Spring Physical Fitness Facts/Vocabulary

SOFTBALL:
1. **Strike**: Either missing the ball when swinging with a bat or not swinging at a ball thrown in the strike zone.
2. **Ball**: Not swinging at a ball thrown outside of the strike zone.
3. **Base**: Bag or plate on the baseball diamond.
4. **Safe**: Player touches base before getting tagged out.
5. **Force out**: Occurs when the ball is caught by the baseman before the runner arrives at the base to which he/she must advance.
6. **Tag out**: While the runner is off the base, the infielder tags him or her with the ball.
7. **Fly ball**: Ball hit with a bat, into the air.
8. **Ground ball**: Ball hit with a bat, that hits the ground.

TRACK:
1. **Baton**: The stick passed between runners.
2. **Relay**: A track event in which a team of 4 runners run successively, each passing a baton to the next person.
3. **Sprint**: Running as fast as you can for a short amount of time. (100m, 200m)
4. **Run**: Longer, aerobic event. (800m, 1600m or 3200m)
5. **Exchange Zone**: An area that is 20 meters long and one lane wide, within which runners must pass the baton.
6. **Shot Put**: The metal sphere used in the shot put event.
7. **Discus**: A flat, circular shaped object that is thrown by “spinning” it off the fingers of the throwing hand.
8. **Long jump**: An event in which an athlete tries to jump the longest distance by using his or her running speed and take off to propel him or her forward.

*Last Modified: 3/11/05*