PE-10 Quarter 1: Physical Education Benchmark Review

**Frisbee and Ultimate Frisbee Unit**

* **4 matching**
* **5 multiple Choice**
* **6 True/False**
* **5 matching**

Definitions:

* **Angle of Attack** - angle of release; formed by the tilt of the disc
* **Gyroscopic Force** – spinning object is able to maintain a level orientation
* **Lift** – when air pressure above an object is less than the air pressure below the object allowing it to stay aloft.
* **Stability** – ability of the disc to maintain a position parallel to the ground.

Ultimate Rules and Information:

* No contact is allowed with other players
* Sportsmanship and fair play is important due to there being NO referees
* Offensive strategy: Vertical or Horizontal stack
* Defensive strategies:
  + Man to man: cover a person
  + Zone: cover an area
  + Force: defender cuts of the throwers available throws by limiting options with their body
* Types of passes:
  + Give and go
  + Leading
  + Flat
  + Through
* Frisbee specifically has a curved surface to allow variation in airflow
* Throw off begins the game
* In Ultimate, Frisbees may be thrown in any direction
* Score/touchdown: Frisbee is caught by a teammate in the endzone
* Any time the Frisbee touches the ground or is intercepted, it changes possession.

Skills in Frisbee:

 Pancake Catch

 Claw catching grip

 Trick Catch

 Backhand throw

 One handed claw grip

**Football Unit**

* **5 Matching**
* **5 Matching**
* **6 Multiple Choice**
* **4 Matching**

Football Vocabulary

* **Down** – when the ball is put into play until it is ruled dead
* **Line of Scrimmage** – imaginary line where the play begins
* **Sack** – when the defense tackles the quarterback
* **Snap** – when the ball is hiked
* **Drive** – series of plays when the offense has the ball until it punts or scores

Penalties

* **Encroachment** – when the defensive play crosses the LOS and makes contact with an opponent before the ball is snapped
* **False Start** – when someone on the offense moves prior to the snap
* **Pass Interference** – when a defender makes contact with the intended receiver before the ball arrives
* **Personal Foul** – illegal, flagrant foul considered risky to other players
* **Roughing the passer** – when the defense make contact with the quarterback

FACTS and INFO on Football:

* Offense gets 4 downs to travel 10 yards
* Safety – offense is tackled in their own endzone (2 pts)
* Turnover – when the defense recovers a fumble or intercepts the ball.
* Passing pattern:
  + Curl – 10 yd run and turn back to quarterback
  + Fly/fade – straight run and catch ball over head
  + Hook – 10 yd run; 45 degree angle toward the LOS
  + Flat: 10 yd run and 90 degree turn toward the LOS
* Two hand touch is an alternate form of tackling

**Fitness Concepts**

* **10 Multiple choice**

Fitness Testing and Knowledge

* PACER tests for Cardio fitness
* Curl up – abdominal strength/endurance
* Push up – arm and chest strength/endurance
* Sit and Reach – flexibility

Stretching

* Static – stationary
* Passive – being stretch by someone or something
* PNF – resistive stretching
* Dynamic – slow controlled movements to stretch
* Ballistic – bouncing to stretch

Working out

* Exercises and areas of the body they improve
  + Crunches, tower crunches, planks: abdominals and core
  + Squats, lunges: quadriceps and legs
  + Push ups, bicep curls: arms and chest
* Cool down: allows heart and muscles to slowly return to normal
* Cardio activities: 20 minutes of walking, running, biking, hiking, Ultimate, soccer…