Physical Education Study Guide

PE terminology

Agility ~ Ability to change directions quickly
Anaerobic Exercise ~ Without oxygen
Aerobic Exercise ~ With oxygen
Balance ~ The ability to control or stabilize your equilibrium
Cardio-respiratory Endurance ~ The ability of the body’s circulatory & respiratory systems to supply fuel & oxygen during sustained physical activity
Conditioning ~ Engaging in regular physical activity or exercise that results in an improved state of physical fitness
Defense ~ Mode of defending another team against scoring
Exercise ~ Physical activity that is planned or structured
Fatigue ~ Weariness or exhaustion from labor, exertion, or stress
Flexibility ~ The elasticity of muscles and connective tissues
Health ~ The state of well-being that includes physical, mental, emotional & social aspects
Offense ~ Mode of attacking, ability to score in any sport
Physical Fitness ~ Set of attributes a person has in regards to a person’s ability to perform physical activities that require aerobic fitness, endurance, strength, or flexibility
Power ~ Physical might
Speed ~ Ability to move your body & body parts swiftly

TENNIS
Baseline ~ The server must stand behind this line when serving.
Lob ~ A high, arching shot.
Deuce ~ A tie score at 40-40, and each tie thereafter in the same game. Player must win two consecutive points if the score is tied at deuce to win the game.
Love ~ Zero or no score in the tennis scoring system.
Ball on the line = good.
Ace ~ A ball served so well that the opponent fails to touch it with his/her racket.
Advantage in ~ refers to the point after deuce in favor of the server.
Advantage out ~ refers to the point after deuce in favor of the receiver.
Pace ~ the velocity with which the ball is hit. Keeping your eye on the ball and following through with your racquet increase your chance for success in tennis.

FLAG FOOTBALL
A touchdown is worth 6 points.
The center hikes the ball.
The offense has four downs to score a touchdown or get a new set of downs at midfield. An off sides penalty is five yards.
The quarterback primarily throws the football. If a fumble occurs, the ball is automatically dead when it touches the ground.

Line of scrimmage ~ an imaginary line at the nose of the football that extends from sideline to sideline.

VOLLEYBALL
There are six positions on a volleyball court. Players rotate clockwise.
Rally scoring ~ is scored to 25 points (a team must win by two points).
If the ball lands on a boundary line it is considered good.
Sideout ~ a change in serving possession. Another name for an overhead pass is a set. Another name for a forearm pass is a bump. The maximum amount of hits per side is 3.

SOCCER
A "handball" violation results in a direct kick for the non-violating team.
Pushing, holding, and charging results in an indirect kick.
The goalie is the only player allowed to use their hands.
All players must be onside for a kick-off.

BATTLE FLAGS
Cross the line and you can get your flag pulled. Defense must be at least 10 yards away from jail or ball to guard. Only one flag needs to be pulled to send a player to jail.
When freed from jail you must get back on your side before you are an eligible player.

**BASKETBALL**

**Double dribble** ~A violation where a player stops dribbling, then dribbles again or dribbles with both hands.

**Three** points are awarded for shots made outside of the three-point arc line.

**Two** points for any basket made inside the three-point arc line.

**One** point for each free throw.

**Pivot** ~A movement in place in any direction with one foot stationary while in possession of the ball in bounds.

**Rebound** ~Gaining possession of the ball as it comes off the backboard following a shot.

**Lay-up** ~A shot taken at a very close range after dribbling to the basket.

When attempting a lay-up from the right side of the basket, a player should jump off their left foot while lifting their right knee & arm up to the basket.

From the left side, a player should jump off the right foot while lifting the left knee & arm up to the basket.

**Traveling** ~When a player takes steps in any direction without dribbling while in possession of the ball in bounds.

Minor infractions of the rules are called violations, and major infractions are called fouls.

**BADMINTON**

The serve must be underhand and the birdie must be contacted below the waist.

**Singles** games are scored to **eleven** points.

**Doubles** games are scored to **fifteen** points.

In doubles, the person in the right court serves first.

**Drop shot** ~A control shot where the birdie drops short and close to the net in the opponent's court.

**Clear shot** ~A shot hit high and deep to the opponents' back boundary line.

**Drive shot** ~A shot that is hit parallel to the floor.

Can only score points when serving.

**ULTIMATE FRISBEE**

You can throw the Frisbee in any manner.

The maximum number of steps you can take is 3.

To score you must throw the Frisbee to a player over the end line.

An incomplete pass results in a turnover.

**TEAM HANDBALL**

Team Handball is a combination of soccer and basketball.

The maximum number of steps you can take is 3.

A goal in handball is worth one point.

**LACROSSE**

**Cradling** ~ the term used to describe how to move the ball down the court.

A goal in lacrosse is worth one point.

Lacrosse is one of the fastest games when played well.

The basket is the area of the lacrosse stick where you throw and catch from.

In regulation lacrosse, stick checking is legal.

**FITNESS GRAM**

Pacer-cardiovascular and respiratory endurance

Curl Ups-abdominal strength

Flexed Arm Hang/Pull Ups-upper body muscular strength.

Sit and Reach-flexibility.

Body Mass Index-formula that uses your height and weight to determine a healthy zone.