

FINAL TEST PE QUESTIONS

3rd ESO

1.Number of players per one team in court :

Handball: 7

Basketball:5

Indoor football:5

Football: 11

Volleyball:6

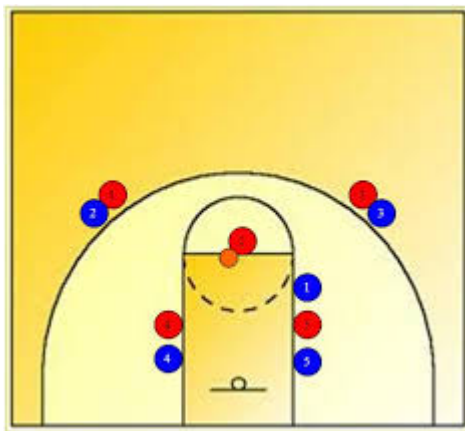
2.BASKETBALL.

A)"Travelling"(pasos) in **basketball** is when a player takes more than **two** steps without bouncing the ball.

B)"Double dribbling" in basketball is when a player:

- Bounce the ball with both hands at the same time
- Bounce the ball, catch the ball and bounce the ball again.
- Jump with the ball and then fall on the ground with ball possession.

C)Free throw positions in basketball:



D)"Over and back" (campo atrás):Once the offence has brought the ball across the mid-court line, the ball can not go back the centre line.

3.HANDBALL:

-**"Walking"**: If a handball player takes more than three steps without dribbling

-**"Double dribble"**: If you stop bouncing the ball, you are not allowed to start bouncing again, but you can take three steps.

- **"Corner"** is taken by the attacking side when a defender has knocked
- **"Goal-throws"** : A goal-throws is awarded when the ball rebounds off goalkeeper over the end line.
- **"Six metres line"**: You can not step into the area or on the line of the area.

4. Football versus indoor football:

- Number of players: 11/5
- Throw in: Hands/ Foot

5. FITNESS.

-The four components of fitness are:

- Speed: 100m running.
- Strength:Squat,crunches,push up. Halterofilia
- Stamina:Run for an hour, swimming 400 metros.Marathon
- Suppleness or flexibility: Stretching activities. Rhythmic Gymnastic.

-Types of stamina:

Aerobic:Marathon, triathlon,France Tour... /120-160 bpm

Anaerobic:400m running / more than 160 bpm.

-Stamina training systems:

a)Continuous:

Total training:Running with different activities while running.

Fartleck:Running changing the rhythm

Extensive:Run for 30 minutes, cycling 1 hour...

b)Non continuous:

Interval training: 10x 200m 120 bpm-180 bpm, incomplete resting time.

Circuit training:Circuit with eight different places where we do different activities such as:squat, jumps, crunches,There is resting time .

6.BICICLETA:

-**Luces**:Blanca delantera, roja trasera.

-**Desarrollos**:

Platos y coronas o piñones.

Si vamos por terreno llano debemos usar un plato mediano o grande y corona media.

Si vamos subiendo, debemos usar plato mediano y corona de mediana hacia arriba.

Si el desnivel es muy grande, la corona ha de ser mayor o poner el plato pequeño.

Si se descende, plato grande, piñón de mediano hacia abajo.

Todo lo anterior ,es un resumen de lo que hemos visto durante el curso,lo que considero más importante.

De este trimestre debéis estudiar bien el reglamento básico de voleibol (último trabajo), así como la ficha del sistema muscular.