

Junior High Physical Education Notes

1. **Basketball Rules**

SCORING:

2 point field goal- a shot made from anywhere during play inside the 3 pt arc.

3 point field goal- a shot made from anywhere outside the 3 pt arc.

Free throw- 1 point is awarded to an unguarded shot taken from behind the free throw line

while the clock is stopped.

SKILLS:

Boxing out - a player's position between an opposing player and the basket to obtain a better

rebouncing position.

Dribbling- bouncing the ball with 1 hand using your fingertips instead of your palm so that it

rebounds back to yourself (the only legal way to move with the ball)

Passing - moving the ball by throwing, bouncing, handing, or rolling it to another player
(Chest, Bounce, Lob)

- remember to step into the pass and throw the ball with a backspin so it will travel faster

Shooting- throwing the ball to make a basket

Pivoting - stepping once or more in any direction with the same foot while holding the other

foot at its initial point.

Rebounding - The recovering of a shot that bounces off the backboard or the rim.

FOULS: results in one or more free throws awarded to the opposing team

Blocking- impeding the progress of an opponent by extending one or both arms horizontally

or getting in the path of a moving player.

Charging- running into a stationary player while you are moving with the ball.

Hacking- the player hits the arm or hand of the person holding the ball.

Holding- the player holds the person with or without the ball.

VIOLATIONS: results in a change of possession with the team in bounding the ball at the side line opposite where the infringement took place

Traveling - moving illegally with the ball

Three seconds - an offensive player remains in the key (free throw lane- the area under the

basket) for more than 3 seconds

Double dribble - a player dribbles the ball with both hands at the same time or they stop and

then start dribbling again

TERMS:

Air ball- a shot that completely misses the rim and the backboard

Assist- a pass to a teammate who then scores a field goal.

Defense- team trying to stop the other team from scoring

Dunk- to throw the ball down into the basket with the hand above the level of the rim

Fast break- dribbling or passing the ball towards your basket before the defense can set up

Man-to-man- a defensive strategy where everyone guards an assigned player

Offense- team trying to score

Turn over- any loss of the ball without a shot being taken

Zone defense - a defensive strategy where everyone guards an area instead of a player
(2-1-2, 2-3)

Three-Man Weave: Two rules to remember for the Three-man weave-

1. When you catch the ball, go to the center of the court
2. When you pass the ball, follow the ball by going behind the person you passed to

Shooting: Remember BEEEF when you shoot

- B - Balance (Make sure you are balanced to increase your chances of scoring)
- E - Elbow (High elbow in front of your body)
- E - Eyes (Aim for the front of the rim from underneath the ball)
- E - Extension (Use your legs for power and extend your arm)
- F - Follow Through (Snap your wrist so that it ends up looking like a 'goose neck')

Total Fitness

Total Physical Fitness for *Health*

- Cardiovascular Fitness = the ability of the circulatory and respiratory systems to deliver (Ex. Jogging) enough blood, fuel and oxygen to the exercising muscles for an extended period of time
- Muscular Strength = the ability of a muscle to generate maximal force at one time (Ex. 1-RM bench press)
- Muscular Endurance = the ability of a muscle to repeatedly generate sub-maximal force (Ex. 100 push-ups)
- Flexibility = the ability to move joints freely through their FULL range of motion (Ex. Touch your nose to your knees)
- Body Composition = the relative amounts of fat and lean body tissue (muscle, organs, bone) (Ex. % body fat) found in the body)

Total Physical Fitness for *Skill*

- Agility = ability to rapidly change the position of the body in space with speed and accuracy (Ex. Shuttle Run)
- Balance = maintenance of equilibrium while stationary or moving (Unstable Toes)
- Coordination = ability to use the senses (sight / touch), together with body parts in performing (Ex. Juggling) motor tasks smoothly and accurately
- Power = work performed per unit of time - Force / Time ; a combination of speed and strength

(Ex. Standing Long Jump)

- Reaction Time = time elapsed between stimulation and the beginning of desired task

(Ex. Ruler Drop)

- Speed = ability to perform a movement in a short amount of time

(Ex. Double Heel Click)

Cardiovascular Fitness

- the ability of the circulatory and respiratory systems to deliver enough blood, fuel and oxygen to the exercising muscles for an extended period of time

- there are many ways in which to measure your CV fitness; we will look at only 2

- VO₂Max and Heart Rate (HR)

VO₂Max (ml/kg/min)

- VO₂Max is the max amount of oxygen one can use in one minute per kilogram of body weight

- that means at a certain point in exercising, no matter what you do, you will not be able to breathe hard enough or fast enough to get enough oxygen into your body - the result... you stop!

- the lower your VO₂Max, the less you can do (you quit earlier); the higher your VO₂Max - the longer you can go

- want to increase your VO₂Max? - do interval training with sprints

Heart Rate (beats/minute)

- HR can be used to measure CV fitness in 3 ways:

1- If you can perform a strenuous activity and have a low HR - you're fit

2- If your HR can recover quickly after strenuous activities - you're fit

- you're HR should be back to pre-exercise rate in 5 minutes after stopping the activity

3- If you have a low resting HR - you may be fit (there are many variables in play)

- this method is not widely accepted though it may indicate fitness in some cases

Take pulse at carotid artery (neck) or on radial artery (wrist- under thumb)

- for best results -count for 60 seconds

- or count for 30 then times by 2; or for 15 seconds and times by 4, or for 10sec. and times by 6

- the less time you count, the less accurate the reading

Flexibility

- the ability to move joints freely through their full range of motion

Benefits of Increased Flexibility:

- increase mobility; therefore increased speed, strength, power, agility, muscle efficiency
- increase resistance to injury
- good posture; increase physical appearance
- prevention of lower-back pain

Types of Stretching:

Ballistic - bouncing while you stretch

- risk of injury is high

Static - slowly lengthen muscle until slight discomfort and hold for 20 - 30 seconds

- minimal risk of injury

Proprioceptive Neuromuscular Facilitation (PNF) - need a partner

- stretching muscle while contracting opposing muscle

1: desired muscle is stretched

2: muscle relaxed and opposing muscle is contracted against force from partner

3: partner releases force and all muscles are relaxed

- very effective in gaining flexibility, about the same risk level as static stretching

Prescription:

- exercise programs should have either PNF or static stretching
- 2 to 5 days/ week with 10 to 30 minutes a day
- all stretches should be held for at least 15 seconds - add 5 seconds each week until 30 seconds

How to Avoid Injury While Stretching

- avoid holding your breath
- do not hyper-extend your joints
- do not stretch already stretched muscles (ex. your abs)

- do not stretch to the point where your ligaments and joint capsules are stressed
- use caution when using a partner (choose someone you trust)
- avoid any stretches that involve a high force

Fitness Goals

- Set realistic goals
- Establish short-term goals first
 - Set realistic long-term goals
- Establish lifetime maintenance goals
- List goals in written form (contract to self)
- Recognize obstacles to achieving goals

Soccer Notes Name:

The Players

There are 11 players on a soccer team: 4 full-backs, 4 mid-fielders, 2 strikers and a goalie. This formation is called 4-4-2. However, there are different types of formations depending on the team. Sometimes, a team will chose to have 5 forwards (strikers), 3 mid-fielders and 2 full backs. There are many different possibilities.

Playing the Game

Soccer is played primarily with the feet and with the head. Players are allowed to use other parts of their bodies, except arms and hands. Only the goalkeeper may handle the ball and then only within the penalty area.

Ball Control

The foot is used to control as well as kick the ball. The larger the area that contacts the ball the more control we have. Therefore, we learned to kick and pass the ball with the instep of the foot and not with the toe. Other control areas used are the outside of the foot and the sole. Only very experienced should use the toe and heel.

Trapping the Ball

Stopping the ball and bringing it under control is called trapping the ball. The part of the body that we use to trap the ball depends upon the height of the ball as it approaches. When trapping a ball that is passed along the ground, remember to cradle or cushion the pass so that it does not just bounce over your foot or rebounds away from you.

Fouls in Soccer

1. Kicking or attempting to kick an opponent
2. Tripping
3. Jumping at an opponent
4. Charging
5. Charging from behind
6. Striking or attempting to strike an opponent
7. Holding
8. Pushing
9. Handling the ball

Direct Free Kick

When a player commits any of the above fouls outside of the penalty area, the opposing team is awarded a direct free kick on the spot where the foul occurred. A direct free kick is one from which a goal can be scored directly.

Penalty Kick

When a defending player commits any of the above fouls within the penalty area, a penalty kick is awarded to the opposing team. It is taken from 10 yards directly in front of the goal and everyone else must be 10 yards away.

Indirect Free Kick

One from which a goal can't be scored unless it first touches another player (other than the goalie) before it enters the goal.

An indirect free kick is awarded to the opposing team when a player commits one of the following fouls:

1. Dangerous play
2. Charging fairly when the ball is not within playing distance
3. Obstructing when the ball is not within playing distance
4. Charging the goalkeeper
5. Goalkeeper carries the ball more than 4 steps

Corner Kick

When a defending player sends the ball over the end line, the opposing team is awarded a corner kick. The ball is kicked from the corner closest to where the ball left the field. Players must be at least 10 yards away.

Goal Kick

When an attacking player sends the ball over the end line, the defending team is awarded a goal kick. It is taken from a corner of the goal area. Everyone must be 10 yards away.

Sidelines

The ball must be completely across the line to be considered out of play. A ball that is touching the line is still considered in play.

Throw-ins

When a player sends the ball over the sideline, the opposing team is awarded a throw-in. The ball must be thrown from over the head with two hands and the feet may not leave the ground.

Offside

A player is called offside when they are passed the ball and/or considered in play while standing behind the last defender.

*** Remember that soccer is a game of control, teamwork, speed and coordination (mostly eye-foot coordination). This requires a lot of practice in order to be successful.

Ultimate Frisbee Rules

The Field -- A rectangular shape with endzones at each end. A regulation field is 70 yards by 40 yards, with endzones 25 yards deep.

. **Initiate Play** -- Each point begins with both teams lining up on the front of their respective endzone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.

. **Scoring** -- Each time the offense completes a pass in the defense's endzone, the offense scores a point. Play is initiated after each score.

. **Movement of the Disc** -- The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.

. **Change of possession** -- When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.

. **Substitutions** -- Players not in the game may replace players in the game after a score and during an injury timeout.

. **Non-contact** -- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

. **Fouls** -- When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.

. **Self-Refereeing** -- Players are responsible for their own foul and line calls. Players resolve their own disputes.

. **Spirit of the Game** -- Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

Ultimate Frisbee Terms (throwing terms are for right-handed throwers)

air bounce: a backhand or forehand throw that is aimed slightly downward, but is buoyed by a cushion of air.

backhand: a standard throw; right-handed player places thumb on top of disc, curls fingers underneath, extends arm to left side of body.

bid: an impressive (but failing) diving attempt to catch the frisbee. Often used in a positive way, Ex: "Nice bid"

blade: a forehand throw that goes high in the air and curves left; an extreme version of the reverse curve.

chilly slow it down, be patient, wait a moment for the game to get reorganized again.

clog: to prevent good cuts by standing in the way of your teammates.

corkscrew (see "hammer") like a hammer throw but the frisbee is held in a backhand grip rather than a forehand grip, so the frisbee flattens out and curves the opposite way from the hammer.

cut: a run by a receiver to shake his defender.

D defense

deep: a receiver who cuts for hucks.

disk in signals that the disk is in play.

force guarding on only on one side of the thrower to make them throw to the other side. The direction you want them to throw is the direction of the force. Types of Force: Force In: force to the middle of the field Force Out: force to the outside of the field Force Sidelines: force to the near sidelines Force Home/Away: force to the home or away side Force Forehand: force the thrower to use a forehand throw Force Backhand: force the thrower to use a backhand throw

forehand: a difficult but useful throw; thrower leads with middle finger along rim, with index finger supporting disc; looks similar to a sidearm pitch in baseball; also called a **flick**.

hack: a foul.

hammer: an overhead throw with a forehand grip in which the frisbee is released at an angle so that it flattens out and flies upside down.

handler: one of a team's primary throwers.

high release: a backhand throw held and released over the thrower's head; very difficult to block.

huck: a long throw; equivalent to a bomb in football.

inside out: as a backhand, a throw to the right that curves left; as a forehand, a throw to the left that curves right.

layout dive!!! "If you didn't catch it, you should have laid out"

mid: a receiver who cuts for shorter passes than a deep.

O offense

pick an intentional or unintentional block (like basketball) where a player gets between you and the player you are covering

pull like a kickoff in football, the throw that begins the possession.

reverse curve: as a backhand, a throw to the left that curves right; as a forehand, a throw to the right that curves left.

run through what you shout to tell another player to run past the disc without picking it up

scoober: a fast, difficult- to-intercept throw; similar to a hammer, a scoober is held overhead, but with a backhand grip.

sky jumping to catch the disc

stack offensive strategy in which all the players line up down the middle of the field and alternately make cuts to the side.

stall count The defensive player counts up to 10 while defending the offensive player. The offensive player must throw the disc before the 't' of ten otherwise it's a turnover.

swill: a bad throw.

up: what you shout to alert players that the disk is in the air