

# 6/7 GRADE P.E. EXAM STUDY GUIDE

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## Leavitt M.S. Couse P.E. Expectations

1. An objective of P.E. is to develop good habits and feelings about healthy living.
2. Students are allowed to wear black tennis shoes for P.E.
3. A well-equipped locker should contain deodorant and a uniform
4. Students are only allowed in the locker room when they have permission from the teacher
5. 3 points are earned each day for participation in class
6. When a student does not have their uniform they must rent or get an IOU
7. To earn an "A", students must have an average of 90% or more
8. Attitude, responsibility, and emotional control all effect your citizenship grade
9. You may not share your P.E. clothes with other students.
10. Students must be seated in squad lines for roll call

## Locker Room Rules

11. Students are only allowed in the locker room during their class time.
12. A locker is assigned to you for your P.E. uniform.
13. Do not share your locker combination with other students.
14. Always double check to see if your locker is locked.
15. Report locker problems to the teacher.
16. Students are not allowed in others lockers.
17. Students are not allowed in the P.E. office.
18. Uniforms should be taken home every Friday to wash.
19. No horse play in locker room.
20. You are not allowed to leave the locker room before the bell rings.

## Patriot Ball

21. A Player cannot cross the center line when throwing or retrieving a ball.
22. Players must throw and hit an opponent below the shoulders.
23. Players should not hold on to balls more than 5 seconds.
24. Players may use a ball to block a thrown ball.
25. Players must sit against the bleachers on their side of the court when out.
26. When a player catches a ball, the player that threw the ball is out.
27. If a player is hit with a ball and the ball deflects in to the air, he must catch the ball to save himself.
28. The last team left is the winner.
29. If the whistle blows 3 times , players should immediately stop playing, sit down and get quiet.
30. You should be aware of the ball and other players at all times.

## **Capture The Flag**

31. Players try to capture the flag and return it to their side of the field for a point.
32. To prevent players from capturing your flag, you pull their individual belt flags while they are on your side of the field.
33. Once a player has their flag pulled, they immediately go to the other teams jail.
34. The player that pulled another players flag belt should put it in the flag bin.
35. To get one of your players out of jail, you need to make it to the other teams jail without getting your flag pulled.
36. Once a player has reached the hula hoop where the opposite teams flag is located, they can stand there for 10 seconds safely.
37. Once a player is in possession of the other teams flag, they may pass the flag to another player before their flag is pulled.
38. The player with the other teams flag may not have their flag pulled if they are on their side of the field.
39. If a player has their flag pulled while in possession of the other teams flag, they must return the team flag to the hula hoop from where it came before another player can try and capture it again.
40. Contact with other players or rough play is not allowed.

## **Basketball**

41. You are on the defense when the other team has the ball.
42. A field goal is when a player shoots the ball into the basket for two or three points.
43. A free throw is worth one point if it goes in the basket.
44. You are on the offense when your team has the ball.
45. The referee controls the game by calling fouls and determining who gets the ball.

## **Fitness Testing**

46. Flexibility is the ability of your muscles and joints to move through their complete range of motion.
47. Cardiovascular endurance is the ability of your heart, lungs and muscles to efficiently move and use oxygen over time.
48. Body composition is the ratio of muscle to fat.
49. Muscle strength is your body's ability to move or resist a workload.
50. Muscle endurance is your body's ability to perform an exercise over and over again.

## **Kickball**

51. Advancing to the next base after a ball is caught is tagging up.
52. A force out is the putout of a runner who is required to run.
53. When a base runner advances to the next base while the pitcher is delivering the ball is stealing.

54. A tag out is when the base runner has been touched with the ball.
55. If a base runner leaves the base before the ball is pitched he/she is leading off.

## **SOCCER AND P.E. DEFINITIONS**

56. Tapping a soccer ball with your instep is called dribbling.
57. Every position in soccer should be covered regardless of where the ball is.
58. When a ball goes out of bounds a throw in puts it back in play.
59. A kickoff is used to start the game.
60. A goalie is the least likely player to score.
61. Someone who observes a game is called a spectator.
62. Someone who engages in an activity as a career is called a professional.
63. Someone who engages in an athletic activity as a past time rather than a profession is an amateur.
64. An athlete is a person trained to compete in sports.
65. The captain is the designated leader of a sports team.
66. An official supervising play is called a referee.
67. The gracefulness of a person that is quick and nimble is agility.
68. Activities that require physical skill and stamina is exercise.
69. A field goal in basketball is called a basket.
70. A course is a designated area of land on which a race is held.
71. A court is an open level area marked with lines, upon which a game is played.
72. Damage or harm suffered by a person is injury.
73. A match is a game in which two or more persons oppose and compete with each other.
74. Muscle is a tissue composed of fibers capable of contracting to effect bodily movement.
75. Education in the care and development of the human body, stressing athletics and including hygiene is physical education.
76. To do something repeatedly to acquire an skill is called practice.
77. A racket is a device that consists of a frame with interlaced strings and a handle, used to strike a ball.
78. Safety is freedom from danger, risk, or injury.
79. Sportsmanship is conduct and attitude as befitting participants in sports.
80. A squad is a small group of people organized in a common activity.
81. A tournament is a series of contests to declare a winner.
82. A volley is the flight of a ball before it touches the ground.
83. Proficiency that is required through training is a skill.
84. An activity that requires physical or mental exertion is exercise
85. Weightlifting is the lifting of heavy weights in a prescribed manner as an exercise.
86. Love is the first point scored in tennis.
87. The shot that should be kept short and simple is a volley
88. The score love in tennis means zero.
89. A slice is the main shot used to return a ball in tennis.

90. The soft serve, flat serve, kick serve and American twist are all types of tennis serves.

### **SPELLING**

- 91. Participate
- 92. Endurance
- 93. Aerobic
- 94. Racket
- 95. Equipment
- 96. Physical
- 97. Coordination
- 98. Technique
- 99. Muscle

### **VOCABULARY WORDS**

- 100. A person who engages in an athletic activity as a pass time rather than a profession an amateur.
- 101. A captain is the designated leader of a sports team.
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- 103. Exercise requires physical skill and stamina.
- 104. A basket is a field goal in basketball.
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