**PE 1 Final Study Guide**

**Health/Fitness**

* **Cardiovascular Endurance-**
  + Is measured as the amount of oxygen transported in the blood and pumped by the heart to the working muscles and as the efficiency of the muscles to use that oxygen. Increasing cardiovascular fitness means increasing the capability of the heart and the rest of the cardiovascular system in their most important task, to supply oxygen and energy to your body.
  + Having good cardiovascular fitness has many health benefits. For example, it decreases your risk of cardiovascular diseases, stroke, high blood pressure, diabetes and other diseases.
  + Cardiovascular fitness is best improved by activities, which employ large muscle groups working dynamically. Such activities include walking, jogging, running, swimming, skating, cycling, stair climbing and cross-country skiing.
* **Muscular Endurance-**
  + Muscular endurance is the ability of a muscle or group of muscles to repeatedly exert force against resistance. Performing multiple repetitions of an exercise is a form of muscular endurance, as is running or swimming. If your muscles have to contract in a similar pattern more than one time you are using muscular endurance.
* **Muscular Strength**
  + Is a muscle’s capacity to exert force against resistance. Your ability to bench press a barbell weighing 200 lbs. for one repetition is a measure of your muscular strength.
* **Flexibility**
  + A health- and performance-related component of physical fitness that is the range of motion possible at a joint. Flexibility is specific to each joint and depends on a number of specific variables, including but not limited to the tightness of specific ligaments and tendons. Flexibility exercises enhance the ability of a joint to move through its full range of motion.
* ***Know which fitness tests/activities that we do that demonstrate Cardiovascular Endurance, Muscular Endurance, Muscular Strength***

**Fleetball**

* Throws can be any which way (forward, sideways, backwards)
* You can pass unlimited times
* There are 4 downs or “tries” to complete a touch down
* A touchdown is worth 6 points
* A “throw-off” starts the game
* Line of scrimmage is where you start the play from- where the ball starts
* You have to be on your side of the line of scrimmage until the ball is hiked

**Soccer**

* The goalie is only allowed to use their hands to pick up the ball in the goalie box
* China used soccer to train and condition their military
* It is best to use the inside of the foot when making a kick
* When you use your feet to contact the ball back and forth, it is called dribbling.

**Basketball**

* When you are playing defense on a person with the ball, you need to be at arm’s length away so that they don’t go past you.
* A free throw is worth 1 point
* A field goal with worth 2 points
* The game is started with a jump ball at ½ court
* You get 5 fouls in a game
* There are 5 players on the court from each team
* James Naismith Invented the game
* A peach basket was used at first for the hoop
* Two types of defense are man to man and zone

**Pickleball**

* When serving, you need 1 foot behind the back line
* Serving needs to be done underhand and contact is made below the waist
* No volley zone is the area that is close to the net where you can’t hit it without letting it bounce.
* A volley is hitting the ball in the air without letting it bounce
* If the ball hits the line, it is in
* You can score ONLY when YOUR team is serving

**Baseball**

* A force out is when the runner has no choice as to whether or not to run (like running to 1st base). In a force out, the defensive team only needs to touch the base with their foot while holding the ball. They DO NOT need to tag on a force out.
* If you are a right handed thrower, you step with your left foot to throw.
* If you are a left handed thrower, you step with your right foot to throw.
* 3 strikes is an out
* 4 balls is a walk to 1st base
* As a runner, you can over run 1st base and home plate
* A foul ball is a ball hit in the foul territory or out of bounds. It counts as a strike, unless you have 2 strikes already, and then it doesn’t count as anything.