2022 – 2023 - FINAL REVIEW SHEET

**Fitness Unit**

**The Five Components of Fitness**

**1. Cardio Vascular Fitness –** How well the heart and lungs work together to distribute oxygen rich blood to the muscles. EXAMPLE: Mile Run / Beep Test (PACER Test)

**2. Muscular Strength –** The amount of power your muscles can exert during an activity. EXAMPLE: Push Ups

**3. Muscular Endurance –** How long your muscles last during and activity. EXAMPLE: Flexed Arm Hang

**4. Flexibility** – The range of motion that your muscles and joints have. EXAMPLE: Sit and Reach Test

**5. Body Composition**- What your body is made up of. Fat vs Muscles. Your **BMI** is your **Body Mass Index** tell you the percentage of fat in your body.

**Volleyball**

Bump or Forearm Pass- Used to hit the volleyball below your waist.

Set or Overhead Pass – Used to make contact with the volleyball when it is above your head.

**Cues: Underneath, Window/Diamond, Fingerpads, Push**

Rotation – A movement of the players to a new position on the court. Two types of rotations: Z Rotation and S Rotation. You use the S- Rotation when there are 3 rows of players. You use the Z-Rotation when there are only two rows of players.

**History**

-Volleyball was created in 1895 in the state of Massachusetts by William G. Morgan

-Volleyball was introduced into the Olympics in 1964

**Rules and Info**

-In an official game of volleyball there are 6 players on the court per team.

-A game of volleyball is played to 25 points. Rally Scoring is used.

-A ball landing on the boundary line of the court is considered to be in bounds.

-The server’s position on the court is the BACK RIGHT PLAYER OFF OF THE COURT.

-You are allowed a maximum of 3 hits on the volleyball on your side of the net before it has to be volleyed over the net to the other team.

**Soccer**

**History**

Soccer started being played in different fashions in the Mid 19th century.

It was introduced in the Olympics in 1900.

Every four years the World Cup is held. A world-wide tournament for the game of soccer.

**Vocabulary**

KICKOFF – Starts the game, the second half and also starts the game after a goal is scored.

HANDBALL – A foul that happens when a player, other than the goalie, touches the soccer ball with their hands.

DRIBBLING – A method of advancing the ball using your feet, primarily your in-step, out-step, and top of the foot.

**Rules and Info**

-Soccer teams are made up of 11 players

-The last line of defense is the goalie. They are the only players that can use their hands.

-A goal is worth 1 point

-A kickoff happens in the middle of the field to start a game, after a goal is scored and to start the second half.

**Team Handball**

-Handball is a fast-paced team game that was first played in Scandinavia and Germany at the end of the 19th century.

-Handball was first introduced in the 1936 Berlin Olympic Games

-When you have the handball, you are only allowed to take three steps.

-You cannot hold the handball for longer than five seconds.

-In PE class, you must be behind the three point line of the basketball court to take shot on goal that will count.

-In an official game of handball there are seven players on the court per team including the goalie.

-In the last Summer Olympics in 2020, France won the Gold Medal in Team Handball

**Ultimate Frisbee**

-Students from Yale University were using the tins from The Connecticut Pie Company as Flying discs.

-Fred Morrison invented the first flying disc in 1948

-The original name of the Frisbee was the Pluto Platter

-Joel Silver introduced Ultimate Frisbee in 1968.

-The first official game of Ultimate Frisbee was played between Princeton and Rutgers in 1972.

**Football**

-Football is a sport that evolved from the Sport of Rugby.

-The first official football game was played between Princeton and Rutgers on November 6th, 1869

-In an official football game there are 11 players on the field per team.

-A touchdown in an official football game is worth 6 points. In PE class a touchdown is worth 1 point.

-In PE class, the offensive team gets 4 downs to try and get a touchdown.

-An interception is when a defensive player catches the ball thrown by the offense.

-When catching a football thrown above your belly button your hands should be in a DIAMOND shape.

-When catching a football thrown below your belly button your PINKIES should be together.

**Baseball**

-Baseball originated in America in the early to mid 1800s

-It was invented by Alexander Cartwright

-An official game of baseball has 9 players on the field per team and 9 positions.

-Each team is allowed 3 outs an inning. Each hitter is allowed 3 strikes.

-Force Out – when a fielder has to tag a certain base while holding the baseball to get a runner out.

-Tag Out – when a fielder has to tag a runner, while holding the baseball, who is not forced to run to a

certain base.

-First base and home plate are the only two bases you are allowed to run through.

-Japan won the 2023 World Baseball Classic.