**Final Exam Review –Sullivan**

Basketball

* The basic shooting method we discussed in class is called BEEF.
  + **B**alance
  + **E**yes
  + **E**lbow
  + **F**ollow Thru
* Foul occurs when a player holds, pushes, runs into, or trips an opponent.
* The three basic passes we discussed are called:
  + Chest Pass – Intended for short distance and a quick pass
  + Bounce Pass – Intended for short distance, to avoid a defender
  + Overhead Pass – Intended for longer distance and a higher trajectory pass
* Dribbling is when a player bounces the ball on the floor with one hand.
* When making a chest pass or bounce pass (pass off the floor) your thumbs should be pointing down.
* Pivot is an attempt to get away from an opponent by stepping one or more ways with the same foot while keeping the other (pivot) foot on the floor.
* Boundary lines mark the outer perimeter of the court.
* Double Dribble is when a player touches the ball more than once while dribbling, this is illegal.
* If the game ends in a tie, the team that scored the last bucket wins and advances to the next court.

Matt Ball/Kickball/Survival

* One difference between Mat Ball and Kickball is only one person can be on the base at a time in Kickball.
* In survival you cannot have teammates or alliances.
* A catch-out happens when someone catches a thrown ball. The person throwing the ball is out.
* In Mat Ball you can have as many people on a base as you can fit.
* An out at the base where the runner does not need to be tagged is called a force out.
* Kickers are allowed 2 foul balls.
* Balls kicked off the back wall by the banners hanging on it are automatic home runs.
* Balls kicked and hitting the ceiling rafters, lights, etc. are outs.
* In kickball a runner is out if they pass another runner ahead of them on the base paths.
* In kickball the foul lines are from home plate to right of 1st and left of 3rd base.
* The bases in kickball are Home plate, 1st base, 2nd base, and 3rd base.
* A strike in kickball happens when the ball is rolled over the plate and not kicked.
* In kickball each team gets 3 outs per inning.
* In kickball and matt ball stealing and leadoffs are not allowed.

FitnessGram

* FitnessGram test are PACER, sit and reach, curl ups, shoulder stretch and trunk lift.
* You are allowed 2 errors for the curl up, push up and PACER tests.
* Sit and reach test measures flexibility of the hamstring muscles.
* Trunk lift form is lie down face down flat on the mat, toes pointed, hands next to your legs, palms facing up.
* Push ups measures upper body strength and endurance
* Shoulder Stretch measures upper arm and shoulder flexibility
* PACER stands for Progressive Aerobic Cardiovascular Endurance Run
* In curl ups your toes may come off the ground but not your whole foot.
* In Push ups your arms bend to a 90 degree angle in the down position
* Curl ups or crunches increases abdominal strength and endurance
* Push ups measures upper body strength and endurance and build the bicep and tricep muscles
* The object of the PACER is to run as long as possible back and forth across a 20 meter distance to a specified pace which gets faster every minute
* Stretching does not improve your cardiovascular fitness
* The object of Trunk Lift is to lift the upper body off the floor up to a maximum of 12 inches using the muscles of the back and holding the position to allow for measurement
* To calculate a person’s BMI (Body Mass Index) you divide Height/Weight.
* Flexibility is the range of motion available in a joint.
* Aerobic Capacity is the ability to perform large muscle, high intensity exercise for prolonged periods.
* Body Composition is the relative percentage of muscles, fat, bone and other tissues that comprise the body.
* The object of Shoulder Stretch is to grasp the fingers together behind the back by reaching over the shoulder and under the elbow.

Soccer

* A soccer game starts with a kickoff.
* Each team has 11 players in regulation soccer.
* An offensive player attempts to kick a goal, but the ball goes over the end line. The defending team is given a goal kick.
* In England soccer was originally called Mob Football.
* A goal is worth 1 point.
* Offensive players are called strikers and forwards.
* A drop ball occurs when both teams kick the ball out of bounds simultaneously.
* A corner kick is awarded when the defending team kicks the ball out of bounds.
* A legal throw in occurs with both feet in contact with the ground, two hands on the ball, and the ball is thrown in overhead.
* Dribbling is moving the ball with short or long taps of your feet.
* Header is a legal way to shoot or pass using your head to hit the ball.
* A player can get control of the ball or change direction by trapping the ball.
* The goalie is the only player on the field that can use his hands inside the appropriate box.
* The Houston Dynamo play in the MLS.
* A hand ball occurs when a player touches the ball with any part of their upper body.