

INTRODUCTION TO PHYSICAL EDUCATION FINAL EXAM

REVIEW PACKET

Archery

Draw a target face with the correct colors and point values.

Know the following terms: straddle, nock, anchor point, release, end, crest, tackle, fletching.

List some safety rules that you followed during class.

TENNIS

Know the following terms: Deuce, advantage in, advantage out, forehand, ace, love, serve.

What is the scoring system in tennis?

1pt.=

2pts. =

3pts.=

4pts.=

0pts.=

SPEEDAWAY

Know the following terms: Ariel ball, conversion, touchdown, free kick, trapping.

What are the 3 ways to score and point value for each?

What are 3 or 4 privileges or skills all players are allowed to do in the game? (ex. Punting the ball)

What are the 4 positions in the game of Speedway, how many players at each, where can they go on the field, and what is their job?

BADMINTON/PICKLEBALL

Know the following terms: let, clear, drive, smash, volley, drop shot.

Explain the double bounce rule. (pb)

Explain the non-volley zone. (pb)

Know the serving rules for each sport. Singles and doubles.

Pickleball is played to _____ win by _____.

Badminton is played to _____ win by _____.

WEIGHTS AND FITNESS

Know the following terms: collars, reps, barbell, sets, curl, extension

Describe the 3 styles of weight lifting. (Muscular strength, fit body, muscular endurance)

What are the 5 Health Related Components of Fitness?

What is the FITT Principle?

Target Heart Rate

Active Heart Rate

Resting Heart Rate