9th Grade Physical Education

Final Exam Review Packet

Ms. GUSTAFSON

90 questions:
Multiple-choice
True/False
Matching

Sport Units:
Softball
Lacrosse
Volleyball
Soccer
Basketball
Bowling
Fitness
**Health Units:**

First Aid

CPR

### EXAM SCHEDULE:

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<tr>
<td>Tuesday, June 5</td>
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<td>Wednesday, June 6</td>
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<td>Thursday, June 7</td>
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*REPORT TO A-1 with pencils and something quiet to do after you are finished-NO iPODS!*
Basketball Study Guide

History:
In 1891, Dr. James Naismith of Springfield College, devised a game to occupy the students in physical education classes during the winter months. He nailed a peach basket to the side of the balcony at each end of the gymnasium into which a ball was to be tossed. A janitor sat on a ladder to retrieve the ball from a basket after a player made a goal. From this primitive beginning came the game now played by thousands of people throughout the world. More athletes participate in the game of basketball than in any other sport.

Originally, there were no limits to the number of players on the court or the number of balls used in play. The game is played today with 2 forwards, 2 guards, and the center. All have many of the same responsibilities. All are expected to be good scorers and to play a good solid defense. The first official game was played in 1892 in Springfield, Massachusetts.

Types of Passes:
1. Bounce: the ball should be bounced % the way between you and your partner
2. Chest: most basic pass; goes chest to chest
3. Overhead: you must keep your pivot foot down when passing

4 Keys of Dribbling
1. Always dribble with your fingers tips
2. Eyes should be up
3. Dribble waist level
4. Bend your knees

Types of Dribbling
1. Crossover: should be performed below the knees
   a. Between the legs
   b. Behind the back

Terminology:
1. Jump stop: is when you are dribbling and need to stop, pivot to change directions, and pass to another player
2. Travelling: Illegally moving the ball by taking two or more steps without dribbling the ball
3. Double dribbling - a violation that gives the ball over to the other team; it is caused by a player starting their dribble; stopping and then starting again, or by dribbling the ball with both hands at once.

4. Rebound - gaining possession of the ball after a unsuccessful shooting attempt.

5. Baseline - the end line of the court.

6. Pivot - a move where a player holding the ball and standing may move by keeping one foot in contact with the floor while the other foot steps in various directions.

7. Jump Ball - method of putting the ball into play to start the game.

**Scoring:**
- Each basket is worth 2 points.
- Free throws awarded for penalties count 1 point.
- Baskets that are made outside of the 3 point line are worth 3 points.
Lacrosse Positions

Attackman: The attackman's responsibility is to score goals. The attackman generally restricts his play to the offensive end of the field.

Midfielder: The midfielder's responsibility is to cover the entire field, playing both offense and defense. The midfielder is a key to the transition game, and is often called upon to clear the ball from defense to offense.

Defensiveman: The defenseman's responsibility is to defend the goal. The defenseman generally restricts his play to the defensive end of the field.

Goalie: The goalie's responsibility is to protect the goal and stop the opposing team from scoring. A good goalie also leads the defense by reading the situation and directing the defensemen to react.

Equipment

The Crosse: The crosse (lacrosse stick) is made of wood, laminated wood or synthetic material, with a shaped net pocket at the end.

The Ball: The ball is made of solid rubber and can be white, yellow or orange.

Men's Lacrosse Rules:

Men's lacrosse is a contact game played by ten players: a goalie, three defensemen, three midfielders and three attackmen. The object of the game is to shoot the ball into the opponent's goal. The team scoring the most goals wins.

Personal Fouls

Slashing: Occurs when a player's stick viciously contacts an opponent in any area other than the stick or gloved hand on the stick.

Tripping: Occurs when a player obstructs his opponent at or below the waist with the crosse, hands, arms, feet or legs.

Cross Checking: Occurs when a player uses the handle of his crosse between his hands to make contact with an opponent.

Women's Lacrosse Rules:

Women's lacrosse is a non-contact game played by 12 players: a goaliekeeper, five attackers and six defenders. The object of the game is to shoot the ball into the opponent's goal. The team scoring the most goals wins.

Lacrosse Terms

Catching: The act of receiving a passed ball with the crosse.

Checking: The act of attempting to dislodge the ball from an opponent's stick.

Creciling: The coordinated motion of the arms and wrists that keeps the ball secure in the pocket and ready to be passed or shot when running.

Passing: The act of throwing the ball to a teammate with the crosse.

Scooping: The act of picking up a loose ball with the crosse.

Shooting: The act of throwing the ball with the crosse toward the goal in an attempt to score.

Crosse: A circle around the goal with a radius of nine feet into which only defensive players may enter.

Crosse (Bottle): The equipment used to throw, catch and carry the ball.

Face-Off: A technique used to put the ball in play at the start of each quarter, or after a goal is scored. The players squat down and the ball is placed between their crosse.
SOCCER STUDY GUIDE
Physical Education Class

History and Purposes:
Soccer, as we know it now, was first called association football. Football is still the preferred term in Europe. The United States Football (Soccer) Association was formed in 1913. The interest for soccer grew in the 1970's and 1980's as part of the trend toward fitness activities.

Soccer can be a lifetime sport. Soccer helps develop eye-foot coordination, balance, endurance, gross body movements and cardiorespiratory fitness. Cooperation and teamwork are essential in the game of soccer!

Components:
- 2 teams
- Eleven (11) players on each team
- 2 halves in the game; each half = 45 minutes (total game=90 minutes)

Start of the Game:
1. The team that wins the coin toss may choose to kick off or defend goal.
2. All players must be on THEIR half of the field.
3. All defensive players must be outside the center circle.
4. The referee blows the whistle to begin play.
5. The kicker must kick the ball to the opponents' side and CANNOT touch the ball again until another player has touched it.

Players:
Forwards: primary job is to maintain possession of the ball as it is being moved towards the opponent's goal and TO SCORE.
Halfbacks: primary job is to back up the forwards and be the first line of defense against the opponents.
Fullbacks: primary job is to defend against the opponent's attack
Goalie: primary job is to prevent the ball from entering the goal.

**Note:** The ball may be touched with feet, legs, head or chest by all players, BUT ONLY players making a throw-in and the goalie may use their hands.

Team Strategies:
- Use the entire field and SPREAD OUT!
- If two defenders are near you, look for your OPEN teammate and try to pass!
- Use SHORT passes most of the time.....long passes allow for interception!
Terms of possession:

Throw-In
- A team is awarded a throw-in when the ball goes over the sideline by their opponent.
- During a throw-in, the player must use a two-handed throw with both feet on the ground.
- The throw must come from behind the head with a proper follow through.

Corner kick
- When the defense kicks the ball over the end line, the offense is awarded a corner kick.
- Offense places the ball 1 yard away from the corner of the field and kicks it into play, while all opposing players must be at least 10 yards from the ball.

Goal kick
- When the offense kicks the ball across the end line (of the goal they are shooting towards), the defense is awarded a goal kick from the line of the goal box on the side of the field that the ball went out over the end line.
- The ball must be kicked outside the penalty area and touched by another player before the kicker can touch the ball again.

Free kick
- Awarded to the team on the spot where their opponent commits any of these fouls against them:
  *kicking, tripping, or pushing  *jumping into a player
  *violently charging a player  *holding a player's body or clothing
  *striking a player  *any unsportsmanlike conduct
  *using the incorrect part of the body to play the ball

Other Key Terms
Offense: the team with possession of the ball.
Defense: the team without the ball; trying to stop the opponent from scoring.
Dribbling: using the inside and outside of the foot for speed and control of the ball.
Trapping: stopping the ball with the foot, between both feet or between the front of the leg and the ground. (ex. toe trap and knee trap)
Blocking: intercepting the ball with any part of the body except the arms and hands.
Tackling: taking the ball away from the opponent.
Offsides: there must always be 2 defensive players closer to the goal than an offensive player AT THE MOMENT THE BALL IS PASSED.
Heading: contacting an aerial ball with your head to direct its flight.
Volley: striking the ball out of the air. (half volley: striking the ball off one bounce).
History:

Softball was invented on a blustery, windy day in November 1887 in Chicago, Ill inside of Farragut Boat Club. A bunch of alumni boys were hanging out in the club waiting for the results of the Harvard/Yale football game. Once they found out that Yale won with a score of 17-6, an young Yale alumni picked up an old boxing glove and threw it at a nearby Harvard alumni, who promptly tried to hit it back with a stick. This gave an individual named GEORGE HANCECK, a reporter for the Chicago Record of Trade, an idea. He suggested in starting a game of indoor baseball. All thought that Hancock was discussing a game that was going to be played outdoors, not indoors. However, Hancock was talking about an inside game. He tied together the laces of a boxing glove for a ball and using a piece of chalk he marked off a home plate and bases. The game was played in the Farragut Boat Club gym with an ending score of 42-40 but the most interesting fact was that Hancock and his friends invented a sport that would grow in popularity to where more than 25 million people enjoy playing it in the United States.

Soft Pitch Softball Rules:

Rules

1. There are 9 positions out on the field. The pitcher, catcher, first baseman, second baseman, third baseman, shortstop, left fielder, center fielder, and right fielder.
2. A substitute is allowed to take the place of any teammate in the batting order and the field.
3. Any starter can be taken out at one point and put back in again if they go back into the same position on the batting order. (Except for the designated hitter.)
4. The designated hitter always stays in the same position in the batting order. They cannot play defense. If the designated hitter is replaced by another teammate, he may not enter the game again.
5. A teammate that is not a starter cannot reenter after being taken out.
6. There are 7 innings in a softball game. But if the team that bats in the bottom innings has had 3 outs in the top inning, the top team will have the opportunity to bat in the bottom of the inning. The game ends the bottom of the 7th inning scores over the 7th inning scores before all 3 outs have been taken place, the game is over.
7. An illegal pitch is:
   a. When a pitcher takes more than one step before letting go of the ball.
   b. Rolling the ball
      i. The ball is considered dead in all cases unless the batter attempts to hit the ball.
8. An offensive player is out when:
   a. Grounded out
   b. Flied out
   c. Tagged out
   d. The ball is batted illegally
   e. A ball is bunted foul after the second strike
   f. Three strikes occur
   g. The batter steps out of one batter's box to the other when the
      pitcher is in position to pitch
9. In slow pitch softball there is no stealing. Only after the ball has been
   pitched and has passed home plate and been batted can the base runner
   leave a base.

Safety
1. The catcher must wear a mask, throat guard, and chest guard
2. Batters, catchers, and base runners must wear helmets
3. All equipment should NOT be cracked
4. The only other offensive player allowed outside of the dugout is the
   on-deck batter. They too should be wearing a helmet
5. All males should wear a cup, especially if they play catcher
6. Field should be clear of any debris

Softball Rules (for our class play)
1. 3 outs or once through the batting order. (Which ever comes first.
2. Must bat boy-girl order. If you are out of order it is considered an out.
3. Underhand pitch ONLY!
4. Batting team provides the pitcher. Each batter is allowed 3 pitches.
5. First base out.
6. Sit in batting order while waiting to bat.
7. If a batter throws the bat they are OUT!
8. No stealing!!
9. Must remain on the base until the batter hits the ball or you are OUT!
10. No Bunting!!!!!!!!!!!!!
4. Rally - striking the ball across the net repeatedly
5. Smash - a forceful strike
6. Volley - striking the ball before it contacts the table
7. Serve - used to put the ball into play

**Safety**

Players should be careful not to strike anyone when swinging the paddle. No one should lean on the table or place any part of the body on or under the table. **HORSEPLAY WILL NOT BE TOLERATED!**
STORY:

Volleyball is one of the few popular games developed in the United States. Its invention dates back to 1895, when William Morgan, a physical instructor at the YMCA in Holyoke, Massachusetts, created it as an indoor game to energize his classes. Morgan used a tennis net that was stretched about 6 1/2 feet from the floor. He used the bladders of an old basketball, but it was too big and slow. Finally, he decided on a ball similar to the present volleyball. A sporting goods company provided one for him.

The object of the game was to keep the ball going back and forth over the net without allowing it to touch the floor. At first, the game was played with a standard basketball, and any number of people could play on a team. In 1924, rules were established, and the U.S. Volleyball Association was formed. This organization developed rules as they currently exist. Beach volleyball is a sport that has gained popularity in recent years and was added as an Olympic Sport.

THE GAME:

A volleyball team consists of six players: left, center, and right forwards; left, center, and right backs. The player in the left back position is the server. On the serving team may score points, and the receiving team must legally return the ball over the net, a point is awarded. When the serving team fails to serve the ball into the opponents' court, or return the ball into the opponents' court, a “sideout” is called and the other team becomes the serving team. A game is completed when one team has scored a total of 15 points and has a 2-point lead. The team that is first to win two out of three games is the winner of a match.

THE RULES:

1. The server may not touch the end line while serving the ball. The ball may not touch the net on the serve.
2. When playing the ball, the player must clearly hit the ball, not “carry” it.
3. The ball must be played before it touches the ground.
4. The boundary lines are considered “in.” Therefore, a ball that lands on or touches part of the line is considered “in” and must be played.
5. Other than on the serve, it is illegal for the ball to touch the net.
6. No player may touch the opponents’ court.
7. No player may touch the net. If, however, reach OVER the net on the follow-through of a hit.
8. Players may leave their own court to play a ball, but may not enter the opponents’ court.
9. Each team may hit the ball as many as three times before returning it to the opponents’ court.
10. No player may hit the ball twice in succession. A player may play the ball on the first and third hit.
**TERMS:**

Back- a player who begins play in the row of players near the end line

Block- to stop the ball with the hands or arms as it crosses the net, the ball rebounds back to the opponents' side of the net

Blocker- a front row player who attempts to stop the ball before or as it crosses the net

Bump- a two handed underarm pass of a ball that is below waist level...knees bent and arms straight

Center Line- the line directly under the net that divides one side of the court from the other or one team from the other

Dive- a horizontal lunge of the entire body in an attempt to reach the ball

Double Hit- a player hitting the ball twice in succession; this is illegal

Foot Fault- a foul committed either by stepping completely over the center line or by stepping on or over the end line before serving

Held Ball- a foul caused by not hitting the ball clearly; a ball that is lifted, thrown, or caught briefly

Set- a two handed pass of a ball that is above eye level...usually used to direct the ball to another player...make a window of your pointer and thumb fingers to locate the ball

Rotation- a specified pattern of movement designed to shift players around the court

Serve- to put the ball in play by a one-handed hit from out of bounds behind the right back of the court

Setter- a player whose primary responsibility is to lob high passes to teammates

Side Out- the term used to designate the loss of the serve or a change of service from one team to another

Spike- a sharp downward hit of the ball from above net level toward the floor on the opposite side of the net

Volley- to hit the ball before it bounces or to hit the ball back and forth over the net

**COURT DIAGRAM:**

![Court Diagram](image-url)
FIRST AID STUDY GUIDE

- Recognize the need for first aid training
- Identify legal considerations when providing first aid
- Describe the steps in surveying the scene
- Identify ways to prevent disease transmission
- Describe and demonstrate how to assess a victim
- Identify problems that are an immediate threat to life
- Demonstrate how to care for external bleeding
- Identify three types of external bleeding
- Identify types of open wounds
- Recognize the signs and symptoms of shock
- Describe and demonstrate how to care for shock
- Identify signs of anaphylactic shock
- Describe possible care for a fracture
- Identify various objects that can be used as splints
- Demonstrate how to apply a splint to an upper and lower extremity
- Describe the RICE procedure
- Describe the care that should be given to a victim with:
  - Chest injury
  - Abdominal injury
  - Pelvic injury
- Describe the signs and care for:
  - Heart attack
  - Breathing problems
  - Fainting
  - Seizures
  - Diabetic emergencies
- Explain situations in which a victim may have to be moved
- Describe how to remain safe when attempting a water rescue
- Describe what to do at the scene of a hazardous materials incident and other potentially unsafe environments
- Describe how to care for:
  - Ingested poison
  - Victim with possible alcohol intoxication
- Describe the care for:
  - An animal bite
  - A snake bite
  - Insect bites and stings
- Identify three types of heat-related emergencies and how to care for each one
- Describe three types of cold-related emergencies and how to care for each one
CPR Study Guide

I. Determine unresponsiveness by tapping and shouting
   a. Initial Check is used to:
      i. Identify and correct immediate life-threatening conditions

II. If a person is unresponsive, but breathing; roll the victim onto their side
   a. Also known as the recovery position

III. Rescue breaths
   a. Head tilt chin lift
      i. Look, listen, and feel for breathing
      ii. Rescue Breaths- If the first initial breaths did not go in, re-tilt and lift chin and try rescue breaths again. If the breaths still did not make the chest rise for the second time, begin CPR and check the mouth for an object each time you open the airway.

IV. CPR
   a. 30 compressions for every 2 breaths
   b. 1.5-2 inches in depth of compression on chest
   c. Place two hands (one on top of the other) between the nipples, in the center of the chest.
   d. The victim should be on a firm flat surface
      i. You can stop CPR when:
         1. Victim becomes responsive
         2. Victims regains pulse and begins breathing on their own
         3. If you are exhausted and unable to continue CPR
         4. If someone with the same or greater certifications of CPR and first aid relieves you.

V. Airway Obstruction
   a. Universal distress sign for choking
      i. Grasping the throat
   b. Heimlich maneuver
      i. To care for an alert choking adult or child victim; give abdominal thrusts until the object is removed.

VI. Cardiovascular disease
   a. Risk factors:
      i. High blood pressure
      ii. Smoking
      iii. Stress
      iv. Heredity (cannot be controlled)
Fitness

**Cardio respiratory endurance**: The ability of the heart and lungs to supply oxygen to the body

**Muscular Endurance**: The muscles ability to work over a long period of time

**Resistance training**: activities that place an additional force against a muscle or muscle group

**Body Composition**: The combination of fat-free mass and fat mass

**Static Stretching**: Involves stretching a muscle to the point of mild discomfort by holding it in a maximal stretch for an extended period.

**Dynamic stretching**: Involves moving parts of your body continuously while gradually increasing reach, speed of movement or both gently through a full range of motion

**Goal Setting**
- When setting goals, you want to remember to set short and long term realistic goals.
- When setting goals it is important to set goals that are important to you, specific, realistic. (think about the S.M.A.R.T acronym. Specific, Measurable, Aggressive, Realistic, Time Bound)
- Short term=6 months or less
- Long term=more than 6 months!

**Know Definitions for: (all in your health notebook)**
- OVERLOAD
- SPECIFICITY
- FITT PRINCIPLE
- BODY COMPOSITION
- Frequency