**Kickball Study Guide – Cook**

* When running to 1st base, you may overrun 1st base.
* There are 3 outs per inning.
* If a kicked ball hits a base runner, the runner is out.
* In the game of kickball, you are not allowed to steal or lead off.
* If the kickball is caught in the air, it is an out.

**Fitness Gram Study Guide – Cook**

* The fitness gram consist of the following activities…PACER, sit and reach, curl ups, push-ups, trunk lift, and shoulder stretch.
* During fitness testing, you are allowed 2 errors before your test is over.
* When performing the trunk lift, lie on your front, hands by your side, lift your body, eyes on the floor.
* Sit and reach tests your flexibility.
* Push-ups test your muscular strength.
* The shoulder stretch tests your upper arm and shoulder flexibility.
* The PACER is an abbreviation for progressive aerobic cardiovascular endurance run.
* During the curl-up test, your toes are allowed to lift off the floor.
* When performing a push-up, the elbow needs to bend to a 90 degree angle.
* The PACER test requires students to increase their pace during the activity.
* The sit and reach measures your hamstring flexibility.
* Jogging improves your cardiovascular endurance.
* Abdominal strength is improved by doing crunches.
* The PACER test is performed inside using the width of the gym.
* Push-ups build both the triceps and biceps muscles.
* Stretching increases your flexibility.