

PE Review

If your class did not do the unit, it will not be on your test

Badminton:

- Birdie landing on the line is considered in bounds
- Serve must be underhand and contacted below the waist
- Only the serving team may score points
- You may not reach over the plane of the net, or touch the net
- Serving is determined by the points your team has, even = right, odd= left
- Shots :
 - Overhead Clear: aim for baseline
 - Drop: right over the net, made to look like overhead clear
 - Smash: rally ending hit, goes straight down, spike.
 - Serve: short, long, backhand flick
- Team strategies
 - Front to back
 - Side by side (left right)
- When serving in doubles, One hand down means that the first inning of serving, only one team member serves. After the first inning, both team members get a chance to serve
- Only one serve is allowed, let serves (touching the net and going over the opponents service line) is allowed a re-serve.
- A bird touching the net and going over the net during game play is allowed.

Pickleball.

- Court dimensions (same as badminton court)
- Feet behind the end line for the serve
- Serve must be hit on the fly, no bounce
- Double bounce rule, the ball must be played off the bounce on each times first hit (not including the serve)
- No volleys allowed with in the non-volley zone to the net
- Serving team may only score points - traditional scoring
- On the line is in.

Ultimate Frisbee and Football:

- You may not take steps once the frisbee or football is caught
- You may use as many passes as you team needs to score
- You must catch the frisbee or football with at least one foot in the end zone
- You must be at least an arm and half away while playing defense from the person throwing

- The team that throws the turn over loses possession of the ball and the other team gets it where it lands.
- No hand offs are allowed, must be air in the pass
- All styles of passes and catches are welcomed
- Once the ball or frisbee hits the floor or the side walls, it is dead
- Using spacing and teamwork and short passes and long passes to score in the end zone

Floor Hockey:

- Game starts with a face off
- After a goal is scored a face off restarts the play
- No high sticking
- One goalie at a time, they can use their hands
- A goal is scored when using the hockey stick (no kicking the goal in)
- The puck can not be kicked or thrown into the goal
- Team spacing, offense and defensive team strategies

Eclipse Ball

- Unlimited hits per side
- Ball can bounce one time in-between each hit
- The point is done and ball is dead when
 - Serve does not go over the net
 - Ball bounces under the net
 - Two bounces happen in-between a hit
 - The ball goes over the red middle boundary line
 - A person hits the ball two times in a row
- Serve can be underhand or overhand
- Walls, ceiling, bleachers are in-bounds

Disc Golf

- You win a point by getting your disc into the basket/goal in the least amount of throws
- The golden rule of disc golf is that you do not throw the disc from in front of where the disc lies
- The object of the game is to get your disc into the basket/goal in as few throws as possible
- Different types of throws
 - Forehand, backhand, underhand, hammer (overhand)

Nitro Ball

- Teams get up to 3 hits per side to get the ball over the net
- The ball **MUST** bounce one time in between every hit
- A ball hit on the fly is a fault
- Rally score (serving and non serving teams may score)
- Serve from the back baseline of the court
- The serve may land anywhere on the opposite side of the as long as it is in bounds
- On the line is considered in bounds
- You can not hit the ball two times in a row
- Serving is underhand only.
- You may play the ball off the wall if you have hits remaining

Spikeball

- Rally Scoring
- Typical 2 vs 2
- Pocket: ball that lands on the net and rim at the same time (not a good hit)
- One attempt at serving
- Ball can't double bounce on the net or roll on it
- If the ball hits the rim it is not a legal hit
- Up to 3 hits per team before you have to hit it back to the net
- Once the ball hits the net, the ball changes possession to the other team
- You must do at least a 2 hitter off of the serve
- Serve is from 6 feet away from the hoop

Basketball and Volleyball will not be covered on the exam

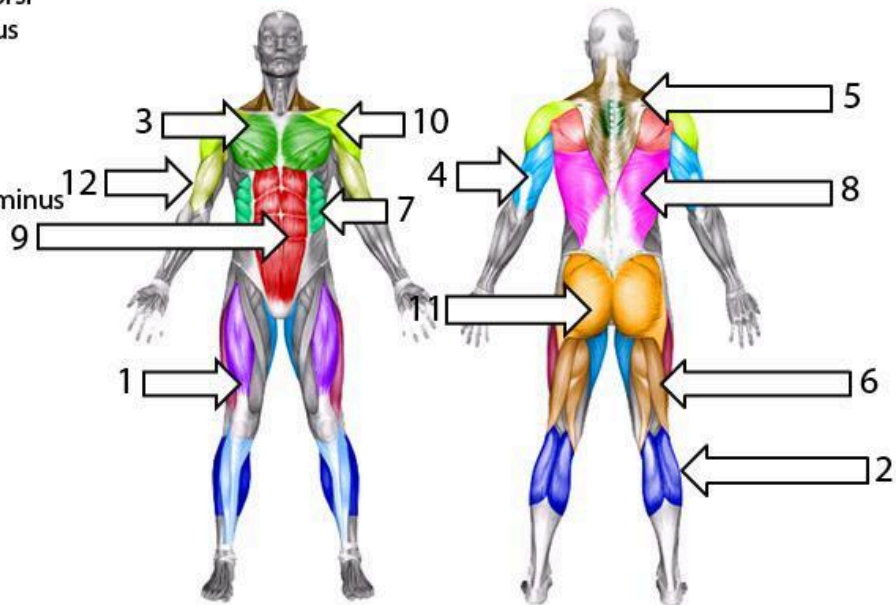
Fitness

- Always use a spotter when lifting weights
- Using correct form is more important than using heavy weights
- What workouts to do for body parts (chest, back, biceps, triceps, legs, shoulders)
- Use safety in the fitness center
 - Use weights you can lift
 - Use a belt when the weight is over your body weight
 - Use clips on all bars
 - Be aware of your surroundings
 - Do not drop weights when others are around
 - Use cardio equipment as they should be
 - Wear correct clothing for activity
- Always clean up after yourself, cleaning equipment, wipe down benches, put weights back in proper order and space
- How would you get started on a weight lifting program?

- Start with light weights and work on all body parts
- Use good form and focus on doing the lift correctly
- Put together lifts that go along with body parts to get an all around workout

Pecs
Biceps
Quadriceps
Trapezius
Latissimus Dorsi
Gastrocnemius
Glutes
Deltoid
Hamstrings
Triceps
Rectus Abdominus
Obliques

Major Muscles



- | | | | |
|----|----|----|-----|
| 1. | 4. | 7. | 10. |
| 2. | 5. | 8. | 11. |
| 3. | 6. | 9. | 12. |

Racquetball (Racquets Plus only)

- Serve is under hand and must be hit off of the bounce.
- The serve must hit the wall and go beyond the service line and the short line.
- Servers get two attempts at making a good serve
- Server may only score points
- Games to 11 or 21, win by 1 (only sport we played that is win by 1)
- Volleys are allowed during game play
- On the line is in
- Crotch ball (hits junction of wall and floor) is a replay
- You may bounce the ball up to 3 times before serving

Speedminton (Racquets plus only)

- The server only gets one try to serve a good serve

- The server gets 3 serves, then the bird goes to the other team for 3 and alternates every 3 points
- Rally scoring (do not have to serve in order to get a point)
- One hit per side
- When the bird hits the ground the point is over.
- Serve from the back baseline is underhand or overhand
- Serve from the center of the court is only underhand.
- You may leave the playing area to get the bird

Tennis (if you played tennis)

Scoring: Love, 15, 30, 40, game

- 40/40 is called deuce. Must win two points in a row after deuce to win the game
- Advantage In: point after deuce if the serving team scores the point
- Advantage Out: point after deuce if the receiving team scores the point.
- Serving and non-serving teams may score points
- Serving starts on the right side and the same server will serve the entire game, switching from right to left after a point is scored.
- When receiving the serve, the player must let it bounce in the service box before playing the ball. Any time after that the ball may be volleyed (hit on the fly).
- Ball landing on the net is considered in bounds, ball hitting the net and going over during game play is good.
- Servers get 2 chances to serve per point, if the first serve is good, the receiving team will play that ball.
- Be able to score a game of tennis if given scenarios.