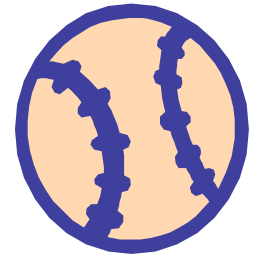
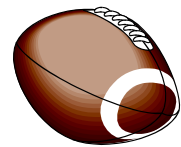




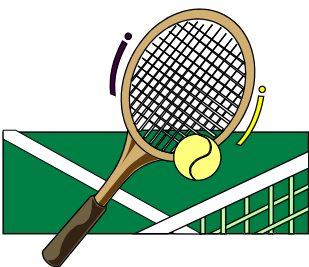
9th Grade



Physical Education



Handouts



Fitness

Weight Training: the use of progressive resistance exercises to improve performance in a sport or activity. Weight lifting is a sport that can be recreational or competitive.

Terminology

Repetitions: the number of times the resistance is moved through the **whole** range of motion.

Training Load: the amount of weight being used for a specific exercise.

Circuit: a series of exercises done in succession for a specific training purpose.

Range of motion: when a joint of the body moves from full flexion to full extension.

Repetition maximum: the maximum amount of weight that can be lifted for a certain amount of repetitions. Most programs use a percentage of this weight as the training weight/load.

Principles

Overload: as a muscle increases in size and strength, the load against which the muscle works must get progressively greater.

Adaptation: the body will respond and adapt to the kind and amount of physical demand put on it.

Specificity: the effects of exercise are specific to the type of activity engaged in.

Physical Qualities Developed by Weight Training

Strength: the ability to exert force, usually done with heavy weight and low reps.

Power: the rate at which force is produced, usually done with a combination of fast and heavy repetitions.

Endurance: the ability to perform a movement many times without undue fatigue, using low weight and high repetitions.

Flexibility: the ability to move a joint or a series of joints through a full range of motion, which should be carried out with all weight lifting exercises.

Aerobic vs. Anaerobic

Aerobic: activities, such as walking, running, and stretching, which require a constant supply of oxygen and focus on the cardiovascular and respiratory systems.

Anaerobic: activities, such as heavy weight training and sprinting, which require so much oxygen that they cannot be carried out for long periods of time.

FITT Principle

Frequency: how often an exercise is performed (3 times per week)

Intensity: how hard the person works (incline level on a treadmill)

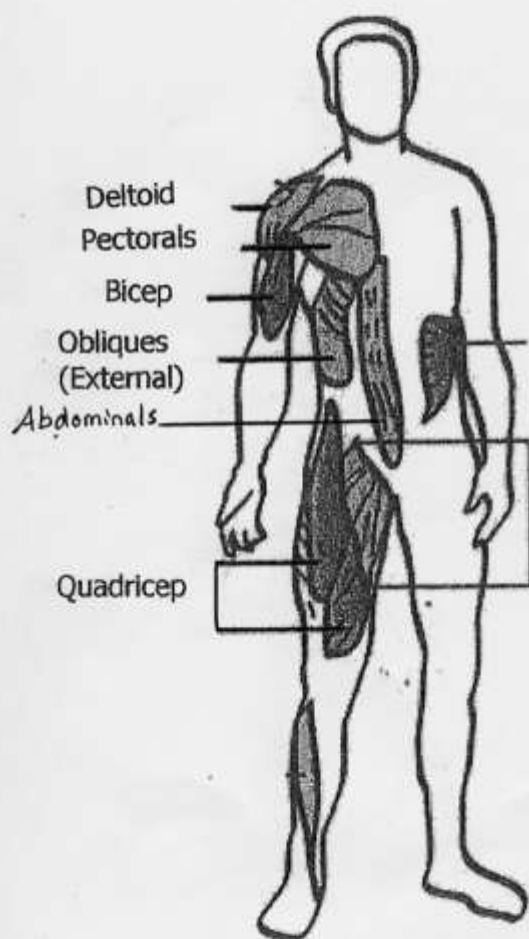
Time: how long the exercise is performed (20 minutes)

Type: the specific exercise performed (bench press)

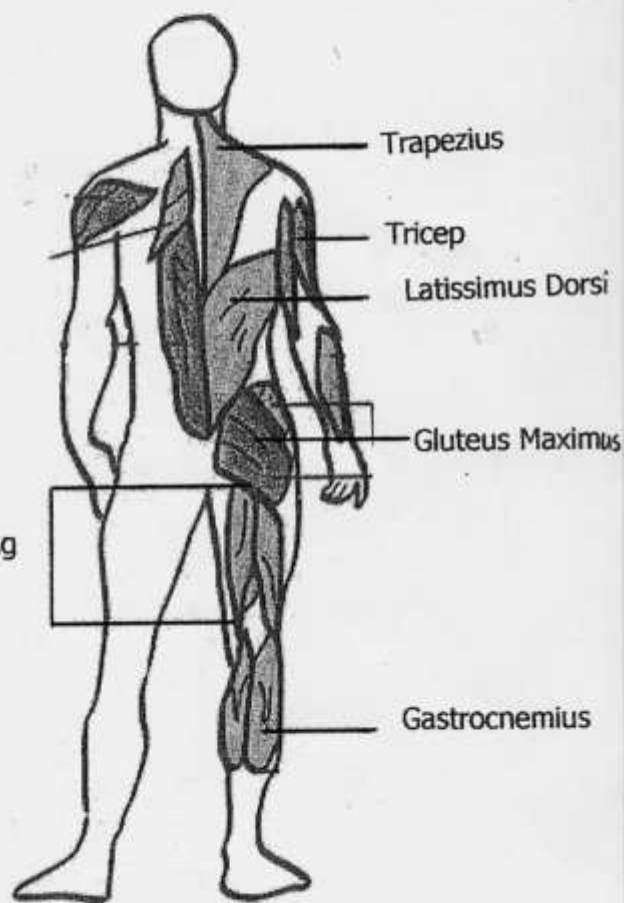
Safety

- Rack all weights when finished
- Walk at all times
- Only **positive** encouragement is acceptable
- Be aware of others, the equipment, and proper technique
- Use a spotter at all times
- Know your limits
- Stretch before/after exercise
- Stay hydrated
- Horseplay is not allowed

Exercise/Machine	Muscle(s) Used
Lateral Raise	Trapezius and Deltoid
Rear Deltoid	Deltoid
Seated Bicep Curl	Bicep
Low Row	Lower Latissimus Dorsi
High Row	Upper Latissimus Dorsi
Leg Curl	Hamstring
Leg Extension	Quadriцеп
Incline Press	Pectorals and Triceps
Crunches	Abdominals
Squats/Leg Press	Gluteus Maximus and Quadriceps
Cruches w/ Twists	Obliques



Obliques (Internal)



Hamstring

Football

Objective: To carry or pass the ball into the opponent's end zone, while preventing the opponent from taking the ball into the end zone that your team defends.

Teams: Each team will have 6 players. On the offensive team there will be at least 2 players on the line of scrimmage. The offensive linemen are not allowed to move until the ball is snapped. The defense can line up any way they wish and move around before the ball is snapped.

Safety: No charging, no pushing, and no tackling. The ball carrier may not run through a defensive player, they must evade the tackler.

Positions

Quarterback: Leader of the offense. Decides what plays will be run and tells the other players.

Offensive Linemen: The offensive blocker who may only use the standing block (feet in contact with the ground), with hands in contact with the body. No part of the blockers' body, except feet will be in contact with the ground.

Running Back: Player who runs out of the backfield. They run, block, and receive passes.

Receiver: Runs pass patterns to receive passes and block during running plays.

Defense: Defensive players are restricted in the use of hands to pushing the shoulders and body of blockers. Slapping and striking are not allowed. **No Charging, Pushing, or Tackling!** Once a defensive player touches the ball carrier, with two hands, the play is over.

Terminology

Blocking: Offensive skill used by a player to protect a teammate.

Center Snap: Putting the ball in play from the line of scrimmage after a down.

Conversion: After a team scores a touchdown they can try for extra points. The offensive team has one down to score from the 3-yard line; 2 pts for a run and 1 pt for a pass.

Down: One complete play or attempt to gain yards on the ground. Offense has 4 downs minimum.

End Zone: The area between the goal line and the end line, where all points are awarded.

Forward Pass: A throw that moves the ball towards the opponents goal.

Handoff: Exchange of the ball that is not airborne, instead it is handed directly to the running back.

Holding: Grasping of a players clothes or body during play.

Huddle: Group of players on the field conferring between downs.

Interception: When the defense catches a pass that was intended for the offense.

Lateral Pass: A pass throw to the side or behind the thrower.

Line of Scrimmage: Imaginary line across the width of the field that marks where the previous play ended; marking where the next play must start.

Pass Interference: After the ball has left the hands of the quarterback, the defensive player pushes, blocks, or holds an opponent to prevent them from receiving a pass.

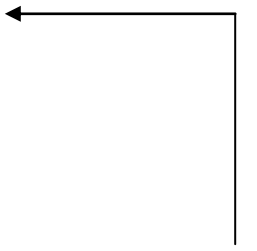
Penalty Values: Off sides, Holding, Illegal motion = 5 yd.; Pass Interference = from the spot of the foul; and Unnecessary roughness = 15 yd.

Safety: A score counting as 2 points made by tagging a ball carrier behind the goal line that the ball carrier is defending.

Throw Off: The throw used to start each half of the game, or to start play after points have been scored. The scoring team throws to the team that was scored upon.

Touchdown: A score counting 6 points made by carrying the ball over the goal line or throwing the ball to a teammate in the end zone.

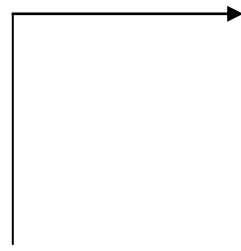
Square-In



C

R

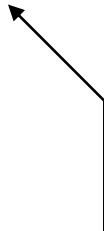
Square-Out



C

R

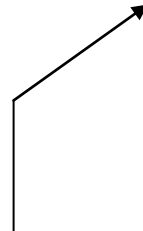
Post



C

R

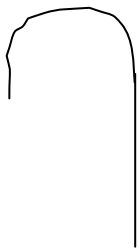
Flag



C

R

Button Hook



C

R

Fly



C

R

Soccer

History

The original form of soccer began in 1609, during the Roman times. The United States was the first British colony to play soccer style games. In 1827, Harvard began an annual intramural futbol contest. This game, however, was nothing like the modern game of soccer that we know today. The modern game originated in England in the early 1830's. Soccer was seen as a good way to release tension and stress, to keep kids out of trouble, and to help them learn the value of teamwork. In 1862, the Oneida Soccer Club from Boston was the first club to have official rosters and play games. The first intercollegiate game was played on November 7, 1869 between Rutgers and Princeton. This game was very different than the modern game of soccer. There were 25 players on the field, a 24-foot wide goal, all parts of the body were legal, and the first team to reach 6 points won. Rutgers won this game 6-4. The English Futbol Association established a set of rules in 1871, which are still used today. The United States first competed in Olympic soccer in 1904.

Definitions

Control Dribble: a slower, closer type of dribbling using few steps between touches.

Corner Kick: used to put the ball back into play when the defense kicks the ball over the end line.

Dribbling: a way of advancing the ball on the ground by using different parts of the feet, while maintaining control.

Forwards: forward most position on the field whose main responsibility is to score goals.

Fullbacks: the last line of players before the goalkeeper.

Goal: when the ball completely passes between the goal posts and over the goal line.

Goalkeeper: the only position on the field that can, in the goal box, legally play the ball with their hands.

Goal Kick: used to put the ball back into play when the offense kicks the ball over the end line.

Heading the ball: can be used to shoot, receive a pass, or to pass the ball.

Midfielders: players who are located in between the fullbacks and the forwards.

Passing: the motion of advancing the ball to a space or teammate in the air or on the ground.

Red Card: given for major infractions, the player is ejected from the game.

Shooting: the act of striking the ball towards the goal with the intention of scoring.

Speed Dribble: a faster dribble that uses more steps in between touches of the ball.

Sweeper: the player who plays directly in front of the goalkeeper.

Tackling: denying an opponent the ball to regain control.

Throw-in: used to put the ball back into play when it goes out over the sideline.

Trapping: a way of controlling the ball that is in the air, on the ground, or bouncing; using the foot, thigh, head, or chest.

Yellow Card: given for minor infractions, player must come off of the field but may re-enter the game.

Field

- Minimum length of the field is 100 yd while the maximum length is 130 yd.
- Minimum width of the field is 50 yd while the maximum width is 100 yd.
- Center circle is 10 yd
- Penalty box is 18 yd
- Goal box is 6 yd
- Penalty shots are taken from 12 yd away from the goal.

Softball

The Game

An official softball game is seven (7) innings long. An inning is when both teams have had their turn at bat.

Batting

- Batters must follow the same batting order throughout the entire game. If the wrong batter finishes a turn at bat, the correct batter is called out. If the error is caught before they finish, the correct batter may finish the turn, taking the called balls and strikes.
- A **Strike** is called on the batter if, (1) the batter swings at the ball and misses it, (2) the ball pitched is within the strike zone, (3) the batter attempts to bunt the ball and misses it or puts it into foul territory, (4) the batter hits the ball into foul territory.
- A **Ball** is called on the batter if the ball is pitched outside of the strike zone. Runners may advance to the next base, at their own risk.
- A **Foul Ball** is a ball that is hit into foul territory; runners may not advance to the next base.
- A **Bunt** is when the batter hits the ball a short distance by pivoting their body to the pitcher and sliding their hand up the barrel of the bat. This is done to advance other runners.
- A **Slap** is when the batter shows that they are bunting and then pulls the bat back and hits the ball.
- The batter may run to first base on a **Dropped third strike**, which is when the catcher drops the ball on the third strike. This can only occur when there are no runners already on first base.
- A batter is called out if, (1) they are pitched three strikes, (2) they bunt the ball foul already having two strikes, (3) they step on home plate, (4) the batter is hit by the ball in fair territory, (5) they hit the ball in the air in foul/fair territory and it is caught, and (6) they hit the ball on the ground and are thrown out at first base.

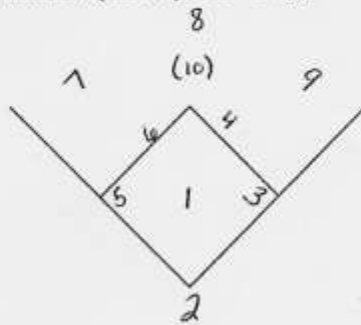
Baserunning

- A batter becomes a base runner when he/she (1) makes a fair hit, (2) walks (receives four called balls), (3) is hit by a pitch.
- A base runner must touch every base, in order, to count as a run for their team.
- The only base that may be overrun is first base.
- In fast pitch softball, the runner may take a lead when the ball is released from the pitchers hand.
- In slow pitch softball, the runner is not allowed to take a lead.
- If the batter hits a fly ball, any base runners must tag the base that they are at before they may advance to the next base.
- Base runners may not pass each other
- A base runner is out if (1) they are tagged out with the ball before reaching the next base, (2) the ball reaches the base, ahead of the runner who is forced to run (a **force out**), (3) the base runner is hit by a batted ball before it is played by a fielder, (4) they run out of the **base path**, (5) the runner does not touch each base, and (6) the runner does not tag the base on a fly ball before advancing to the next base.
- A base runner may **steal** the next base if the ball that was pitched was a strike or a ball. They may not steal if the ball was hit foul.

Players

There are 9 players on a fast pitch softball team. There are 10 players on a slow pitch softball team. The 10th player is known as the **short fielder**. Each position on the field has a number to identify it.

1 - Pitcher	2 - Catcher	3 - 1 st Base	4 - 2 nd Base
5 - 3 rd Base	6 - Short Stop	7 - Left Fielder	8 - Center Fielder
9 - Right Fielder	10 - Short Fielder (slow pitch only)		



Definitions

Base Path: The area on either side of the baseline that is 3 feet wide.

Clean UP: The fourth batter in the batting order, usually the strongest hitter.

Crowding the Plate: Standing too close to home plate when batting.

Cut: Taking a swing at a pitched ball.

Double Play: Two outs made from one batted ball.

Error: A defensive misplay

Force Out: An out made when a defensive player who has the ball touches the base before the runner gets there.

Full Count: 3 balls and 2 strikes called on the batter.

Line Drive: A batted ball that travels in a straight line.

On Deck: The player who is next up to bat.

Overthrow: When the ball is thrown out of reach of the person covering a base.

Pinch Hitter: A substitute hitter.

Sacrifice: Advancing a runner by getting a force play on the batter.

Strike Zone: The area from the letters on the batters' jersey to their knees, and over home plate.



Swimming

Crawl Stroke/Freestyle

- Flutter Kick: Starts from hip; toes are pointed (plantar flexion)
- Arms: Thumbs enter the water first; once hand is in the water it makes an "S" shape
- Breathing: Rotary breathing (turn head to the side); every fourth stroke

Back Crawl Stroke/Backstroke

- Flutter Kick: Starts from hip; toes are pointed (plantar flexion)
- Arms: Windmill; pinky enters water first; reach back as far as possible; keep arms close to ears; chin should be up

Elementary Backstroke

- Whip Kick: bring knees up to chest; bring legs out to the side of the body; bring feet back together; "up, in, out"
- Arms: hands to underarms; hands out to the sides; hands against the body; "Tickle, "T," Touch"

Breast Stroke

- Whip Kick: bring knees up to chest; brings legs out to the side of the body; bring feet back together; "up, in, out"
- Arms: Start at chest; bring arms straight in front; make a heart shape with the hands, bringing hands back to chest

Side Stroke

- Scissors Kick: Body is on its side; top leg kicks forward; bottom leg kicks back; come together in glide position, not crossing the midline of the body
- Arms: Arm in water extends over the head; bottom arm by waist; bring them together at chest; "pick an apple, put it in the basket"

Floating

- Jellyfish Float: Reach down and touch toes, when back breaks the surface of the water let arms and legs dangle
- Back Float: Lay on back and float, arms and legs should be out. Body is in a supine position (belly and palms facing up)
- Dead Man's Float: Lay on stomach and float, arms and legs should be out. Body is in a prone position (belly and palms are facing down)

Safety

- Walk on pool deck
- Horseplay is unacceptable
- Respect the swimming ability of others
- Making fun of others will not be tolerated
- The pool is not a bathroom, just ask to go
- When using the diving board, wait until the previous person reaches the ladder
- Rinse off before and after class
- When diving, always dive in water over 5 feet and look in the water before you dive to make sure no one is in the way

Definitions

Swimming: the ability to move in water using the arms and legs

Buoyancy: the ability of the body to float in water

Prone: lying flat, with the stomach and palms facing down

Supine: lying flat, with the stomach and palms facing up

Plantar Flexion: foot is in a position with the toes pointing downward

Dorsi Flexion: foot is in a position with the toes pointing upward

Water Polo

- 7 players on a team
- No dunking, splashing, holding, or sinking opponents
- There are 4, 7 minute periods, with a 2 minute half time
- Goalie can use 2 hands or their fist to block the ball
- Players other than the goalie cannot use 2 hands to pass the ball. Players may use 1 or 2 hands to shoot the ball
- Players cannot hold the ball underwater
- Players cannot hold the ball longer than 10 seconds
- Anyone who scores becomes the goalie



Tennis

History

The game of tennis is the same everywhere. The name given to the game differs in different countries. In Great Britain it is called Real Tennis; in Australia it is called Royal Tennis; and in France it is called Jeu de Paume (game of the hand). The various names throw light on the development of the game. Tennis originated in France before the 12th century. The game became very popular and in the 13th century it is said that there were as many as 1,800 courts in France. Mary Outerbridge brought the game to the U.S. from Bermuda in 1874. The first National Championship tennis tourney for the United States was held in 1874 in Newport, Rhode Island.

Racquet



Head: part of the racquet above the throat that includes the frame and strings

Face: the hitting surface of the racquet

Throat: part of the frame just below the racquet head

Handle: the part of the racquet gripped by the hand

Sweet Spot: center of the racquet face, where the ball should be hit

Strokes

Forehand: Hitting a ball that is on the dominant side of the court.

Backhand: Hitting a ball that is on the non-dominant side of the court.

Lob: A high hit ball that goes over the head of the opponent.

Smash: A downward stroke that is hit hard and bounces high.

Grips

Eastern Grip: Used for forehand stroke and the serve (V of hand on midline)

Continental Grip: Used for the backhand stroke (knuckles on midline)

Service

- Both feet must be behind the baseline, inside of the center mark, and inside of the singles sideline
- Must toss the ball into the air and strike it before it hits the ground
- Must serve to the diagonal court
- Must start serving to the right of the center mark every game
- After the first point, alternate serving courts
- Any ball that hits the line is "in"
- The server has 2 chances on each serve to get it into the correct service box
- May not serve until the receiver is ready
- Call out the score, servers score first

Faults

- Foot Fault: this occurs when the server steps on the baseline while serving
- The ball is sent outside the boundaries of the opposite service box or into the net
- The server missed the ball (catch a bad toss)
- Double Fault: two faults in a row, which results in a point for the opponent

Let

"LET the ball be served again"

On a serve, the ball tips the net and lands into the correct service box

The ball is served when the receiver is not ready

Any play where there is a question of it being legal

Any outside interference during the serve or during play following the serve

*** When a LET is called during any circumstance the ball is replayed**

Basic Rules

1. The ball is in play until it bounces twice, is hit out of bounds, or is hit into the net
2. The ball may not bounce twice before it is returned; it may only bounce once
3. If the ball hits the net, other than a serve, it is good and can be played
4. The ball must cross over the plane of the net before it can be played
5. If a player makes contact with the net a point will be deducted
6. If any part of the foot touches the baseline on a serve it is a foot fault
7. The line is in

Doubles Play

The same rules apply for doubles tennis as for singles, except the following rules:

1. The outside boundary lines (doubles sideline) are used, except for the serve
2. Order of service: A & B are partners, and C & D are partners- First game: A serves, Second game: C serves, Third game: B serves, Fourth game: D serves, Fifth game: A serves, etc...

Scoring

Love = 0 points

15 = 1 point

30 = 2 points

40 = 3 points

Deuce = 40-40

Game = fourth point won

Advantage In (AD IN) = in deuce server wins 1st point; Advantage OUT (AD OUT) = in deuce receiver wins 1st point

Game: The part of the set that is completed when one player or side wins 4 points or two consecutive points after deuce.

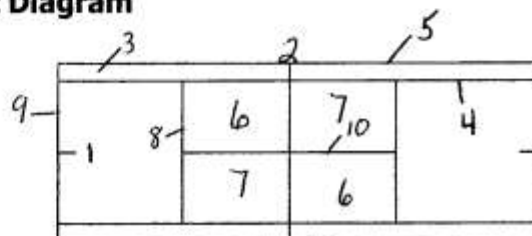
Set: The player or team that has won six or more games and has a two game lead

Match: The best 2 out of 3 sets for women; the best 3 out of 5 sets for men

Etiquette & Safety

- If a ball is played without a call being made, play continues
- The server announces the score on each serve, with his/her score first
- The receiver must be in ready position before the ball is served
- If a ball interferes from another court a Let is called
- No throwing the equipment
- Be courteous to other players

Tennis Court Diagram



1- Center Mark	6- Ad Court
2- Net	7- Deuce Court
3- Alley	8- Service Line
4- Singles Sideline	9- Base line
5- Doubles Sideline	10- Center Service Line

Volleyball

History

Volleyball was invented at the YMCA in Holyoke, MA by William G. Morgan. He invented the game in 1895 as a less strenuous activity than basketball.

Nature of the game

Volleyball is played by two teams of 6 players on a court that is 60' by 30', divided into halves. The net is 8' high for men and 7' 4 1/4" for women. Volleyball games are played to 25 points, but teams must win by 2 points.

Skills

Overhead Pass/Set: contact of the ball is made with the pads of the fingers making a window, and above the head.

Forearm Pass/Bump: the ball is hit off of the forearms with the lift coming from the legs. Used to return low hit balls, spikes, and serves.

Spike: a powerful offensive play that drives the ball downward with great force.

Dink: a fake spike. Instead of spiking the ball, it is gently tapped over the opponents' hands.

Serve: used to begin play of each point. There are two types: overhand and underhand.

Block: the act of jumping with the arms extended upward to stop a spiked ball.

Kill: a spike that cannot be returned.

Dig: a pass made with cupped hands for the difficult, out of reach plays.

Terminology

Body Fault: when the ball touches any part of the body below the waist.

Carry: an illegal hit in which the ball rests momentarily on the players' open hands.

Double Fault: a violation in which two opposing players commit a violation at the same time, the point is replayed.

Foot Fault: when the server steps on or over the baseline when contacting the ball.

Point: a point is scored when one team fails to return the ball legally.

Rally Scoring: scoring system where a point is scored when the ball cannot be played legally, every time the ball is served a point is scored.

Rotation: players shift clockwise after a side out is called on an opponent.

Side Out: the term used by the official when the serving team legally plays the ball and loses the serve.

Rules

1. The ball must be served from behind the baseline.
2. It is a foul to touch the net, or to step one foot over the center line.
3. A ball landing on a boundary line is "in"
4. A ball must be distinctly hit, not thrown or lifted
5. The ball may be hit only 3 times on one side. A player may not hit the ball 2 times in succession.
6. A block is not considered as one of the three allowable hits. After a block, a player may hit the ball again.
7. Players of the serving team must rotate clockwise when receiving the ball to serve.
8. Players may shift position after the ball is served, but the back row players are not permitted to block or spike at the net.
9. The ball may be blocked by reaching over the net, but may not be touched before the 3rd hit.

10. The ball must be on your side of the net before it can be spiked. The follow through may carry over the net but not touch it.
11. Any ball that strikes the net and crosses over it is considered "in play."
12. A match consists of 2 out of 3 games
13. A serve may not be spiked or blocked
14. The forwards only can perform a spike at the net. The backs may spike behind the 10-meter line.



Volleyball Court Diagram

