

7th/8th grade PE quiz #1 on Monday, September 22nd, 2008

ULTIMATE FRISBEE:

1. **Pull:** Throw off to start play.
2. **Spirit of the Game rule:** Sportsmanship and fair play.

FITNESS:

3. **Flexibility:** The ability to use your joints fully - through a wide range of motion.
4. **Muscular Strength:** The amount of force your muscles can produce.
5. **Agility:** The ability to change direction quickly.
6. **Balance:** The ability of the body to maintain or regain stability.
7. **Cardiovascular endurance:** The ability to exercise your heart, lungs and vascular system for a long period of time.
8. **Speed:** The ability to perform a movement or cover a distance in a short period of time.
9. **Muscular Endurance:** The power of a muscle to keep on working for a longer period of time.
10. **Warm-up:** First stage of an exercise program to get the heart and muscles ready to work.

Vocabulary Quiz # 2-----on Monday, October 13, 2008

SOCCER:

1. **Penalty kick:** Awarded to attacking team from the penalty kick mark for a **major foul** by the offending team.
2. **Direct Free kick:** Free kick from which a score may be **directly made**.
3. **Indirect Free kick:** Free kick from which a score **cannot be directly made**; another player must first touch the ball.
4. **Corner kick:** A kick awarded to the offensive team, when a ball crosses the goal line, having last been touched by the defensive team. Kick is made from the near corner area.
5. **Goal Kick:** A kick awarded to defending team when the ball crosses the goal line having last been touched by the offensive team. Defensive player in goal area puts Ball in play.
6. **Throw-in:** Player must have both feet on ground, and ball is thrown from behind and over the head with equal force from both hands in one continuous movement.
7. **Offside:** If an attacking player is behind the last defending player when the ball is passed in his/her direction by a teammate.
8. **Hand ball "hands":** Touching the ball with any part of the arm or hand.
9. **Dribbling:** Using the feet to control the advancement of the soccer ball.
10. **Goal:** Scoring in an activity.

FLAG FOOTBALL: QUIZ #3 ON MONDAY, OCTOBER 27TH

- 1. LOS (Line of Scrimmage):** The spot from tip to tip of the football where it sits on the ground before play starts.
- 2. Down:** Equals the number of the play. Team has 4 downs to score or earn first down.
- 3. Punt:** Ball kicked directly **from the hands**, not the ground or tee.
- 4. Kick:** Ball kicked **from the ground or tee**.
- 5. Touchdown:** Score resulting in 6 points for successfully carrying/passing ball over goal line.
- 6. Touchback:** Equals 0 points, ball is awarded to defensive team on the 20-yard line.
- 7. Safety:** Equals 2 points. If the offensive team is caught behind their own goal line.
- 8. Extra points:** In Pioneer PE, after a touchdown is made, the scoring team is allowed one running or passing play from the 3-yard line. If successful in passing the ball over the goal line, team is awarded 2 points.
- 9. Incomplete Pass:** When the football is thrown to an offensive receiver and the ball is not caught-----it lands on the ground. The ball returns to the original LOS and it is the next down.
- 10. Fumble:** When the offensive team drops the football on the ground it is a dead ball. In our rules the offensive team maintains possession of the football.

Fitness: Quiz #4 on Monday, November 24, 2008

- 1. Aerobic endurance:** The body's ability to take in and use oxygen so the muscles can keep working. The most important element of fitness.
- 2. Body composition:** The ratio of body fat to lean tissue (muscle, bone, skin and internal and organs).
- 3. Frequency:** How often you do a particular activity. (daily, weekly?)
- 4. Intensity:** How physically hard the activity. (easy, moderate, hard?)
- 5. Time:** How long you do the activity. (how many minutes)
- 6. Type:** What kind of exercise (cardio, strength, endurance?)
- 7. Anaerobic:** "Without oxygen" Exercise that is performed at an increased pace or with greater effort. Example: sprinting or weight training.
- 8. The Net Game (Sepak Takraw):** A fast paced, action packed team sport that combines the elements of both volleyball and soccer.
- 9. The Outside Kick:** This kick is used when the ball drops outside your shoulders and slightly behind you.
- 10. The Inside Kick:** This is the most important of the four basic kicks as it provides for maximum ball control. Use this kick by either foot to field a ball dropping in front of you.

SQUARE DANCING: QUIZ #5 on Wednesday, December 17th, 2008

- 1. Honors:** An acknowledgment where the gentlemen bow and the ladies curtsy.
- 2. Partner:** The lady to the right of the gentleman; the gentleman to the left of the lady.
- 3. Corner:** The lady immediately to the gentleman's left; the gentleman immediately to the ladies right.
- 4. Right hand lady:** The lady in the next couple immediately to the right.
- 5. Promenade (couple):** The man is on the ladies left, and the couple normally walks to the right in a counterclockwise direction.
- 6. Do-sa-do:** Two dancers face each other and advance: right shoulder to right shoulder, back to back, left shoulder to left shoulder with out turning around as they back into place.
- 7. Allemande left:** Corners join their left hands, and using these hands as a pivot, walk around each other counter clockwise back to their original positions.
- 8. Head Couples:** Couples one and three
- 9. Side Couples:** Couples two and four
- 10. Circle:** This call generally directs dancers in a clockwise direction which is to the left.
- 11. Square or Set:** See diagram: **Couple # 3**

Couple # 4

Couple # 2

Couple # 1

MUSIC AND THE STAGE