

First Semester Exam Review

Basketball

1. Two teams consisting of _____ players are on the court during the game.
2. The court is divided into two main sections by the _____.
3. Once the offense puts the ball into play, they have _____ seconds to advance the ball into the other side of the court.
4. The ball is moved down court by either passing or dribbling the ball.
5. A free throw is worth _____ points.
6. On a "1 and 1" opportunity, the ball is _____ after the shot, if the shot is good.
7. All levels of basketball have two _____.
8. If the score is tied at the end of regulation, this is known as _____.
9. When do the teams switch goals?
10. If an offensive player makes a shot within the three-point arc and is also fouled by the defense while taking the shot, this gives the offense the opportunity for a _____ play.

General Health Knowledge

1. Jogging strengthens what area of the body?
2. The beginning phase of the training is?
3. The sit and reach stretches which muscles?
4. Sit ups strengthen which muscles?
5. Mile run judges what?
6. Pushups strengthen what part of your body?
7. When checking your pulse, how long should you do it for?
8. The desired heart rate when working out to achieve a cardiovascular effect.
9. The ability to move a body part through a full range of motion.
10. Always let someone know where you are going. Make sure to say when you expect to return as well.

Weight Training (True/False)

1. Look around the weight room and see what others are lifting so that you may compare results.
2. Proper technique is *usually* a must.
3. Never max out.
4. Water and Gatorade are the only beverages allowed in the weight room.
5. Feel free to stay at any one station for as long as you please.
6. Do not drop weights on the floor.
7. Adult supervision is required when someone is available.
8. No excessive grunting, loud noises, or swearing, as they are distracting and offensive to others, unless it's your music to pump you up at the local gym.
9. Return and rack weights only when you have sufficient time to do so.
10. Do not leave anything in the weight room that was not there originally. (water bottles, paper towels, etc.)

Volleyball (True/False)

1. A serve is considered illegal when it hits the net before going into the proper court.
2. The serve must not land on the boundary lines of the receiving court to be a legal serve.

3. When a team has reached 12 points and is leading by at least one point, they are declared the winner.
4. Rotation for the serve is done in a clockwise direction.
5. The server must not step on or over the line on a serve when serving.
6. The server is always the person in the left back position.
7. The ball may be served underhand or overhand.
8. A ball may be played off the net during a volley or on a serve.
9. During a game, each team must have nine players on the court.
10. A "carry" is considered a legal hit in the game.

Flag Football (8th ONLY)

1. There are no first downs, the offense has 4 downs to reach the end zone.
2. Fumbles are only allowed when the offensive player drops the ball himself.
3. A touchdown is worth ____ points.
4. The offensive blocker (Center) will **NOT** be able to use his _____ when blocking.
5. How many Defensive rushers may rush the quarterback?
6. A defensive rusher must count up to _____ before rushing after the quarterback.
7. Each offense is required to have a quarterback of a different gender each half of play.
8. The leader of the Offensive team is known as the _____.
9. The starting point of each play, where the ball lies on the playing field.
10. An attempt by the offensive unit to score extra points after a touchdown.

Frisbee Football (7th ONLY)

1. The end zone is ____ yards deep.
2. There are ____ players per team.
3. Scoring is worth how many points?
4. Players are allowed to run with the disc.
5. The person with the disc has ten seconds to throw the disc.
6. When a pass is not completed, the defense takes possession of the disc.
7. No physical contact is allowed between players.
8. A _____ is called when there is contact on another player.
9. Players are responsible for their own line calls.
10. Frisbee Football is also called _____.