as the flutter kick and the motion starts at the hip. The kick should only go approximately 12" to 15" deep in the water.
16. You should bend your knees just slightly through the kick.
17. You should always exhale completely while swimming. Blow Bubbles!

Back Crawl (Backstroke)

18. Your ears should be underwater while swimming this stroke.
19. Good body roll is very important in this stroke.
20. Opposition rhythm is when one arm pulls as the other arm recovers.
21. The kick in the backstroke is known as the flutter kick and is slightly deeper than the freestyle flutter kick.
22. There should be a regular pattern to your breathing in this stroke.

Breaststroke:

23. This is the oldest known stroke as well as the slowest of all the competitive strokes.
24. This stroke involves a "rocking" motion or action of the body.
25. Both arms pull at the same time and this action takes place underwater.
26. The recovery phase of the breaststroke takes place underwater.
27. The breaststroke kick (whip kick) generates as much power as the armstroke.
28. Breathing in the breaststroke takes place in front and is rhythmic. (Every stroke)
29. "pull, breathe, kick and glide" is the correct timing for this stroke.

Elementary Backstroke:

30. This stroke is considered a resting stroke.
31. This stroke is **NOT** used in competition.
32. This stroke exercises muscle groups not used in other strokes.
33. When pulling, your hands should not come above your head.
34. Your hands should be below the surface of the water in this stroke.
35. Arms should be fully extended during the stroke and at your sides during the glide.
36. The legs should be kicking in a whipping motion simultaneously.
37. Movement of the arms and legs are symmetrical.
38. Soldier, chicken, airplane, soldier is the correct sequence to follow for this stroke.

Sidestroke:

39. This stroke does not require a lot of energy and would be a great choice for long distance swimming.
40. Most of the propulsion in this stroke comes from the legs or kick.
41. The arm closest to the bottom of the pool is known as the leading arm and the arm which is fully extended in the glide is called the trailing arm.
42. Both arms pull under the surface of the water.
43. The kick is called the scissors kick.
44. The glide is an important part of this stroke.
45. Both legs should meet in the middle fully extended in the glide.
46. The glide should last until forward momentum stops.

Additional Swimming Notes

Strokes involving gliding: Breaststroke, Sidestroke and Elementary Backstroke.

Swim kicks for each stroke:

- Flutter kick- Freestyle and Backstroke
- Whip kick - Breaststroke
- Elem Back - Elem Backstroke kick
- Scissors - Sidestroke
- Dolphin - Butterfly

Treading Water- A skill used to conserve energy for survival. The arm motion is known as Sculling and there are three kicks that can be used: the whip, the scissors and the rotary.

Shallow Water entries: ease-in or compact jump

Deep water entries: Stride jump, long shallow dive or dive from the board.

Equipment used in the swimming unit:

Kickboard- used when practicing legs only or kicking to support the upper body.

Pull buoy- used when practicing arm strokes. Used to float the legs.

Backstroke Flags- There are two major uses for the backstroke flags:

- a. They are placed 5 yards from the end of the pool above the surface of the water to warn backstrokers they are nearing the end of the pool to prevent head injury.
- b. In this class, they are used to help swimmers to get proper spacing between themselves and other swimmers in the lane. Go when swimmer in front of you clears the flags.

Circle Swimming- This technique is used to avoid head-on collisions when swimming in the same lane with other swimmers. Swimmers should always swim on the right side of the black racing stripe on the bottom of the pool.

NEVER SWIM ALONE!! This is the #1 rule of safety to follow! Always swim with a friend or fellow swimmer!