

## ULTIMATE FRISBEE: #1

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.

## FLAG FOOTBALL: #2

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.

## VOLLEYBALL: #3

1. **Serve:** Putting the ball into play by the serving team.
2. **Forearm Pass:** Hitting the ball on the forearms with the hands joined.
3. **Overhead Pass (set):** Contact is made over the head with both hands, using fingers and thumbs.
4. **Spike (hit, smash, kill):** Attacking action of **forcefully hitting** the ball over the net with one hand to score a point or regain the serve.
5. **Offense:** The attacking team who is trying to score.
6. **Defense:** The team trying to prevent the other team from scoring.
7. **Sportsmanship:** Playing within the rules with a good attitude and with respect to others.
8. **Rotation:** Shifting of the players one spot, clockwise when gaining the ball from the opponents (to serve).
9. **Side out:** This is when the serving team fails to win a point or plays the ball illegally.
10. **Carrying the ball:** If the ball rests momentarily in the player's hands, it is considered illegal.

## Fitness:

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

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

## **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.