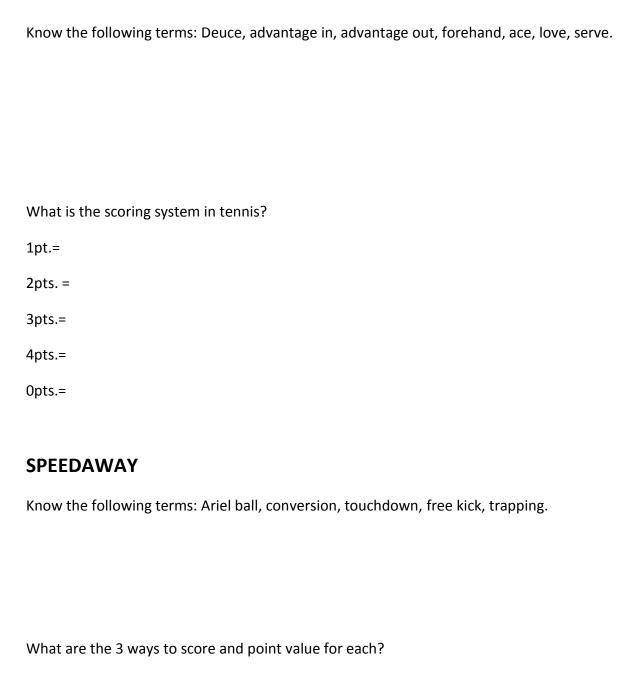
INTRODUCTION TO PHYSICAL EDUCATION FINAL EXAM REVIEW PACKET

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



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 Speedaway, 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 e	each sport. Singles and doubles.
Pickleball is played to	_ win by
Badminton is played to	win by
WEIGHTS AND FITNE	ESS
Know the following terms: c	collars, reps, barbell, sets, curl, extension
Describe the 3 styles of weig	ght lifting. (Muscular strength, fit body, muscular endurand
What are the 5 Health Relat	ted Components of Fitness?

What is the FITT Principle?

Target Heart Rate

Active Heart Rate

Resting Heart Rate