Slow Pitch Softball

1. There are four bases in softball/baseball including 1st base, 2nd base, 3rd base, and home plate.
2. Each inning has a total of six outs. This breaks down to 3 for the visiting team and 3 for the home team.
3. Each batter gets 3 strikes or 4 balls. You cannot strike out on a foul ball.
4. A foul ball is a batted ball that travels into foul territory before either third base or first base (on the ground) or lands in foul ground on the fly.
5. Outs are made by either striking out, force outs at a base, tagging a runner, or catching a batted ball out of the air.
6. The standard positions in softball are 1st baseman, 2nd baseman, shortstop, 3rd baseman, catcher, pitcher, left fielder, center fielder, and right fielder.
7. Base runners may tag up or advance to the next base when a fly ball is caught.
8. In P. E. you may not lead off or steal a base.

Fitness

1. Push-ups:
   1. Elbow should bend 90 degrees
   2. Measures both triceps and biceps
2. Sit and Reach:
   1. Measures flexibility of the hamstrings
   2. Flexibility is measuring the range of motion in a joint
3. Sit-ups/Crunches
   1. Improves abdominal strength
4. PACER
   1. Requires students to increase their pace
   2. Improves cardiovascular fitness
5. Trunk Lift
   1. Maximum height is 12 inches
6. Shoulder Stretch
   1. Fingers must clasp together
7. Miscellaneous
   1. Aerobic Capacity – the ability to perform large muscle, high intensity workouts for a prolonged period of time
   2. BMI is calculated by height/weight
   3. Relative percentage of muscles, fat, bone , and other tissues in a person’s body composition.

Soccer

1. Shoes worn during soccer are called cleats.
2. Two hands must be on the ball for a correct throw-in.
3. A penalty kick is a free kick awarded after a penalty.
4. A ball that crosses the goal line is considered a goal.
5. Soccer is also called football in other countries.’
6. The goalie is the only player who uses their hands.
7. The offensive team is trying to score. The defensive team is defending the goal.
8. If a team kicks the ball out over the sideline, the other team is awarded a throw-in.

Games

1. Mat Ball
   1. more than one person can be on the base
   2. the difference between mat ball and kickball is in kickball only one person can be on the base
2. Back Board
   1. If the backboard is hit on the basketball hoop, everyone is free
3. Nukem
   1. If the ball is thrown out of bounds and a player does not touch it, a point is given to the team that allowed it to go out of bounds
4. Far Base
   1. When you have possession of the ball, you can only take 3 steps
   2. Boys and Girls alternate taking turns kicking the ball
5. Hunger Games
   1. Two members from each district will stand in their designated corners. When the whistle blows, players may choose to run to the middle of the gym and retrieve as many balls as they want to.
   2. If a player is hit, they are eliminated from the game and return to the end of the line with their district.
6. Number Soccer
   1. Students are split into 2 teams. Each player is given a number.
   2. When the whistle blows, players come out and work together to score one goals.

Miscellaneous

1. BOB stands for Booty On Bench
2. NEVER open the back door in the locker room
3. Tell a coach if you drop water on the floor
4. When a coach blows a whistle, immediately stop what you’re doing, sit down, and be quiet.