

P.E. SEMESTER EXAM STUDY GUIDE

LOCKER ROOM RULES

These are posted on the white board as well as the end of every row of lockers in the locker room.

LEAVITT MIDDLE SCHOOL P.E. HANDBOOK

These are posted on the internet at www.leavittms.net under the course expectations section.

<http://www.leavittms.net/Exp%20PDF/Little,pdf>

KINGS-COURT BASKETBALL

1. Teams are made up of 3 players.
2. Games are played to 3 points.
3. If you win on kings-court you stay there and wait for the next team to come play.
4. When a team scores, the other team gets the ball at the three point line.
5. If the ball goes out of bounds, it goes to the other team.
6. The team at the bottom court that loses stays there and waits for a team to come to their court.
7. All baskets are worth 1 point no matter where it is shot from.
8. Besides kings' court and the bottom court, if a team wins they move up a court and if they lose they move down a court.
9. If a player is fouled his team gets the ball back at the top of the key.
10. If a team has more than three players they have to sub a player after every made basket.

FITNESS TESTING

1. Flexibility is the ability of your muscles and joints to move through their complete range of motion.
2. Cardiovascular Endurance is the ability of your heart, lungs, and muscles to efficiently move, and use oxygen over time.
3. Body Composition is the ratio of muscle (lean mass) to fat.
4. Muscular Strength is the ability of your muscles to move or resist a workload.
5. Muscular Endurance is the ability of a muscle or muscle group to perform an exercise, skill, or task over and over again.
6. A mile is three laps around the field.
7. Running the mile is an example of cardiovascular endurance.
8. Doing as many pull-ups as you can is an example of muscular endurance.
9. Performing the sit and reach test is an example of flexibility.
10. Playing football requires a high level of muscular endurance.

SOCCER

1. The game always starts with a kickoff.

2. There is no slide tackling.
3. A goal is scored when the offensive team kicks the ball between the cones past the goalie.
4. Only one player can be goalie at a time.
5. If the ball is kicked out of bounds, the ball has to be thrown in by the other team where the ball went out of bounds.
6. If the ball is shot out of bounds past the goal, it is a goal kick for the defending team.
7. If the ball is kick out of bounds past the goal line by the goalie or his team it is a corner kick.
8. Only the goalie can use their hands.
9. If another player uses their hands then it is a free kick to the other team where the ball hit their hands.
10. After a goal the other team starts the game again with a kickoff in the center of the field.

PATRIOT BALL

1. Players cannot cross the boundary line when throwing or retrieving a ball unless it to retrieve a ball that is out of bounds on your half of the court.
2. Players must throw and hit an opponent below the shoulders to get them out of the game.
3. Players can possess a ball for five seconds and then must get rid of it.
4. Players may use a ball to block a thrown ball, but are out if the ball drops.
5. Players must sit down on their half of the gym against the bleachers when hit below the shoulders.
6. If a player catches the ball, the player that threw the ball is out.
7. If a player is hit with the ball and the ball deflects into the air and is caught, the person that threw the ball is out.
8. The last team left is the winner.
9. If the whistle blows twice, players should immediately stop playing, sit down, and get quiet.
10. You should be aware of the ball and other players at all times.

FIRST AID/CPR

1. Scene safety is the first step in primary assessment.
2. Barriers protect us from diseases of the blood.
3. The patient would be put in the recovery position so that you can go for help and call 911.
4. To control serious bleeding you should use gloves and put direct pressure over the wound.
5. If a patient is breathing they have a pulse.
6. When performing adult CPR, you must compress the chest at least 2 inches.
7. You should compress the chest 100 times each minute.
8. An incision is a straight cut.

9. A symptom is something that the patient tells you.
10. During a full body injury check, you should check the neck first.

KICKBALL

1. Students should be sitting either in the dug-out or against the wall in the gym for kickball.
2. The game begins with a pitch from the defensive team.
3. Only three pitches are allowed per at bat.
4. One runner may occupy a base at a time.
5. The runner may not leave a base once the pitcher has the ball.
6. Runners must return to and tag that base when fly balls are caught if they are going to try to advance to the next base.
7. The person that kicked the ball is out if the defense catches their fly ball.
8. The entire team is out when there are three outs.
9. The runner is out when he is hit below the shoulders with the ball while running to a base.
10. There is no sliding, stealing base, or taking a lead-off in kickball.

VOLLEYBALL

1. The person serving is in the back row to the far right.
2. You can only hit the ball three times before it goes over the net.
3. You cannot touch the net.
4. The three basic hits are bump, set and spike.
5. There is a point scored on every serve.
6. Once a team gets the serve back they have to rotate.
7. You have to rotate clockwise at all times.
8. If a ball is hit out of bounds, the other team gets a point and the serve.
9. The game is played to 25 points.
10. Each player can only hit the ball one time before another player has to hit it.