

Semester Final Review Sheet

The following units will be included on the final: paddleball, soccer, heart rate monitors, volleyball, basketball and fitness.

To help you study, go to the BVN website, click on Student Links and then click on Phys. Ed booklet under the PE section. You can also go to your teacher's website for the booklet.

Soccer

What is a corner kick and when is it taken?

What kick does the goalie make after he/she picks the ball up?

When is a direct kick and an indirect kick taken and what is the difference?

How is the ball put back in play after it crosses the sideline?

Paddleball

Know how to score (same method used in tennis).

Know the service order.

Know which side of the court is the deuce side and which is the ad side.

Know the difference between a ground stroke and a volley.

Know how to serve and receive a serve correctly.

What does "love" mean in scoring?

What is deuce and ad in/ad out?

Fitness

- **Target Heart Rate Zone is 145-180.**

Cardiovascular endurance is fitness of the heart, lungs, blood and blood vessels. What are some skills tests we took in class that helped us measure CVE?

Muscular endurance is the ability of muscles to work for a long period of time without getting tired.

Muscular strength is the amount of force a muscle can exert.

Flexibility is the ability to move your joints through a full range of motion.

Agility is the ability to change your body position quickly and to control your body's movements.

Dynamic stretching (Plyo team exercises) uses speed of movement, momentum and active muscular effort to bring about a stretch.

THR- target heart rate zone- need to exercise within the "zone" in order to get aerobic benefit.

What was the "zone" we used in class?

What are some activities that will get your heart rate in the zone?

Volleyball

What are the six player positions?

Which player position serves?

Where is a proper serve played from?

What type of scoring is used in volleyball?

What constitutes a game? What constitutes a match?

How many touches of the ball are allowed per side? What are the proper names of those touches?

What is the first contact of the volleyball supposed to be?

What is the proper rotation after a point?

Basketball

How many points is a lay up

How many points is a made shot behind the arc

What is a free throw?

What is 3 seconds

How many players on the court for one team?

You are responsible for knowing class directives and make up policies.

Fitness room rules and regulations

Speed on treadmill and elliptical is 5mph and level in 5