Semester Exam 2015

Robinson

**Kickball**

Terminology:

Force Out – an out at a base where the base runner does not need to be tagged

Stealing – running to the next base before the ball is pitched

Lead Off – stepping off a base before the kicker kicks the ball

Ball – a ball is pitched to the right or left of home plate

Out – a ball touches a running player; a kicked ball is caught; 3 strikes, 4 balls, a fielder with control of the ball touches the base before the runner gets there

Foul Ball – a ball that is kicked outside of the base lines; to the left of 3rd base and to the right of 1st base

Rules of the Game:

1. A strike is called for each ball that rolls over the base and is not kicked. The kicker is allowed 3 strikes until they are out.

2. A ball is called for a ball that does not roll over the base. If the count reaches 4, the kicker walks to first base.

3. Each team is allowed 3 outs per inning.

4. You must keep your kicking order.

Base Running Rules:

1. Base runners must touch all bases in order.

2. Base runners may leave a base when the kicker kicks the ball.

3. No stealing or lead offs.

4. A runner is out when the ball touches them while running or is forced out on the base.

5. When running to first base, you may overrun first base.

6. The base runner is out if they pass another base runner.

7. If a kicked ball hits a base runner, the runner is out.

8. A base runner must go back and touch the base on a caught ball.

**PACER**

* Progressive Aerobic Cardiovascular Endurance Run
* Objective: Run as long as possible back and forth across a 20 meter distance to a specified pace which gets faster every minute
* Measures cardiovascular endurance
* Easy at the beginning and gets harder
* Possible error
  + Student does not reach the other side before the beep sounds
* Allowed 2 errors
* Exercise to help improve
  + Any cardiovascular exercise
    - Running, jumping jacks, jump rope, sports, etc.

**Curl ups**

* Objective: To complete as many curl ups as possible to the cadence
* Measures abdominal strength and endurance
* Ready position: Lie on the floor, knees bent, feet flat on the floor, palms facing down, fingers in line with the edge of the strip, head resting on the floor
* Student rises slowly and slides fingers across the floor to the other edge of the strip
* Possible form breaks
  + Heels are no longer in contact with the floor
  + Head does not touch the floor after the down cadence
  + If the student stops and rests
  + When the fingers do not touch the other edge of the strip
* Allowed 2 errors

**Push ups**

* Objective: To complete as many push ups as possible to the cadence
* Measures upper body strength and endurance
* Possible form breaks
  + Arms do not bend to a 90 degree angle in the down position
  + Arms are not fully extended in the up position
  + Back is not kept in a straight line
  + Legs or stomach touch the floor
  + Resting during the test
* Allowed 2 errors

**Shoulder Stretch**

* Objective: Grasp the fingers together behind the back by reaching over the shoulder and under the elbow
* Measures upper arm and shoulder flexibility
* Stretches to help improve
  + Tricep Stretch
  + Bicep Stretch

**Trunk Lift**

* Objective: 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
* Measures trunk extensor strength and flexibility
* Ready position: Lie down face down flat on the mat, toes pointed, hands next to your legs, palms facing up
* Movement is slow and controlled
* Possible form breaks
  + Feet are lifted off the floor
  + Eyes are not fixated on the floor or object when trunk is lifted

Exercises to help improve

* + Curl ups
  + Pretzel Stretch

**Back Saver Sit and Reach**

* Objective: To able to reach as far as possible on both the right and left side of the body to a maximum of 12 inches
* Measures flexibility of the hamstring muscles
* Ready position: Shoes removed, foot placed flat against measuring surface, leg fully extended, the bottom of the other foot is placed flat on the floor next to the knee a fist distance away, arms extended forward with one hand directly the other, facing down
* Reach forward slowly 4 times, holding the 4th stretch long enough so the examiner can read and record the distance
* Possible errors
  + The knee of the measuring leg is not fully extended
  + The foot of the non-measuring leg does not stay flat on the floor
  + Hands do not reach forward evenly
* Stretches to help improve
  + Hurdle Stretch
  + Pretzel Stretch

**BackBoard**   
- Objective of the game: Eliminate all the players on the other team   
  
  
  
 Team A Team B

Jail Jail

Safety

Zone

Possible Ways to go to “Jail”  
- You are hit by a ball   
- A player on the other team catches the ball that you throw

Possible ways to get out of “jail”  
- A teammate throws a ball to you and you catch it while in jail  
- A teammate hits the backboard and everyone is free

**Nukem**   
- Objective: Score as many points for your team by catching all balls thrown to your team or throw a ball over the net so the other team cannot catch it.

Rules  
- After a ball is caught, the thrower may take 2 steps before throwing the ball over the net  
- You may not jump to throw the ball

**Mat Ball**  
Objective: Run the bases as many times as possible to score points for your team.

Kicking Team   
- Boys and Girls alternate taking turns kicking the ball  
- Each kicker has 2 tries to kick the ball past the cone  
- After leaving 3rd base, run on the outside of the cone and continue back to 1st base

Ways to Get “Out”

* The ball you kicked is caught in the air or one bounce off the side wall
* You kick the ball and it touches any part of the ceiling
* While running the bases, the ball hits you or an outfielder tags you with the ball
* When running to 1st base after kicking the ball, the 1st baseman catches the ball before the runner gets to the base

**Far Base**Objective: Kick the ball and run and tag both bases to score 2 points for your team without getting hit by the ball.

Kicking Team  
- Boys and Girls alternate taking turns kicking the ball  
- Runners must stay inside the basketball court  
- Each grey mat touched is worth 1 point

Fielding Team  
- When you have possession of the ball, you can only take 3 steps

Ways to Get “Out”  
- The ball you kicked is caught in the air or one bounce off the side wall  
- You kick the ball and it touches any part of the ceiling  
- While running the bases, the ball hits you or an outfielder tags you with the ball

**Survival**Objective: Players work independently to eliminate all players and be the one that survives.

Ways to get “out”  
- you are hit directly by the ball  
- someone catches the ball that you threw

Re-entering the game  
- when the player that got you out is out, then you re-enter the game

**Frisbee Frenzy (Small Gym)**Objective: Be the first to knock down the pin with your Frisbee

One person from each team stands up next to their teams cone and Frisbee. When the whistle blows, players run around the outside of the square one time back to their Frisbee that is balancing on the cone.   
Players throw the Frisbee from behind the other players to try and knock down the pin the middle. If they aren’t successful, players run and pick up their Frisbee and try again.   
All throws must be from behind the waiting players.

Locker Room Expectations

* Change quickly
* Place ALL belongings in your locker
  + Only bring down things that will fit in your locker
* Do not share your locker or combination with ANYONE
* No Running or horse play
* No phones / electronics
* No food
* No glass containers
* Do not change in the bathroom stalls
* Use the restroom in the locker room bathrooms
* If there is a spill, notify a coach
* B.O.B – Bottom on Bench
* Never open the back door
* Doors to the locker room will be locked after dismissed from locker room to the gym
* Do not leave until the bell rings
* Fire Drill – quickly cover and exit