

P.E. Packet

04/17/2020

Packet Contains:

Activities

Answer Key

There are other activities and resources listed @ https://core-docs.s3.amazonaws.com/documents/asset/uploaded_file/645573/RMS_Document_4_1_20.pdf

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

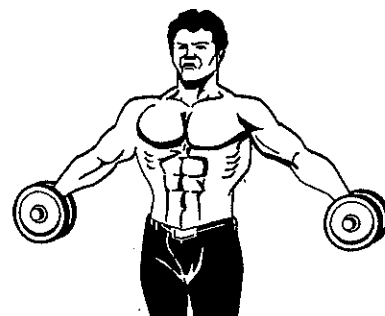
INTRODUCTION

Let's start with a few definitions:

Resistance training Exercises which involve moving against a resisting object, such as a weight, a lever, a rubber cable, or a torsion bar.

Weight training Exercises which use the weight of an object to provide resistance to movement. Weight training is a form of resistance exercise.

Free weights Barbells, dumbbells, iron shoes, and other objects.



Exercise machines Machines designed to provide resistance to exercise movements. This resistance can be achieved with built-in weights, bungee cords, torsion bars, hydraulic cylinders, etc.

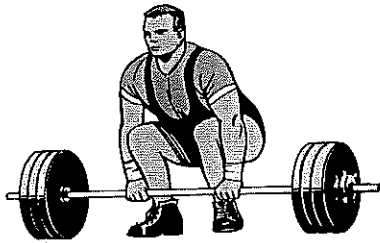
Weightlifting Weightlifting is a sport that involves lifting barbells or dumbbells.

Olympic weightlifting A sport that involves two lifts:

1. The snatch (moving a barbell from the floor to an overhead position in one smooth, rapid motion).
2. The clean and jerk (moving a barbell first from the floor to the level of the shoulders (the clean), then overhead (the jerk), in two smooth, quick motions).

Powerlifting

A sport that involves three lifts:



1. The bench press (pushing a barbell vertically by extending the arms at the elbows while lying on a bench).
2. The deadlift (lifting a barbell off the floor until the back is vertical).
3. The squat (stepping under a barbell that is held on a squat rack, lifting the barbell off the rack onto the shoulders, squatting down until the thighs are parallel to the floor, then rising up until the legs are locked).

Bodybuilding



Using weight training to develop muscular size and symmetry instead of athletic ability. Bodybuilders use weight training to shape their bodies to fit current bodybuilding standards for muscular development. In short, they train not for strength or health, but to achieve a certain appearance.

Although Ben Weider, the President of the International Federation of Bodybuilding, has been working hard for many years to gain Olympic recognition for bodybuilding, the Olympic Committee still does not recognize bodybuilding as a sport.

Athletic weight training

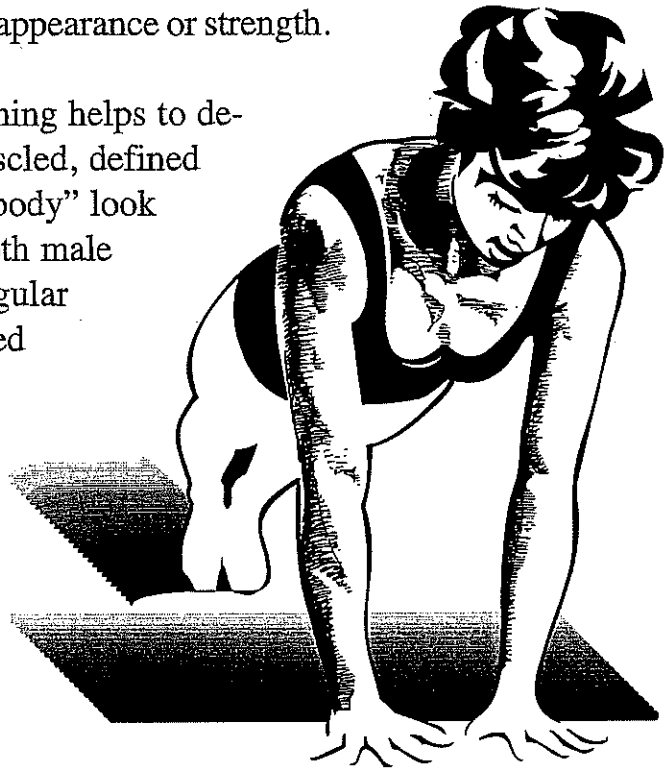
Using weight training to develop the strength and endurance needed for such sports as swimming and football. Coaches who assist such athletes are part of a professional organization called the National Strength and Conditioning Association.

Rehabilitative weight training

Persons who engage in this kind of training often are recovering from trauma injuries or are living with some condition or disability such as a cardiac condition, diabetes, chronic arthritis or a respiratory ailment. Weight training in such cases often

focuses on certain areas of the body. The goal is usually rehabilitation and development of overall fitness rather than appearance or strength.

Like many forms of exercise, weight training helps to develop both overall fitness and a well-muscled, defined and toned physique. Much of that “hard body” look that we admire today in bodybuilders, both male and female, comes from disciplined, regular weight training. Also, weight training is used to increase skills, strength and power not only in Olympic weightlifting and powerlifting, but in football, wrestling, hockey, and other sports where strength and power are necessary to play the game.



HISTORY OF WEIGHTLIFTING

ORIGINS

Since earliest times, people have been fascinated by weightlifting. The Old Testament tells the story of Samson and his extraordinary feats of strength. Greek legend supplies the story of Milo, a strong man who became stronger through a unique progressive resistance exercise. Starting with a young, small calf, Milo lifted the calf (a weight) for a certain number of times (repetitions) each day. By the time the calf became a full-grown cow, legend has it that Milo was lifting that cow overhead in a movement very much like our modern standing press!

England in the 1890s saw the first actual weightlifting contests to test the strength of the competitors. Competition in America began at the 1920 Olympic Games, in which the International Weightlifting Federation (IWF) supervised the competition for the first time. Bob Hoffman (the late owner of the York Barbell Company) was the coach of the U.S. Olympic team for several decades.

Today, the barbell is the standard (and only) piece of equipment used in contemporary weightlifting competitions. The



winner is the man or woman who can lift the heaviest amount of weight. Competitors compete in one of nine categories, ranging from “flyweight” to “super heavyweight.” Specific weight categories are defined precisely (132 lb. class, 181 lb. class, etc.).

MISCONCEPTIONS ABOUT WEIGHTLIFTING

Many myths about weight training and weightlifting persist to the present day. Some believe (erroneously) that lifting weights is bad for the heart (it isn’t—in fact, many physicians and exercise physiologists prescribe it for patients recovering from cardiac episodes).

Others believe (also erroneously) that it develops huge, out-of-proportion muscles, especially in women. Equally wrong! If those mythmakers had any idea of just how difficult it is to build one pound of muscle, they’d forget their mythologizing and concentrate on their workouts. Another is the old myth of becoming “musclebound.” Full range-of-motion resistance exercises tend to make weight trainers more supple practitioners of other forms of exercise and other sports.

Still another common misconception about weight training revolves around the terms “strength,” “power” and “endurance.” These terms all have very specific meanings and are not interchangeable. Here are a few definitions:



Strength

Strength is measured in terms of how much weight can be lifted, regardless of the amount of time required to lift it. People who train for strength perform weight training exercises with slow, deliberate movements.

Power

Power is measured in terms of how much weight can be lifted within a specified time period. To measure power, divide the amount of work done by the amount of time it takes to do it. Persons training for power perform weight training exercises with explosively fast movements.



Endurance

Endurance is measured in terms of how much weight can be lifted repetitiously over an extended period of time.

Stamina

Stamina is measured in terms of how much weight can be lifted in rapid repetitions over an extended period of time.



These four aspects of athletic ability—strength, power, endurance and stamina—are needed in different proportions, depending on the particular sport. The primary rule in any training routine is that training is specific. Powerlifters can't be expected to run marathons without having trained for them, any more than a marathoner could be expected to benchpress 400 pounds without having training for that kind of lift.

Athletes whose sports require great amounts of strength benefit from slow-movement resistance training. If power is required, training should be more rapid, and movements explosive. If endurance is needed, resistance should be less and repetitions greater in number. If stamina is needed, training should include rapid movements over an increasing period of time.

Many people go into weightlifting as a means to improving their shape and physical condition. It's an excellent way to do both. Increasing the muscular endurance of all major muscle groups in the body leads to a firmer, more defined shape in both women and men. Weight training will NOT build big, out-of-proportion muscles unless you work for that kind of physique.

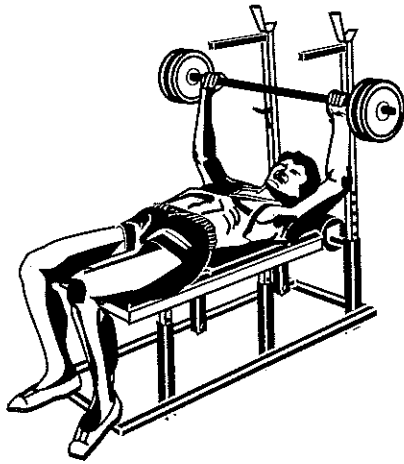
SAFETY PRECAUTIONS IN WEIGHTLIFTING

As with any type of physical activity, weightlifting is a relatively safe sport when practiced correctly. But a few precautions are always in order. To be safe, observe the following rules:

Always warm up thoroughly before you attempt any physical activity. A warmup increases the body temperature to prepare it for more activity; it also helps muscles to contract/relax and protects the joints and tendons from damage when the weight training begins. A good warmup will last anywhere from 10 to 20 minutes, depending on age, general physical condition and the level of intensity of your workout.

Keep your knees bent and your back straight when you lift weights off the floor or put them back down.

Remember to breathe regularly and naturally. Holding your breath during a heavy lift can cause dizziness and even blackouts.



Check all equipment before using it. Make sure that bench stands are stable and weights stacked on the floor. Be careful to balance weights when adding to, or subtracting weight from a bar. Keep weight stacks (on exercise machines) with the pin firmly positioned at the right place on the stack. Make sure that barbell or dumbbell collars are securely fastened.

Use a “spotter”—a friend or exercise partner to help you with overhead or supine exercises such as the bench press. **NEVER do heavy bench presses alone!**

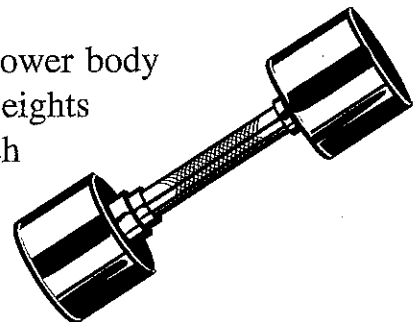
Remember to keep control of the weight at all times. Make smooth, controlled movements without jerking or wobbling. Use correct form at all times. If the weight is too heavy to lift without a spotter, use less weight and do more reps or sets until you can handle the heavier weight comfortably and safely. If you are doing bench presses, don't bounce the bar off your chest.

Perform all exercises with a full range of motion unless you are specifically trying to develop strength or power in a particular portion of a range of motion.

WEIGHT TRAINING EXERCISES

FOR THE LEGS AND HIPS

The following exercises are part of any comprehensive lower body routine. The weights and equipment can be either free weights (hand-held weights, bars and dumbbells) or machines (such as Nautilus or Universal machines). Remember to warm up before doing any of these exercises. Also remember



to breathe regularly. Never hold your breath during a workout!

Squats

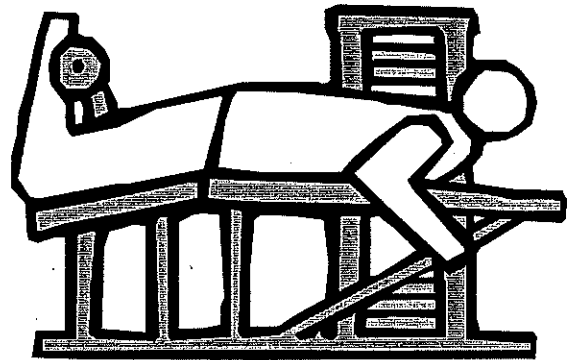
This exercise works the muscles of the legs, hips and back.

Place your feet about hip width apart, with the whole foot resting on the floor. Step under a squat rack and lift the barbell off onto your shoulders. Bend your knees and slowly allow your body to move downward. Keep the back muscles tensed at all times—don't bow the back to the front! Continue in the squatting motion until the thighs are parallel to the floor. Then, without bouncing, slowly come back to a standing position. In the beginning, use a weight with which you can comfortably do 10 repetitions. Do only one set of 10 repetitions as a beginner. Over-training can result in injuries.

Thigh curl

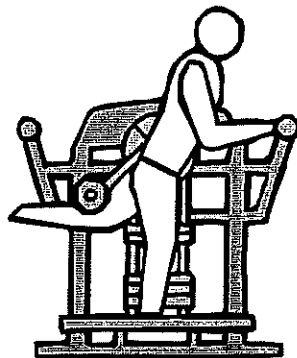
This exercise works the muscles in the backs of the thighs and calves.

This exercise is best done on a thigh curl machine. Lie face down on the bench with the heels under the roller pads. Press your knees against the bench and bend the knees, bringing the heels as close as possible to the buttocks. Straighten and repeat the movement. Do this exercise slowly after a good warmup. Hamstrings (the collection of tendons and muscles in the back of the leg at the knee) are easy to injure).



Hip Adduction

This exercise works the inner thigh muscles.



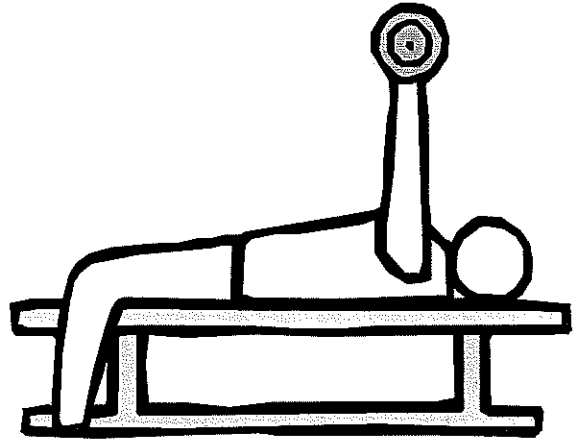
This exercise is also most easily done on a machine. Place the legs into the moveable arms of a hip adduction machine so that the thighs and ankles rest against the pads. In one fluid motion, bring your legs together by pressing against the pads. Keep the lower back pressed firmly against the back rest as you work. Return to starting position and repeat the motion.

EXERCISES FOR THE UPPER BODY

These are only three of the major exercises in any good upper-body routine. As with the lower-body workout above, be sure to warm up adequately and breathe regularly.

Bench Press (or Chest Press)

This exercise works the muscles of the chest (called the pectorals), the back of the upper arms (triceps) and front of the shoulders (anterior deltoids). Stabilizing muscles in the shoulders and torso (body) are also used during the lift.



Lie flat on a benchpress bench with the small of the back pressed into the bench. Reach up and grasp the barbell (with or without weights) with a grip a little more than shoulder-width. Push up and lift the bar off the rack, then lower it smoothly in one motion until it touches the chest. Then, without pausing or bouncing, lift it upward again. Repeat this movement 6 to 8 times, exhaling as the bar is raised and inhaling as it is lowered.

Remember: always use a spotter for this exercise! Don't try to do it alone! Also, make sure that you warm up your shoulder muscles before doing this lift. While your arms and chest muscles may be able to handle the weight, the shoulder muscles act mostly to stabilize your arms in this lift. If you get off balance or if one of your spotters drops his or her end of the bar, you could injure at least the arm, chest and shoulder muscles.

Use a wide grip to concentrate the load on the chest muscles (pectorals) and the front of the shoulders (anterior deltoids). Use a narrow grip to concentrate on the pushing muscles of the arms (triceps).

Alternating Dumbbell Curl

This exercise works the biceps, the muscles at the front of the upper arm.

Stand with your legs slightly apart, holding a dumbbell in each hand, with the arms close to the sides and the back straight. The dumbbell bars should be pointing straight ahead. Start with your right arm: bend (flex) it at the elbow and bring the dumbbell up in an arc to shoulder height in front of your chest.

As you bring the dumbbell up, rotate your wrist so that at the end of the lift, the dumbbell bar is pointing to the side. Slowly bring the arm down. Maintain tension on the biceps throughout the lift. Then do the other arm. Do 6 to 8 repetitions in strict form, with a full range of motion.

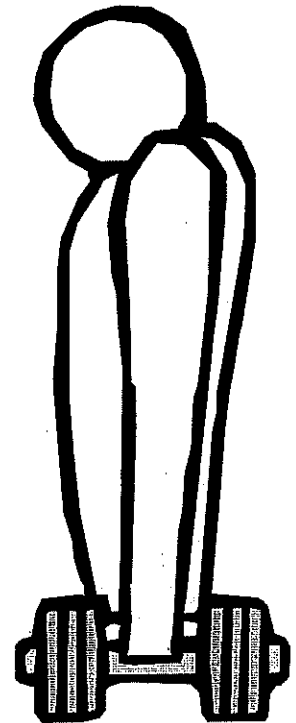
Shrugs

This exercise works the muscles of the neck, the upper back (primarily the trapezius) and the middle head of the shoulder muscles (lateral deltoids).

Here's how to do this exercise, step by step:

1. Bend your knees, reach down and grasp a bar or barbell with both hands, palms facing you. Keep your back slightly arched (hyperextended), straighten your legs and stand erect with the bar resting across the groin area.
2. Slowly lift your shoulders as high as you can. Imagine that you are going to touch your ears with your shoulder muscles.
3. Slowly lower the weight until it is back across the groin area.

Maintain tension on the upper back muscles (trapezius) throughout the movement. Repeat this movement for a total of 8 to 10 repetitions.



COOLING DOWN

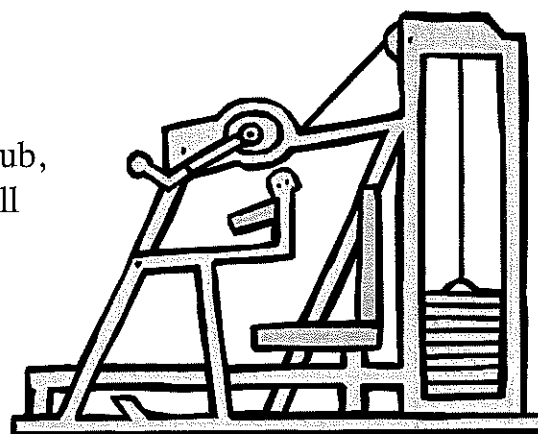
If warmups are important, cooldowns are almost equally so. After the weight training exercises are completed, you need gradually to bring the body back to its normal condition. Stretching, riding a stationary bicycle or doing some additional light exercises are excellent ways to cool down.

Remember: never sit or lie down immediately after a strenuous workout. All the blood that's been directed to the muscles will find it difficult to get back to the heart if you sit or lie down. Instead, remain standing or walk at a relaxed pace around the room for a few laps. Otherwise, you may find yourself growing light-headed or faint.

EQUIPMENT AND CLOTHING

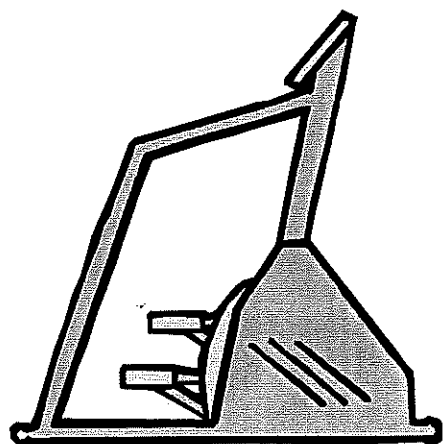
EQUIPMENT

Before the introduction of the modern health club, championship bodybuilders and weightlifters did all their workouts with ordinary barbells and dumbbells. With the proper benches and racks, you can do all the exercises needed to do a rough cut of the kind of strong, powerful body you want.



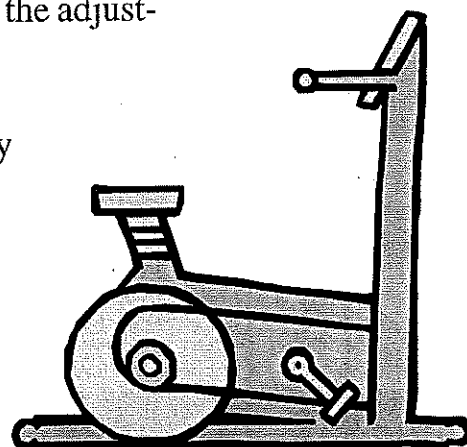
The exercise machines found in modern health clubs have evolved for several reasons. The Nautilus machines started with designs done for rehabilitation work. The Smith Machine, a movable squat rack, was designed to enable lifters to do squats without a spotter. All of the machines can be used for working

both muscle groups and individual muscles. Some work on the principle of eccentric cams (Nautilus, Dynacam, etc.), others by use of bungee cords (Soloflex) or flat pieces of flexible material (Bowflex). Old-fashioned weight machines have pegs that hold regular barbell plates. One of the most innovative machines uses adjustable hydraulic cylinders to provide resistance (HydraGym).



The advantage of resistance exercise machines is that you rarely need a spotter. The disadvantage is that since the machines move in a predetermined path, that path may not match your own individual ranges of motion. In short, if a machine is designed with the average person in mind and you are either larger or smaller than the average person, you may risk injury in the machine. Some machines are adjustable. Experiment with light resistance until you find the adjustment that matches your own personal “groove.”

The advantage of free weights is that you work not only the main muscles involved in performing a particular lift, you also work the collateral stabilizing muscles involved in balancing the weight and allowing you to make smooth transitions of body or limb positions throughout the lift’s range of motion.



The disadvantage of free weights is that you do need a spotter on some lifts, especially bench presses and heavy squats.

CLOTHING

Proper clothing and footwear are important in weight training because they make exercise easier and more enjoyable. Wear loose-fitting clothing that stretches or “gives,” such as a sweatsuit or exercise shorts. Stay away from excessively baggy styles that might catch on bars or weights. Dressing in layers is a good idea so that you can discard the top layers as you warm up. And make sure you wear proper athletic shoes with a firm tread for lifts such as the squat or half squat.

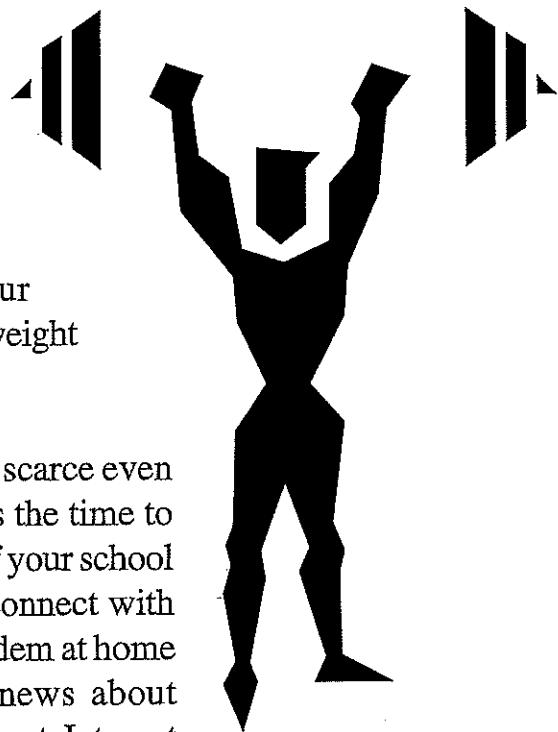
WEIGHTLIFTING NOTES AND NEWS

Depending on where you live, news on weightlifting competitions may be hard to find. The newsstands are filled with bodybuilding publications (Muscle and Fitness, Iron Man, Muscular Development, Muscle Mag, Flex, and dozens of others for men and women). But bodybuilding and weightlifting are two different things. Bodybuilding is about how your muscles look. Weightlifting is about how much weight those muscles can lift.

You may find weightlifting competition results scarce even in sports magazines. But don't despair! Now is the time to take advantage of a new source of information. If your school has a computer department and the ability to connect with the Internet, or if you have a computer and a modem at home with an Internet link, you can find all the news about weightlifting or any other sport you could ever want. Internet sites that can further your interest in weightlifting and inspire your participation is:

<http://www.usaweightlifting.org>

<http://www.americanweightlifting.bigstep.com/>



Weightlifting is also an Olympic sport. In 2004 the Olympics were held in Athens, Greece. Medalists are found on the next page.

Gold medalists at the 2004 Olympics in Athens were:

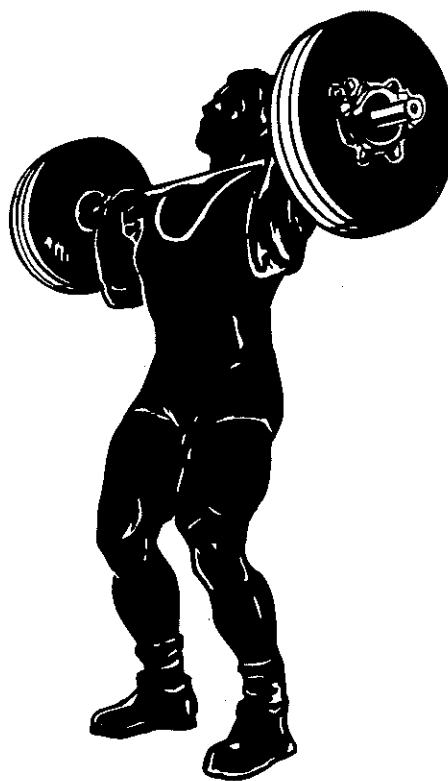
Men

56 kg weight class	Halil Mutlu, Turkey
62 kg weight class	Shi Zhivona, China
69 kg weight class	Zhang Guozheng, China
77 kg weight class	Taner Sagir, Turkey
85 kg weight class	George Asanidze, Georgia
94 kg weight class	Milen Dobrev, Bulgaria
105 kg weight class	Dmitry Berestov, Russia
105+ kg weight class	Hossein Reza Zadeh, Iran

Women

48 kg weight class	Nurcan Taylan, Turkey
53 kg weight class	Udomporn Polsak, Thailand
58 kg weight class	Chen Yangting, China
63 kg weight class	Nataliya Skakun, Ukraine
69 kg weight class	Liu Chunhona, China
75 kg weight class	Pawina Thongusk, Thailand
75+ kg weight class	Tang Gonghong, China

The 2004 U.S. Olympic Team members were: Tara Cunningham of Mt. Pleasant, Michigan, Cheryl Haworth of Savannah, Georgia, Shane Hamman of Mustang, Oklahoma, Oscar Chaplin III of Savannah, Georgia, Chad Vaughn of Oklahoma City, Oklahoma, Cara Heads of Costa Mesa, California, Carissa Gordon of Essex Junction, Vermont, and Pete Kelley of St. Joseph, Missouri.



STUDENT RESPONSE PACKET

WEIGHTLIFTING

NAME _____

DATE _____

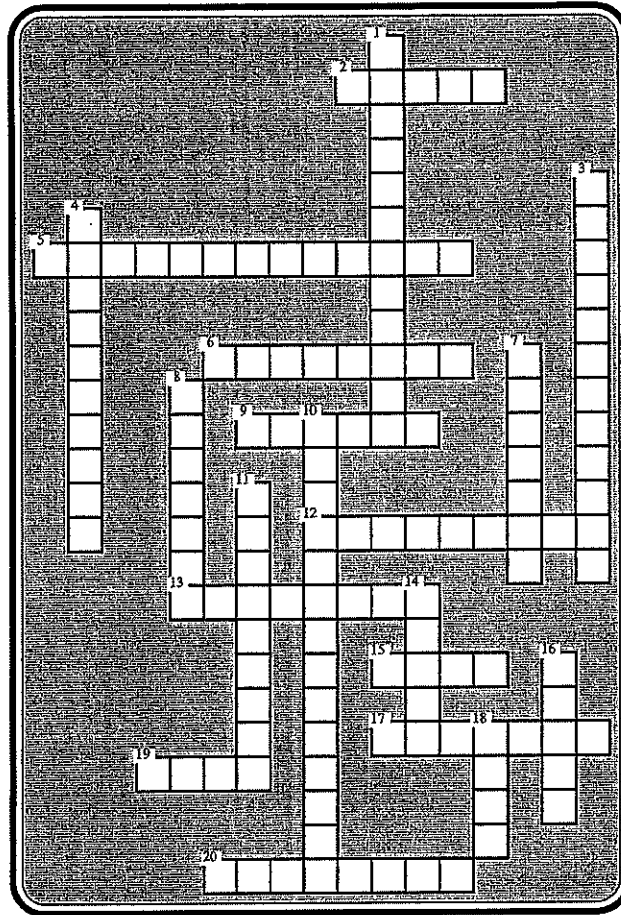
WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of weightlifting and weight training. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

1. What are some of the physical benefits to be gained from weightlifting?
2. Name at least two erroneous ideas about weightlifting that persist to the present day, and explain why they are in error.
3. Distinguish between the terms "strength," "power," and "endurance" as they are used in weightlifting.
4. What is the difference between weightlifting and bodybuilding?

5. Why is it important to warm up before doing weight training?
6. Why should you never do an exercise such as the bench press without a spotter?
7. Describe how the exercise known as the “thigh curl” is done. What muscle group does it work?
8. How is the bench press done? What muscle groups does this exercise work?
9. How should you “cool down” after a weight training session?
10. What kind of clothing is best for weight training?

Name: _____ Date: _____



Across:

2. Measure of weight lifted within a specified time
5. A sport involving weights
6. Weight _____ is body-conditioning with weights
9. Do these to work trapezius and lateral deltoids
12. Hip _____ works inner thigh muscles
13. A type of weightlifting machine
15. The thigh _____ works the hamstrings
17. Measure of weight lifted rapidly through many reps
19. These weights include barbells and dumbbells
20. Measure of weight lifted regardless of time

Down:

1. Type of body conditioning by resistance exercises
3. Type of weightlifting sport
4. Training that involves moving against a resisting force
7. Ultimate weight lifting competition
8. Most famous US Olympic Team weightlifting coach
10. Therapeutic resistance training
11. Measure of weight lifted in reps over a period of time
14. This works the legs, hips and back
16. Do this press to work pectorals and triceps
18. Legendary Greek inventor of weight lifting

Name: _____ Date: _____

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Use the clues below to discover words in the above puzzle. Circle the words.

1. Ultimate weight lifting competition
2. Measure of weight lifted within a specified time
3. Do this press to work pectorals and triceps
4. Measure of weight lifted regardless of time
5. Training that involves moving against a resisting force
6. Most famous US Olympic Team weightlifting coach
7. A sport involving weights
8. Type of body conditioning by resistance exercises
9. Legendary Greek inventor of weight lifting
10. Do these to work trapezius and lateral deltoids
11. Measure of weight lifted rapidly through many reps
12. The thigh _____ works the hamstrings
13. A type of weightlifting machine
14. This works the legs, hips and back
15. These weights include barbells and dumbbells
16. Type of weightlifting sport
17. Therapeutic resistance training
18. Weight _____ is body-conditioning with weights
19. Measure of weight lifted in reps over a period of time
20. Hip _____ works inner thigh muscles

RACQUETBALL

PACKET # 18

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

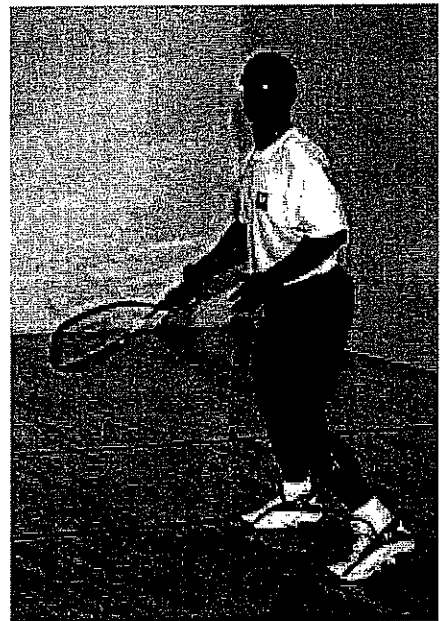
INTRODUCTION

Racquetball is a relatively new game which continues to grow in popularity. It can be played competitively or simply for fun and relaxation.

HISTORY OF THE GAME

Racquetball is an offshoot of the game of tennis. It's tempting to make comparisons between the two sports but we have to be careful not to be misleading! According to many pros, excelling in one of the racquet sports does not necessarily guarantee top performance in another.

Racquetball is a young sport, having originated in the United States in the 1950s. Although it is strenuous and physically challenging, it does not entail chasing balls all over a court. But like tennis, it does require both superior physical dexterity as well as the ability to strategize quickly and effectively.



HOW RACQUETBALL IS PLAYED

BASIC RULES

Racquetball can be played alone, against one opponent as a singles game, or with four players as a doubles game.

In racquetball, the first team or player to score 21 points (or to score 11 points if the opposing players remain scoreless) wins. A match is won by the first side to win two games.

The server or serving side tries to win each volley by serving or returning the ball so that the opposition is not able to keep the ball in play. Points can be scored only by the side that is serving when it makes an unreturnable serve or wins a volley. When the serving side loses the volley, it automatically loses the serve (called “a handout”).

THE COURT

Competitive racquetball is played on a four-walled room with a ceiling. The typical court is 20 feet wide, 40 feet long and 20 feet high, with six playing surfaces: the front wall, back wall, two side walls, the ceiling and the floor.

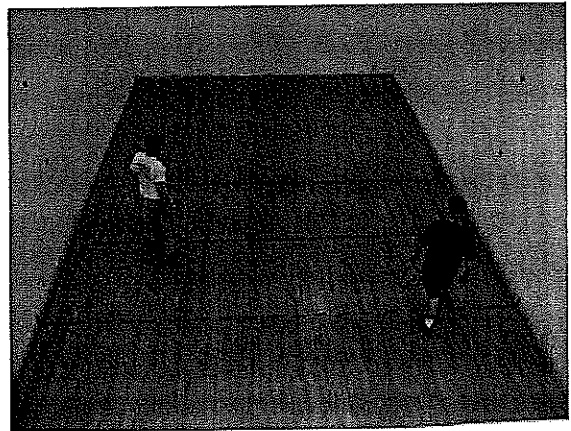
Lines divide the court into sections:

The **short line** runs parallel to the front wall and divides the court into front and back courts.

The **service line** runs five feet in front of the short line and parallel to it.

The **service zone** is the area between the short line and the service line.

The **service boxes** are formed by lines that run 18 inches away from and parallel to the two side walls. During a doubles game, the server's partner stands in one of the boxes during the serve.



PLAYING TECHNIQUES

STROKES

Racquetball is played with three basic strokes: backhand, forehand and overhand.

In the **backhand** stroke, the key point to remember is that the face of the racquet must hit the ball perpendicular to the floor just past the right leg. Your body is bent slightly facing the left wall (right wall for left-handed players). The right arm is raised so that the racquet head is above your left ear. The weight is on your left leg until the racquet is swung; then the weight shifts to your right leg as your arm swings across the front of your body.

As you swing the racquet, keep your eyes on the ball. After you hit the ball, let your arm follow through the arc of the swing until it straightens out again.

The **forehand** stroke is easier to perform than the backhand stroke. However, the body motions used in this stroke are almost identical with those used in the backhand stroke. The racquet is held perpendicular to the floor. The racquet contacts the ball just past the left leg.



The key to the forehand stroke is to bring the racquet arm back behind your head as fast as possible before starting the downswing. Also, keep your wrist cocked back so that it snaps as the racquet meets the ball.

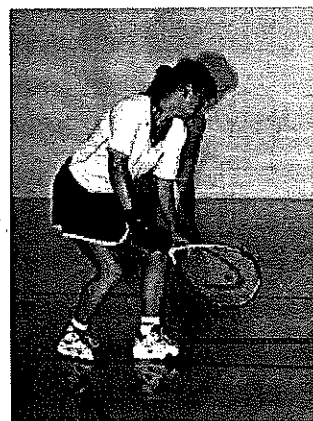
The **overhand** stroke is the least-used stroke in racquetball. It is often used for ceiling shots. It's also widely used by beginning players who are not yet sure of the other moves.

In this stroke, move your racquet arm back and hold it at a 90-degree angle. The overhead motion is similar to tossing a ball in the air. Extend your racquet arm forward as if you were trying to smash the ball.

THE SERVE

As with tennis, the serve is where the game of racquetball begins. The player who serves is the only one who can earn points. As in tennis, the exchange of the ball between players after the serve is called the “volley.”

The proper way to serve is to bounce the ball and hit it with the racquet against the front wall of the court. As mentioned above, a handout (losing the serve) can occur if there is a foot fault or a bad serve. Three kinds of errors can result in losing the serve:



A **foot fault** occurs when the server's foot extends over the foot boundaries. Two successive foot faults result in a handout.

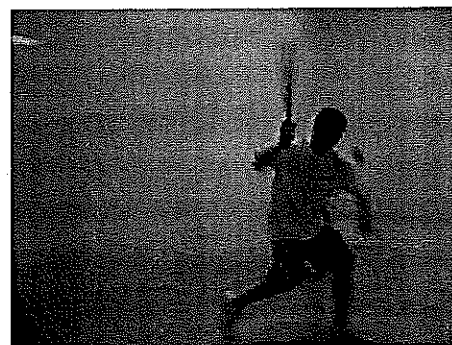
A **bad serve** occurs when the ball hits the ceiling, floor or any of the other walls of the court before it hits the front wall.

A **handout** occurs when two successive faults are committed. This can occur when the ball hits the short line on a serve (this is called “a short”), or when the ball hits the rear wall on a serve before it bounces (this is called “a long”).

TYPES OF SERVES

The three most important serves in racquetball are the Power Serve, the Lob and the Zee.

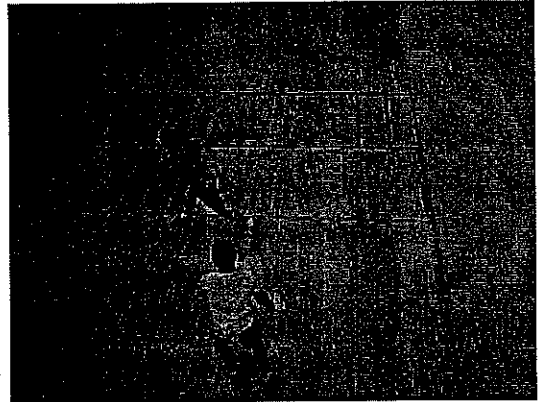
The **power serve** (or “Power Drive”) is the most common serve used by skilled players. When done correctly, this serve is difficult for the player's opponent to return. A serve which is impossible to return is called an “Ace.” On a low bounce, the ball is hit with full strength to a point on the front wall so that the ball rebounds only a few inches high off either side wall.



The **lob** is a much softer serve than the Power Serve. The ball is hit to the top of the front wall so that it rebounds to either side wall and hits the floor near the rear wall. The closer the ball to the rear wall, the more difficult it is

for the receiver to return it.

The **zee** is a specialized serve. In this serve, the ball follows a twisted path that resembles the letter "Z." Ideally, the ball will strike the front wall 8 to 16 feet above the floor. It rebounds onto the side wall and travels across the court, bounces on the floor, and hits the opposite side wall. The ball cannot hit the first side wall before it hits the front wall.



The Zee is a complicated and tricky serve. Considerable practice is required before a player can use it effectively.

SERVE RETURNS

Two rules of thumb when returning balls are:

1. If a ball is below the knee, the player should run toward it and return it.
2. If the ball is above the knee, the player should wait for the ball to rebound off a wall and then return it.

Five other basic rules also should be kept in mind during a game:

1. When the ball is being served, stand at least five feet behind the short line.
2. A ball cannot be returned until it has passed the short line.
3. The ball must be returned before it hits the floor twice. The ball can also be returned on the fly or before it touches the floor.
4. A ball should hit the front wall first. However, it can hit the



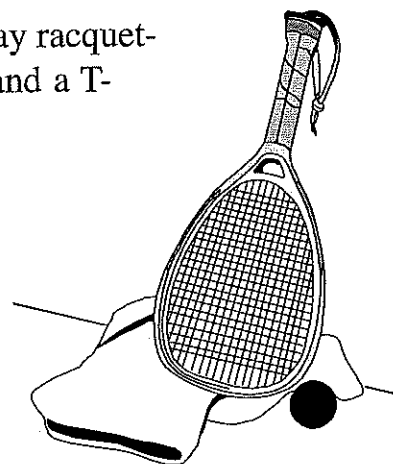
ceiling or side walls before it reaches the front wall. It must not touch the floor before it touches the front wall.

5. If you swing at the serve and miss, you can recover and make a legal return.

EQUIPMENT AND CLOTHING

Any type of loose, non-binding garments can be worn to play racquetball. Many players wear shorts or lightweight sweatpants and a T-shirt.

Beginning players might also consider wearing protective eye gear. Occasionally, serious eye injuries occur in racquetball because of the enormous force of the ball. Canada requires protective eye gear of all racquetball players, but the United States has yet to pass such a law.



RACQUETBALL NOTES AND NEWS

America has two national racquetball organizations: the American Amateur Racquetball Association (AARA) and the United States Professional Racquetball Association (USPRA). The AARA publishes the official racquetball tournament rules and sanctions racquetball events. The USPRA exists primarily to promote the sport of racquetball and the racquetball teaching profession.

Some of the top racquetball magazines are *Killshot*, P. O. Box 8036, Paducah, KY 42002-8036; *Racquetball*, published by the AARA; and *Racquetball Today*, published by the West Publishing Company.

In addition to print media sources, the Internet has many sources. If your school has a computer department with Internet links, you might look at The United States Racquetball Association's website at: <http://www.usra.org>

At this site you can see the very latest information about the sport at both the amateur and the professional level. The USRA is active in sponsoring High School programs that involve young players interested in representing their schools at the annual U.S. National High School Championships. Recent USRA High School Champions include the athletes listed on the next page.

Boy's High School Singles

Year	Champion & High School
2005	Mike Keddie, Memorial HS (New Hampshire)
2004	Joey Lakowske, Crescent Valley High (Oregon)
2003	Dan Sheppick, Rex Putnam HS (Oregon)
2002	Steven Klaiman, Episcopal HS (Texas)
2001	Jack Huczek, Adams HS (Michigan)

Girl's High School Singles

Year	Champion & High School
2005	Katie Ferguson, Catlin Gabel (Oregon)
2004	Kelley Fisher, Centerville HS (Ohio)
2003	Adrienne Fisher, Centerville HS (Ohio)
2002	Adrienne Fisher, Centerville HS (Ohio)
2001	Adrienne Fisher, Centerville HS (Ohio)

The USRA Intercollegiate program is designed to aid in the development of intercollegiate and intramural programs. Recent USRA Intercollegiate Champions:

Men's Collegiate Singles

Year	Champion & University
2006	Matt Melstar, Colorado State
2004	Jack Huczek, Oakland University
2003	Jack Huczek, Oakland University
2002	Jack Huczek, Oakland University

Women's Collegiate Singles

Year	Champion & University
2006	Diane Meyer, Oregon State
2004	Kristen Walsh, University of Utah
2003	Kristen Walsh, University of Utah
2002	Krystal Csuk, Baldwin Wallace University



Every four years, the Pan American Games are held the summer before the Olympics. In 2003 Pan American Games were held in the Dominican Republic. The United States took a first in each category of racquetball competition and the team championship went to the USA as well.

Racquetball is an exciting sport to play or watch. Try the Internet for more up-to-date information about this fast-paced game.

STUDENT RESPONSE PACKET

RACQUETBALL

NAME _____

DATE _____

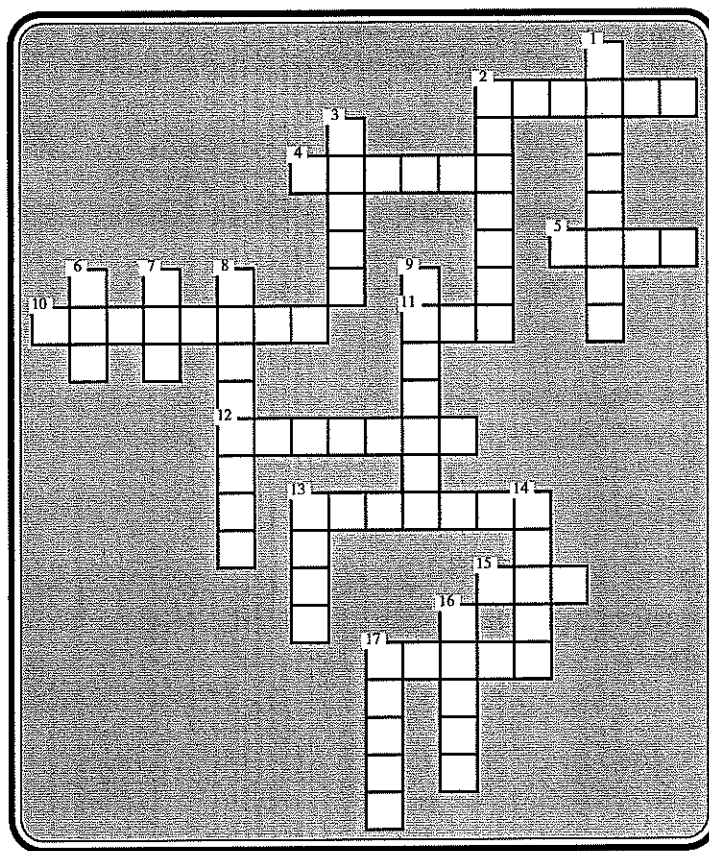
WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of racquetball. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

1. From which other sport was racquetball derived?
2. What are some of the physical benefits to be gained from playing racquetball?
3. Who wins a game in racquetball and how? Who wins a match and how?
4. Describe the typical racquetball court.
5. What are "service zones?" "service boxes?"

6. Describe three basic types of strokes in racquetball.
7. It's often said that "the serve is where the game of racquetball begins." Why is this true?
8. What three kinds of errors can result in losing a serve?
9. What are the three basic types of serves in racquetball?
10. If a ball is below the knee, what should the player do? What should he/she do for a ball above the knee?

Name: _____ Date: _____

**Across:**

2. Points can only be earned by this player
4. The lob is a _____ serve than the power serve
5. The court often has four of them
10. Stroke with the palm of the hand facing the ball
11. A serve which is impossible to return
12. Error when two successive faults are committed
13. Decade of the 20th century when racquetball originated
15. Type of bounce where ball is hit with full strength
17. A ball should hit this wall first

Down:

1. Stroke often used for ceiling shots
2. The line that runs five feet in front of the short line
3. One important type of serve
6. Another important type of serve
7. A specialized serve
8. Stroke with the top of the hand facing the ball
9. The primary tool of the racquetball player
13. This fault is a serving error
14. The line that runs parallel to the front wall
16. Service areas formed by lines 18" away from side walls
17. Length of the court in feet

Name: _____ Date: _____

C	Q	W	O	W	F	B	E	S	H	O	R	T	F	C	A	T	T	S	N	R	O	O	F	R	O	N	T	H
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O	R	C	P	O	E	H	Y	W	D	O	W	O	H	O	F	E	T	W	R	E	E	O	B	E	C	W	E	E

Use the clues below to discover words in the above puzzle. Circle the words.

1. The line that runs five feet in front of the short line
2. Decade of the 20th century when racquetball originated
3. Stroke with the palm of the hand facing the ball
4. Stroke often used for ceiling shots
5. A ball should hit this wall first
6. Stroke with the top of the hand facing the ball
7. The line that runs parallel to the front wall
8. This fault is a serving error
9. One of three important serve types
10. A serve which is impossible to return
11. The court often has four of them
12. The primary tool of the racquetball player
13. The lob is a _____ serve than the power serve
14. Length of the court in feet
15. A specialized serve
16. Type of bounce where ball is hit with full strength
17. Error when two successive faults are committed
18. One of three important serve types
19. Service areas formed by lines 18" away from side walls
20. Points can only be earned by this player

ARCHERY

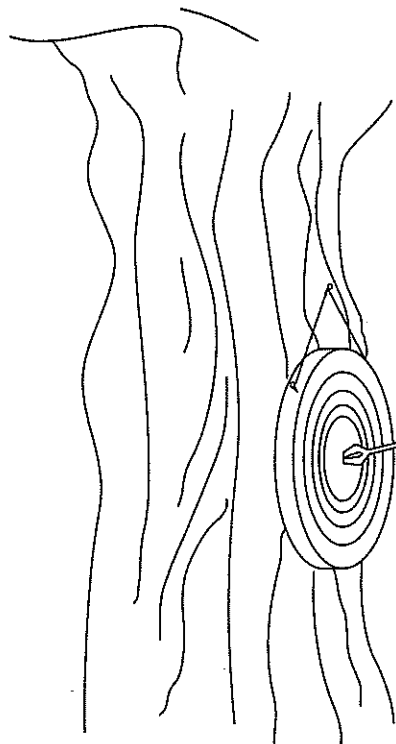
PACKET # 7

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.



INTRODUCTION

With the possible exception of spear or javelin throwing, archery (using a bow to shoot an arrow) is probably the oldest sport in existence. It can be traced back to prehistoric times. Archery also played a major role in military history for thousands of years.

Today people participate in archery for the sheer enjoyment of target shooting and bowhunting. It is also a relatively inexpensive sport which can be practiced both indoors and outdoors.

Bowhunting for deer, peccary (wild pig) and other small game is gaining in popularity in the United States. Bow hunters often participate in competitions with full-sized three-dimensional targets made to resemble actual game.

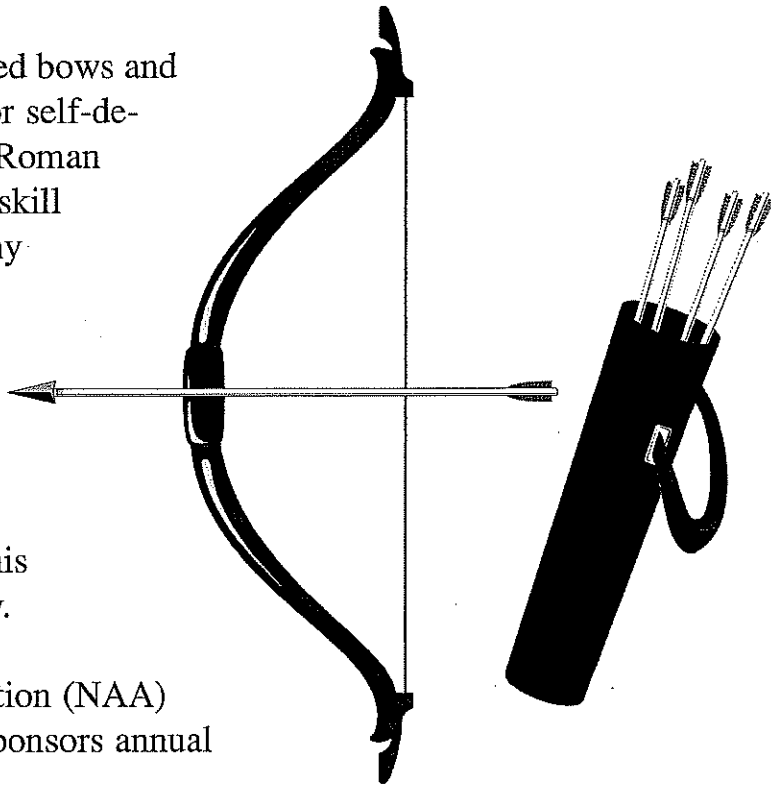
For example, the annual "Mountain Man Classic" bowhunting competition in North Georgia involves running against the clock up and down 1-1/2 to 2 miles of steep wilderness terrain, spotting and shooting at deer and turkey targets that have been placed in obscure locations. This type of archery competition is extremely strenuous and requires months of endurance conditioning in addition to skills with a bow.

HISTORY OF ARCHERY

In prehistoric times, people used bows and arrows to hunt for food and for self-defense. During the Greek and Roman civilizations, armies used the skill of trained bowmen to win many battles.

Archery achieved new status as an American sport in 1828 when an association called “The United Bowmen of Philadelphia” was formed. This group is still in existence today.

The National Archery Association (NAA) was founded in 1879. It still sponsors annual national archery competitions.



HOW ARCHERY IS DONE

The purpose of archery as a sport is to hit a target with an arrow. The highest score is made when a target designed with progressively smaller rings is hit in the center. This is the familiar “bullseye” target. Lesser scores are made as the arrow hits rings farther away from the center. Competition involves several archers, each trying to make the highest score possible in a specified number of tries.

SHOOTING TECHNIQUES

There is only one basic shooting technique in archery. An analysis of this technique helps us to identify ten basic steps as listed below. If all ten steps are done correctly, the shooting will appear to be graceful and almost effortless:

1. **Assuming the stance.** The archer should feel firmly placed but not stiff or tense. He or she should stand at right angles to the target with the eyes looking directly at the target.
2. **Positioning the bow arm and grip.** The bow is not really “gripped,” but is sup-

ported at arm's length from the body. The index finger or second finger is wrapped around the part of the bow that is facing the target, while the thumb is wrapped around the part of the bow that faces the archer. The shoulders are not "hunched," but are kept down and pulled to the back. The arm holding the bow is held as steady as possible without the muscles being tensed.

3. **Nocking.** The fletched or vaned end of the arrow has a small notch that fits over the bowstring. Slipping this notch over the bowstring is called "nocking."



4. **Drawing.** Drawing or pulling back on the bow string utilizes both arms and the upper body muscles. The bow arm is raised toward the target as the string pulls backwards. The upper arm, shoulder and upper back muscles should not be too tense, or the draw will be executed improperly. During this step, many archers find that it helps to take a deep breath and hold it.

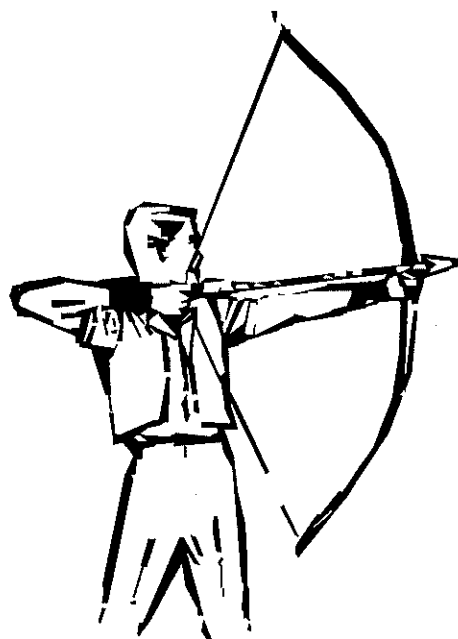
5. **Anchoring.** It is critical that the string be pulled back to a proper anchor point. This is the point at which the bowstring arm has reached full flexion or bending at the elbow. The position varies according to the particular individual's skeletal and muscular lever system. As little as 1/8 inch in anchoring can affect shooting accuracy.

6. **Relaxing.** Archers need to take time to assure that only the muscles involved in supporting the bow and drawing the bowstring are tense. Overall performance improves when archers pay attention to this point.
7. **Aiming.** The sight-shooting method is a popular way of shooting at targets. A mechanical device is attached to the bow and can be both horizontally and vertically adjusted. The "sight" is fastened to the back of the bow slightly above the arrow rest. The archer should close the left eye or right eye (depending on whether the archer is right- or left-handed) and look at the "sight" pin. Then he/she should align it with the center (gold circle) of the target, also allowing for distance and wind (if any).
8. **Concentrating.** As with all sports, the ability to concentrate in archery often makes the difference between excellence and average performance. The archer should put everything else out of his/her mind and concentrate on the target.

9. **Releasing.** Smoothly release the string, holding the string fingers steady and relaxed without any snap or jerk to the hand. The arrow is now sent on its way.
10. **Follow-through.** Hold your stance for a few seconds after release.

EQUIPMENT AND CLOTHING

A first and major step in learning archery is identifying and understanding the equipment. A potential bowman will choose either a straight bow or a recurved bow (a bow in which the tips curve back to form an arc). The length of the bow depends on the individual needs of the purchaser, including his/her age, weight and height. Some hunting bows have complex compound curves, with equally complex systems of pulleys and bowstrings.

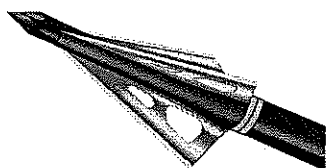


Bows range in length from 48 to 70 inches. Longer bows are used for target shooting and shorter bows for hunting. Most hunting bows weigh more than target bows, which usually range in weight from 10 to 50 pounds.

It is always best to buy a bow that is light enough to be handled comfortably. The “weight” of the bow does not refer to how much it would weigh if put on a set of scales. Instead, “weight” in archery refers to the amount of weight in pounds you would have to attach to the bowstring to bend a stationary bow a specific amount. This is often called the “draw weight.” Thus a 70-pound bow does not weigh 70 pounds. Instead, it requires 70 pounds of pulling force to bend the bow a certain amount.

Bowstrings are made of synthetic materials such as Nylon or Dacron. Archers often wax their bowstrings as protection against the elements.

Arrows are carried in an arrow holder called a “quiver,” or, in the case of hunting bows, are often attached to a rack on the bow itself. The arrow is composed as follows:



A point or “pile,” which varies from a simple sharp point to broadhead, quintuple-sectioned steeple-shaped heads.

A shaft and a “shaftment,” or rear of the arrow.



A “nock” or notch at the end of the arrow that fits over the bowstring.

Feathers, vanes or “fletches” at the nock end of the arrow, which help the arrow to fly in a straight line toward a target.

Some archers use a leather arm guard worn on the inside forearm of the hand that supports the bow. A leather tab or a shooting glove is often worn to protect the fingers that draw back the bowstring.

Archers should always wear comfortable, uncluttered, form-fitting clothes. Jewelry, large buttons, scarves and big pockets will only get in the way of the bow and arrow.

SAFETY TIPS

Although it involves the use of one of the oldest types of weapons, archery is not necessarily a dangerous sport. However, as with any physical activity, it is up to the individual to keep the sport as safe as possible by observing certain rules, especially the following four:

Novice (beginning) archers should always be supervised. Don’t try to get started in archery without prior instruction or supervision.

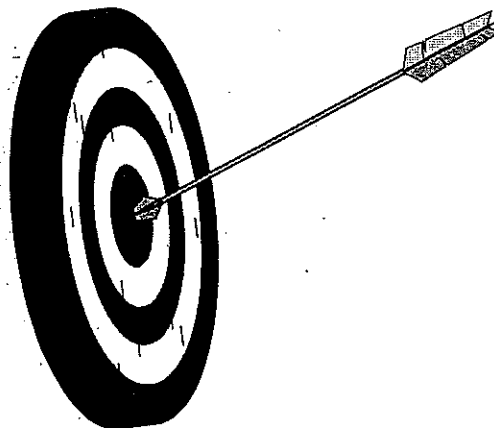
An arrow ready to be released should be pointed only at the target, never at persons, animals or objects.

Arrows should not be shot straight up into the air. When that happens, they usually come straight back down. This can be very dangerous!

Never take chances in archery. It’s better to be safe than sorry.

NOTES AND NEWS

In addition to being a form of recreation, archery is an Olympic sport. Olympic archery competition has strict equipment rules. For example, Olympic bows are recurved, and can



propel arrows up to 150 miles per hour. The draw weight averages 50 pounds for men and 34 pounds for women. Most arrows are made of either aluminum or carbon graphite.



20th WORLD FIELD ARCHERY CHAMPIONSHIPS: Gothenburg, Spain, 2006

<u>Event</u>	<u>Winners</u>	<u>Country</u>
Women's Compound Bow	Silke Hoettecke	Germany
Men's Compound Bow	M. Lundin	Sweden
Women's Recursive Bow	Dolores Cekada	Slovenia
Men's Recursive Bow	Michele Fragilli	Italy

Gold Medalists in the 2004 Olympic archery competition in Athens were as follows:

Men's Singles	Marco Galianzo, Italy
Men's Archery Team	South Korea
Women's Singles	Park Sung-hyun, South Korea
Women's Archery Team	South Korea

Keep current with this exciting sport. Although it is an ancient sport, archery continues to grow in popularity. Visit these websites to learn more:

<http://usarchery.myicontrol.com/>
<http://www.archerynetwork.com/>
<http://fw.ky.gov/archflyer.asp>

STUDENT RESPONSE PACKET

ARCHERY

NAME _____

DATE _____

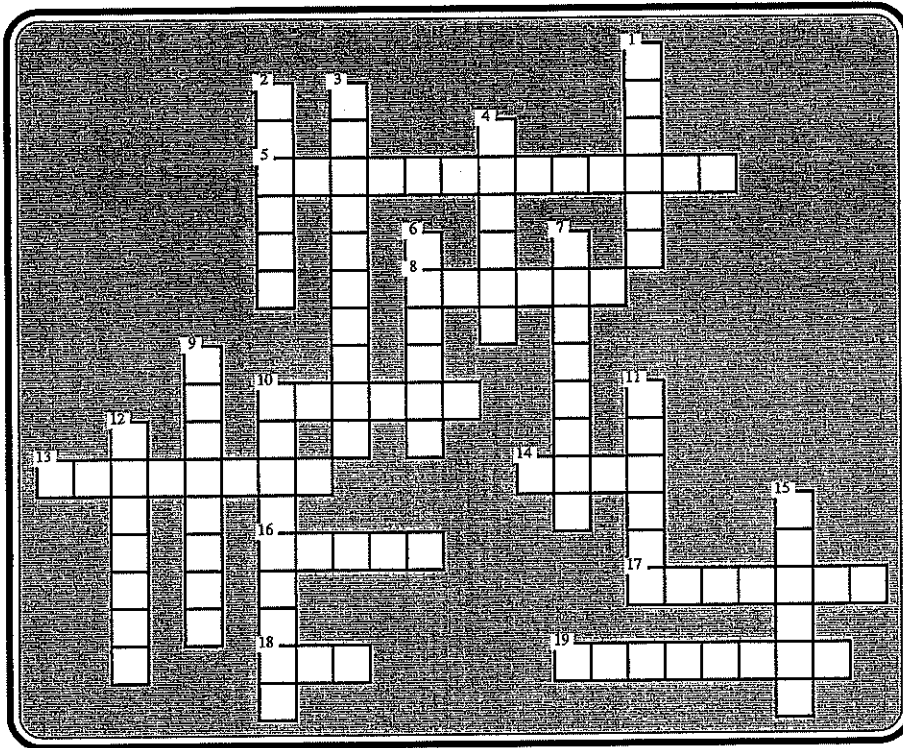
WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of archery. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

1. What are the physical benefits to be obtained from archery?
2. What are some of the factors an archer must consider in his/her choice of a bow?
3. What is "the draw weight" of a bow?
4. What basic pieces of equipment are needed to get started in archery?

5. Describe the ten steps in shooting a bow and arrow.
6. True or False: A good archer keeps his/her body and arm tense and rigid at all times.
7. What do beginning archers need to do before they begin to practice archery?
8. Should you ever shoot an arrow straight up into the air? Explain.
9. Why is concentration so important in archery?
10. What does "follow-through" mean in archery and why is it important?

Name: _____ Date: _____

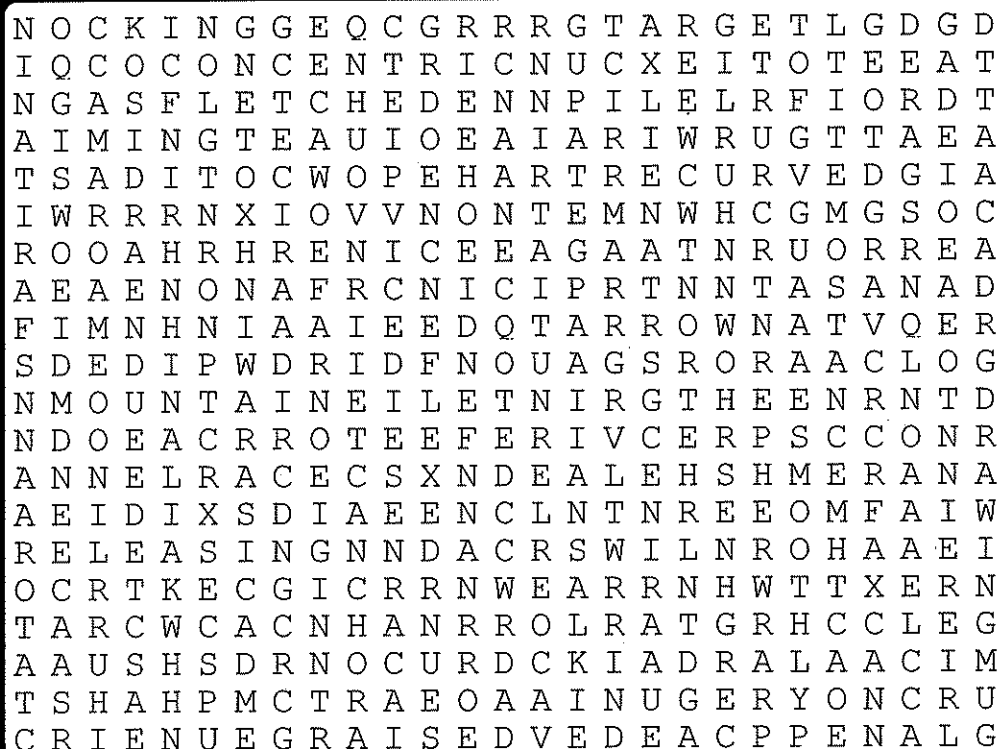
**Across:**

5. Putting everything out of your mind but the target
8. The point at which the bowstring is pulled back fully
10. When drawing, the bow arm is _____ toward the target
13. This is how one should release the bowstring
14. Another name for an arrow point
16. This is shot by the bow
17. This word describes pulling back on the bowstring
18. Acronym for the archery association founded in 1828
19. Type of bow that is often used for hunting

Down:

1. A sight-shooting method
2. The thumb supporting the bow faces this
3. Arrangement for rings in an archery target
4. Standing at right angles to the target
6. The fingers supporting the bow face this
7. The annual _____ man competition is for bowhunters
9. The end of the arrow with the nock
10. Letting go of the bowstring
11. When anchoring, the arm is fully _____ at the elbow
12. Placing the arrow against the bowstring
15. Arrow holder

Name: _____ Date: _____



Use the clues below to discover words in the above puzzle. Circle the words.

1. The point at which the bowstring is pulled back fully
2. This is how one should release the bowstring
3. The fingers supporting the bow face this
4. Standing at right angles to the target
5. Putting everything out of your mind but the target
6. The annual _____ man competition is for bowhunters
7. A sight-shooting method
8. Letting go of the bowstring
9. Acronym for the archery association founded in 1828
10. The end of the arrow with the nock
11. Placing the arrow against the bowstring
12. The thumb supporting the bow faces this
13. When anchoring, the arm is fully _____ at the elbow
14. Type of bow that is often used for hunting
15. Another name for an arrow point
16. When drawing, the bow arm is _____ toward the target
17. Arrangement for rings in an archery target
18. This is shot by the bow
19. This word describes pulling back on the bowstring
20. Arrow holder

WRESTLING

PACKET # 8

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

INTRODUCTION

Wrestling is a "basic sport" in the sense that it finally comes down to the strength and skill of one person pitted against that of another. Practically every muscle in the body is used in wrestling. Moreover, training must produce strength, speed and endurance. A participant must be in excellent physical condition.

The two most popular styles of wrestling practiced in the United States are the Greco-Roman style and Freestyle.

In the **Freestyle** form, a wrestler can use his/her hands, arms, legs and feet to overcome an opponent. This style also allows for great freedom of movement and allows both tripping and tackling.

The **Greco-Roman** style forbids the use of the legs and relies instead on arm and upper-body strength. The Olympic Games currently include both styles of competitive wrestling.



HOW WRESTLING MATCHES ARE PERFORMED

A wrestling match takes place on a mat with a circle in the center, about 28 feet in diameter. At the Olympic level, a match is composed of three 3-minute periods. On the

high school level, a match is comprised of three two-minute periods. College matches are made up of a two-minute period followed by two three-minute periods.

Typically, wrestlers are grouped by weight. High school wrestling has 13 weight classes, starting at 103 pounds and going up to 275 pounds. College wrestling has 10 weight classes, starting at 118 pounds. The advanced wrestler may enter any of eight different weight classes in international competition.



In the first period, wrestlers try to force their opponents onto the mat in a “takedown.” The period begins with the wrestlers facing each other in a standing position. A toss of the coin determines starting positions for the second and third periods. In the second and third periods, wrestlers can start while standing or can begin in the referee’s position, which means that the wrestler on the bottom has his or her hands and knees on the mat.

These are the three different ways matches are won:

By pinning the opponent’s shoulders flat to the mat.

By a technical fall or a 15-point lead.

By winning the most points.

A match can end in any period. Even if a wrestler has fewer points than his or her opponent, he or she can still win if he/she pins the other wrestler to the mat.

WRESTLING TECHNIQUES

When one wrestler gains control over another wrestler by bringing him/her down, a takedown has occurred and two points are scored. If a wrestler frees himself or herself from the opponent’s control and then gains control of the opponent, a reversal has taken place—worth two points.

Another two-point move is called a “predicament,” and occurs when one wrestler controls the other. The referee then decides that a near fall may occur. A near fall is worth

two, sometimes three, points. In this move, a wrestler must pin one of his or her opponent's shoulders to the mat and hold the other shoulder near the mat at an angle less than 45 degrees.

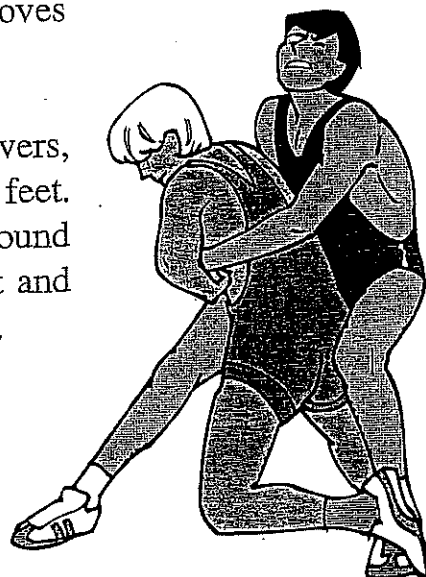
Two points are awarded if the hold is maintained less than five seconds. The move becomes a three-point award when the maneuver is held close to the mat for more than five seconds. If a wrestler can pin both of his/her opponent's shoulders to the mat for five seconds, six points are awarded.

TAKEDOWNS, ESCAPES AND REVERSALS

The takedown, escape and reversal are important basic moves that beginners should master.

A **double-leg takedown**, one of the basic takedown maneuvers, begins when you put your foot between your opponent's feet. Then take your lead knee to the mat and lock both arms around the opponent's thigh. The opponent is taken off the mat and over your shoulders, then dropped back down on the mat.

The **high-crotch takedown** depends on quick reactions and strength. If an opponent grabs your neck, a counter-move is to take hold of the opponent's elbow. The elbow is pushed toward the opponent's body, then pulled out as you drop to your knee and place a free arm between your opponent's legs. Then dropped your opponent over your shoulder to you gain control of him or her.



Two other takedowns that rely particularly on strength are the **bearhug** and the **headlock**. In the bearhug, you grab the torso of the opponent, throwing the opponent to the side or pushing him/her backward so that the opponent falls.

The headlock requires you to wrap an arm around the opponent's head and force the opponent down or throw him/her to the side.

The **inside-leg stand-up** is a basic escape maneuver. This move allows the wrestler on the bottom to get free and try to gain control.

The **short-sit-out** is an escape move that allows the wrestler on the bottom to get his/her legs into a sitting position. Escapes can sometimes be difficult to accomplish, especially

if the wrestlers are evenly matched in size/strength.

The **side roll and switch** are two reversals that are especially good for beginning wrestlers to master. The reversals start from the bottom position and depend on strength and quick reactions in order for the bottom wrestler to get on top.



PSYCHOLOGICAL FACTORS

Psychological factors are all-important in wrestling. All other things being equal, a wrestler has a better chance of success if he/she has a strong will to win. Confidence in one's ability is as important in wrestling as is the ability itself. So is concentration and the ability to focus exclusively on one's performance and one's opponent. Remember, however, that confidence is not some magic ingredient that will help you win matches. Confidence is gained by hard work and the development of wrestling skills.

Wrestling also demands year-round practice. In this respect it is not a sport for everyone. Certainly, it's not a "weekend" sport like golf. A young wrestler must work on building strength through resistance and aerobic training, proper nutrition and rest.

EQUIPMENT AND CLOTHING

Wrestling requires only a minimum amount of equipment. Wrestlers traditionally wear an outfit called a singlet—a one-piece garment with shorts and a sleeveless top. Shoes are lightweight, ankle-high and without heels. In recent years, protective headgear covering the ears has become a standard requirement.

WRESTLING NOTES AND NEWS

Wrestling exists in two versions in North American popular culture: as a legitimate sport and as a form of entertainment. As a sport, wrestling does not have the popularity of football or basketball. But as a form of entertainment, as witnessed in associations such as the World Wrestling Federation, it fills arenas, magazines and TV screens.

Wrestling is also an Olympic sport, where Freestyle and Greco-Roman are the only permissible styles. Both Greco-Roman and Freestyle wrestling are divided into 10 weight classes, ranging from 48 kg. to 130 kg.

Recent Olympic rule changes have increased the spectator enjoyment of wrestling. In 1989, matches became one-period, 5-minutes contests. This change decreased the importance of endurance and increased the importance of speed and skill.

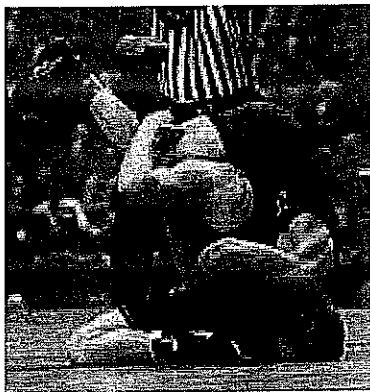
The greatest American heavyweight freestyle Olympic wrestler is Bruce Baumgartner, who has been in Olympic competition in 1984, 1988, 1992 and 1996. He holds four gold medals and one silver medal.

You can get a feel for the international flavor of wrestling with this abbreviated listing of freestyle medalists from the Athens Olympics in 2004:



<u>Wrestler</u>	<u>Country</u>	<u>Medal</u>
55kg:		
Mavlet Batirov	Russia	Gold Medal
Stephen Abas	USA	Silver Medal
Chikara Tanabe	Japan	Bronze Medal
=====		
66kg		
Elbrus Tedeyev	Ukraine	Gold Medal
Jamill Kelly	USA	Silver Medal
Makhach Murtazaliev	Russia	Bronze Medal
=====		
84kg		
Cael Sanderson	USA	Gold Medal
Moon Eui-jae	South Korea	Silver Medal
Sazhid Sazhidov	Russia	Bronze Medal
=====		
96kg		
Khadjimourat Gatsalov	Russia	Gold Medal
Magomed Ibragimov	Uzbekistan	Silver Medal
Alireza Heidari	Iran	Bronze Medal
=====		
120kg		
Arthur Taymazov	Uzbekistan	Gold Medal
Alireza Rezaei	Iran	Silver Medal
Aydin Polatci	Turkey	Bronze Medal

NCAA Tournament



In 2006 Oklahoma State clinched its 34nd NCAA national title as the Cowboys won the team trophy at the Division I Wrestling Championships. This was the Cowboys fourth straight title. Oklahoma State won the tournament with 122.5 team points followed by Minnesota with 84 points.

In March, 2006, Oklahoma State also won its eighth Big 12 Championship at the Hilton Coliseum in Ames, Iowa. The Cowboys earned 80 points, followed by Oklahoma with 52.5 points, Nebraska with 52, Iowa State with 47.5 and Missouri with 42.

High Schooler Makes News

Girls are finding their way onto the wrestling mat. Some high schools are permitting girls to compete. In the photo to the right, Anchorage Skyview's Michaela Hutchison, top, works against Colony's Aaron Boss in the championship round of the 103-pound weight class at the state wrestling championships in Anchorage, Alaska, February. 4, 2006. Hutchison won the match to become the first female in the nation to win a prep state wrestling title against boys



Wrestling is an exciting sport both for participants and spectators. You'll find top-notch competition on both high school and college levels. Make it a point to see a wrestling meet this year.

Visit these web sites to keep up to date on what is happening in the world of wrestling:

<http://www.ncwa.net/>

<http://www.ncwa.net/>

STUDENT RESPONSE PACKET

WRESTLING

NAME _____

DATE _____

WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of wrestling. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

1. What physical benefits can be gained from wrestling?

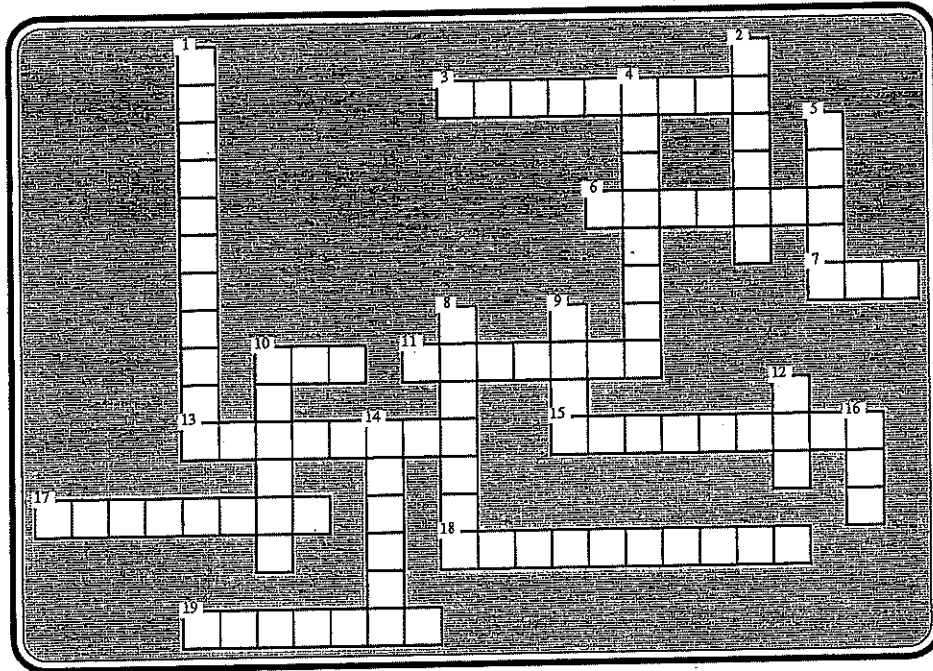
2. What are the two most popular styles of wrestling practiced in the United States?

3. How long is an Olympic wrestling match? a high school match? a college match?

4. How are wrestlers grouped?

5. What is “a takedown” in wrestling?
6. Name three different ways to win a match.
7. What is “a predicament”?
8. What is “a reversal”?
9. Why are psychological factors so important in wrestling?
10. What two types of takedowns rely especially on strength?

Name: _____ Date: _____



Across:

3. One form of wrestling
6. Grabbing an opponent's torso
7. Points awarded if hold is maintained less than five seconds
10. Points awarded if hold is maintained over five seconds
11. Points lead needed to win a match
13. The number of weight classes in high school wrestling
15. One way to win a match is to pin these to the mat
17. Grabbing an opponent's head
18. A form of wrestling
19. One-piece garment worn by wrestlers

Down:

1. What happens when one wrestler controls the other
2. This is how wrestlers are grouped
4. Maneuver to get opponent on the mat
5. The number of weight classes in international wrestling
8. Takes precedence over points
9. These are not used in Greco-Roman wrestling
10. A reversal maneuver
12. The number of weight classes in college wrestling
14. Purpose of an inside-leg standup
16. A short _____ out is done to escape

Name: _____ Date: _____

H	E	N	P	L	A	R	P	G	R	E	C	O	R	O	M	A	N	N	C	T	W	G	O	T	K	E	E	A	N
S	I	I	A	W	T	O	I	T	T	U	I	E	D	T	N	R	F	A	A	H	T	A	E	C	O	S	O	R	T
F	T	E	W	N	C	E	N	C	T	E	L	P	S	I	E	O	O	I	R	E	H	E	I	L	X	I	S	E	T
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T	S	C	H	S	E	H	G	W	L	S	I	E	W	T	O	E	L	I	X	G	S	E	S	S	L	T	P	H	N
S	W	D	H	K	T	S	O	T	T	I	W	B	H	W	T	H	G	G	G	I	M	E	N	E	R	O	C	K	L
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G	S	G	E	G	N	H	L	T	O	G	L	I	E	S	H	E	K	W	T	T	T	H	T	A	G	E	C	K	S
E	E	K	T	E	X	T	T	E	T	F	E	W	N	N	F	H	W	E	W	B	U	K	H	T	E	T	L	C	S
I	N	P	G	T	D	S	S	T	T	E	L	T	L	G	I	P	G	L	D	N	G	T	I	N	E	E	U	T	I
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H	I	E	A	S	I	I	H	W	N	W	I	G	A	S	H	O	U	L	D	E	R	S	E	R	X	T	R	F	H
R	P	T	L	T	I	W	E	P	R	E	D	I	C	A	M	E	N	T	T	U	D	O	N	I	I	S	H	A	N
H	T	I	G	E	A	H	E	T	G	O	R	N	W	N	L	K	E	I	E	I	W	H	A	C	T	S	U	R	E
A	G	T	G	S	E	W	T	W	E	A	S	T	A	T	F	O	E	C	S	C	G	C	O	S	S	F	G	C	I
T	E	I	P	C	E	S	K	R	E	I	D	S	G	N	T	T	T	T	N	W	T	T	W	T	T	E	L	O	I

Use the clues below to discover words in the above puzzle. Circle the words.

- One-piece garment worn by wrestlers
- A short _____ out is done to escape
- Takes precedence over points
- One way to win a match is to pin these to the mat
- Points lead needed to win a match
- A reversal maneuver
- Points awarded if hold is maintained over five seconds
- The number of weight classes in college wrestling
- The number of weight classes in high school wrestling
- The number of weight classes in international wrestling
- Purpose of an inside-leg standup
- Points awarded if hold is maintained less than five seconds
- What happens when one wrestler controls the other
- Grabbing an opponent's torso
- Grabbing an opponent's head
- A form of wrestling
- One form of wrestling
- Maneuver to get opponent on the mat
- These are not used in Greco-Roman wrestling
- This is how wrestlers are grouped

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

INTRODUCTION

Long before there was a written record of most cultures, there was dance. For primitive cultures, dance commemorated births, marriages, religious occasions, deaths, political victories, wars and other events.

We normally think of dance as one of the fine arts, and so it is. But dance requires athletic as well as artistic ability. Whether we choose ballet, modern dance, jazz or ethnic dance, the movements required in dancing demand stamina, strength and endurance.

HISTORY OF DANCE

TRADITIONAL DANCE

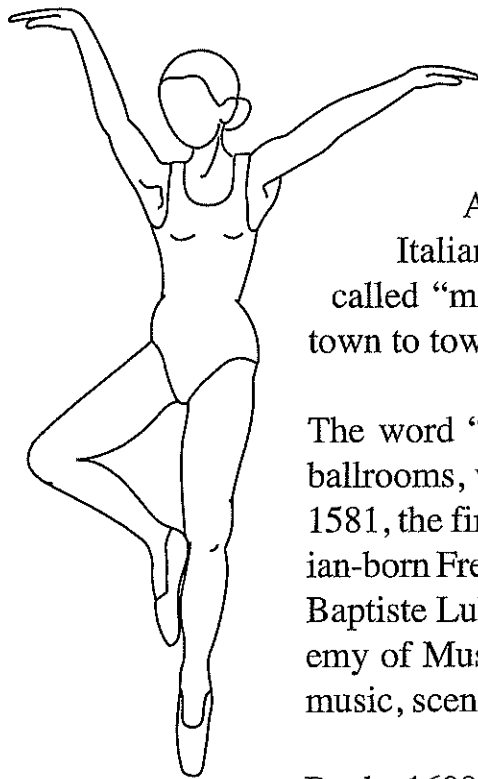
In ancient Egypt, dance was an important part of daily life. Drawings done in the fourth century B.C. suggest that Egyptians had a fairly advanced concept of dance. Some Egyptian dances were similar to our ballroom dancing; others were like modern belly dancing.

Ancient Greece also had its dances, some quite similar to those of the Egyptians. One



dance in particular became famous—a ritual in which Greek women stamped on grapes and whirled about in honor of the god Dionysus. The Greek dramatist, Euripides, wrote a play about the ecstatic dimension of dance. The play was called “The Bacchae.” In it, an overly-serious man, Pentheus, did not recognize the dangers of being caught up in wild dances, and was torn limb-from-limb by the women, who mistook him for an animal.

Rome was a little slower to incorporate dancing into daily life, using dance mainly in choral processions until about 200 B.C. Many Romans considered dancing a dangerous activity and felt that only the insane would dance by choice. Yet by the second century B.C., Romans were using pantomime dance in dramas.



During the Middle Ages, dance as an art form spread all over Europe. Italy with its many festivals and celebrations, made use of jugglers and offered instruction in social dance. During the late Middle Ages, the earliest form of ballet emerged as part of the Italian commedia del arte or in England, as part of the so-called “mystery cycles” of religious dramas that traveled from town to town with minstrels and jugglers.

The word “balletti,” originally referring to dances performed in ballrooms, was first used to refer to productions in the theatre. In 1581, the first ballet, “Circe,” was written and produced by an Italian-born Frenchman. Another Italian who was living in France, Jean Baptiste Lully, established a dance department at the Royal Academy of Music in 1661. Lully was responsible for influencing the music, scenery and movements used in classical ballet.

By the 1600s, the center for ballet moved from Italy to France where the Academie Royale de Danse was founded. With the advent of the Academie, there was now a special school for ballet. Dance was a discipline taught and administered by specialists.

By the 1700s, ballet had progressed to the point where the well-to-do felt that dance was simply part of any well-rounded general education. It was also thought to teach good manners and character. Consequently, many rich European children were taught to dance.

America brought a somewhat different attitude to the art of dance. Colonists in the south were generally more tolerant of dance than those in the Puritan-dominated North. How-

ever, there were plenty of dancing teachers in both North and South to teach the dances remembered from the Old World. African-American slaves also brought their own dances from Africa which later became an influence on dancing in the nineteenth and twentieth centuries.

The nineteenth century saw a tremendous growth of interest in ballet. The Italian Marius Petipa left Italy to work in St. Petersburg, Russia in 1847; he choreographed such works of classical ballet as “Don Quixote,” “Swan Lake” and “The Nutcracker.” Promoter Sergei Diaghilev imported ballet from Russia to America, bringing with him such dancers as Anna Pavlova and Vaslav Nijinsky and choreographer George Balanchine. Balanchine established the New York City Ballet and eventually helped to change the face of dance in America.

MODERN DANCE

As ballet gained a foothold in America, another form of dance was created in direct opposition to the principles of ballet. Innovator Isadora Duncan had a ballet background, yet found that the strict movements of classical ballet did not allow her sufficient freedom of expression. She created her own dance form based on the spontaneous expression of feelings—what we later came to call “modern dance.” Inspired by Isadora Duncan, dancers such as Ruth St. Denis and Ted Shawn created a school and company to train the next generation of modern dancers, among them Martha Graham. She in turn trained Paul Taylor, Merce Cunningham and Twyla Tharp, all of whom have helped to make America the center of modern dance.



JAZZ DANCE

Jazz dancing is a form closely related to modern dance. It was originally inspired by African-American slave music which eventually developed into jazz. The syncopated rhythm of jazz music enhances the jerky, high-energy style of jazz dancing.

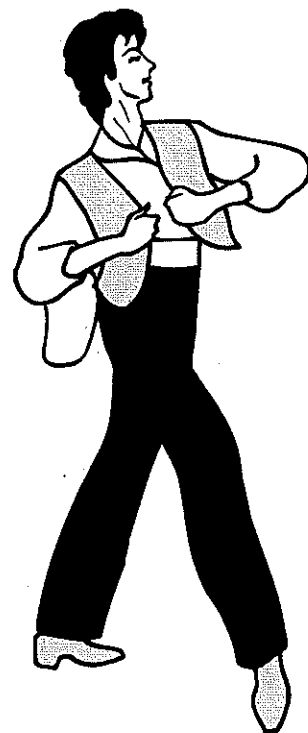
AEROBIC DANCE

Aerobic dance involves doing a variety of stepping, jumping, spinning and twisting motions, following the rhythms of music. It is a fairly recent addition to dance, and

started simply as a form of rhythmic exercise to increase the heart rate. Yet it quickly developed into a form of its own, borrowing many of the steps and movements of ballet, jazz and modern dance.

THEATRICAL DANCE

Although dance had frequently been used as part of a drama or an opera, only with the twentieth century production of "OKLAHOMA!" did dance theater take on a new dimension. Agnes deMille choreographed the dance sequences in this musical and made them an integral part of the story. She used ballet, folk dance and modern dance to carry the story line. Similar contributions were made by Jerome Robbins, choreographer of the dance sequences in "WEST SIDE STORY."



THE LIVES OF DANCERS

Dance is an excellent form of exercise for both women and men of all ages. Dance never remains stagnant; it is always changing, always incorporating new movements and rhythms from many cultures and lifestyles. Today the well-rounded dancer studies ballet, jazz, modern, tap dance and aerobics in his or her quest to learn the language of movement.

Unfortunately, only a few highly talented professionals are able to make a living exclusively by dance. Funding in the arts is scarce and many dance companies have folded for lack of public support.



In addition, dance is a demanding career, requiring dancers to begin their training at an early age. Many talented dancers drop out of school before they have developed other skills. Professional dance in America is a young person's game and those over thirty often find it difficult to find work. Sadly, dancers may train for fifteen years to dance for only a few years. In an entire career, a talented dancer will make only one-quarter of the salary that a pro baseball player will make in one season.

HOW DANCES ARE PERFORMED

THE FIVE FOOT POSITIONS OF CLASSICAL BALLET

The five positions of the feet in classical dance are the basic moves around which all ballet and other dance movements are developed. Ballet students must first become proficient in the five positions and learn to do warmup exercises in these positions. In all forms of dance, warmup exercises, stretches and flexes are always the first movements done before anything else is attempted:



First position: Legs are side by side with the heels of both feet touching.

Second position: Legs are slightly apart with the feet turned outward.

Third position: The front (right) leg is partially in front of the left leg, with the heel of the right foot in front of the left arch.

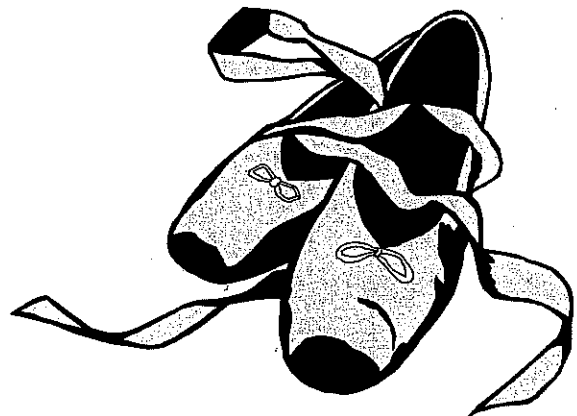
Fourth position: The right leg and foot are placed in front of the left leg and slightly separated from it. The weight of the body should fall evenly over both legs.

Fifth position: The same as the fourth position except that the legs and feet are positioned tightly together.

In each position, the dancer must remain erect, maintaining good posture, with stomach muscles pulled tight, head up and knees straight.

EQUIPMENT AND CLOTHING

For practice and rehearsals, clothing ranges from grubby leotards and sweat pants to full costumes for dress rehearsals. The essential property of any dance clothing is that it provides for a full range of motion of all bodyparts. In short, you can't dance if you don't have freedom of movement.

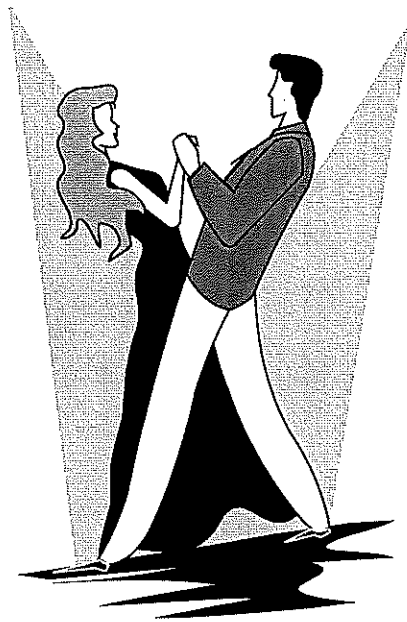


DANCE NOTES AND NEWS

Usually, when one thinks of dance competitions, one thinks of old movies like “Saturday Night Fever,” in which John Travolta competed in disco dancing contests, or “They Shoot Horses, Don’t They,” in which Jane Fonda competed in marathon dancing, where contestants danced until they dropped. The last couple standing won the prize.

Reality is much more interesting. For example, every three years, the New York International Ballet Competition draws contestants from all over the world to compete, show their talents, and enhance their career opportunities. Winning dancers are awarded medals based on their cumulative scores.

On the collegiate level, International Collegiate Ballroom Dancing Competitions attract student dancers from all over the world, to compete for awards and opportunities after graduation.



In case you still think that dance is limited to the Senior Prom, the United States and Canada combined list hundreds of collegiate dance teams on the Internet. The actual number is much greater. A quick glance at College Course Guides shows the increased popularity of dance as a field of study. There are not only many dance classes you can take for college credit, but also many courses which focus on dance and movement as therapy for those with mental and/or physical problems.

Gene Kelly, one of the world’s greatest movie dancers died on February 2, 1996. Kelly was among America’s premiere performers, both as a dancer and as an actor. His role as D’Artagnan in “The Three Musketeers” has never been equalled.

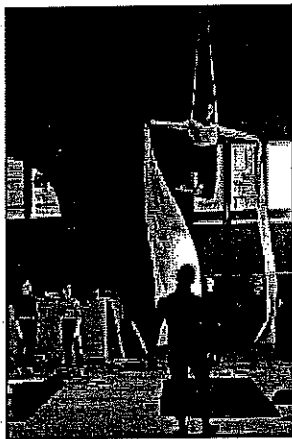
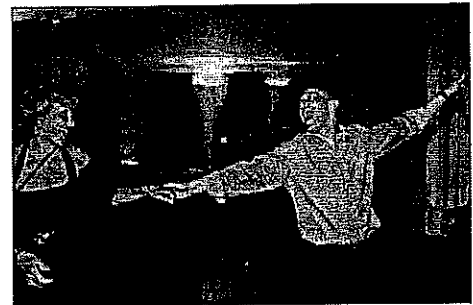
Other dancers often compared Kelly with Fred Astaire. While Astaire’s dancing style was seen as restrained and sophisticated, Kelly’s was seen as flamboyant and romantic. His movie, “An American in Paris,” climaxed with a 17-minute ballet with Leslie Caron. But his glorious dance number, “Dancing in the Rain,” is remembered by everyone as his crowning achievement.

You can stay abreast of dance performance and competitions by checking out sites like this one on the internet: <http://www.dancescape.com/>

National Dance Week

National Dance Week was celebrated in 2006 from April 21 through April 30, in 42 states, with performances, classes and seminars, covering the range of dance genres and styles, involving the spectrum of dance personnel from dancers to choreographers, costumers, designers, administrators and educators. National Dance Week captures everyone's secret desire to be a great dancer. When dance innovators Capezio and Dance Magazine launched the grass-roots event several years ago to bring dance to America's doorstep, St. Louis signed on as a staunch supporter.

The St. Louis Dance Community strutted its spirited stuff with performances by professional, university and dance studio companies. The public was invite, to view ballet, jazz, tap and modern disciplines, as well as folk and drill teams. Guest performers ranged from Saint Louis Ballet and Washington University to the St. Louis Rams Cheerleaders, St. Louis Cultural Flamenco Society, and Dances of India.



New York City celebrated Dance Week with a dance special in Times Square and a demonstration by FireFly Acrobatics.

With the mission to heighten awareness of dance and its cultural contributions, National Dance Week has achieved congressional support through the aid of the United Dance Merchants of America.

For more information about dance, and in particular, *National Dance Week*, visit this web site:

<http://www.danceonline.com>

Improvisational Classes and Workshops

Strictly Improv is a site that is devoted to help people "dance their own dances." It includes a partial worldwide listing of classes, workshops and links on the topic of Movement and Dance Improvisation. Some topics you'll find links for here include: Skinner Releasing, Authentic Movement, Action Theatre, Physical Theatre, Halprin Technique, and Dance and Expressive Arts Therapies, among many others.

<http://www.geocities.com/Vienna/Strasse/3622/improv.html>

STUDENT RESPONSE PACKET

DANCE

NAME _____

DATE _____

WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of dance. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

1. How was dance used in primitive cultures?

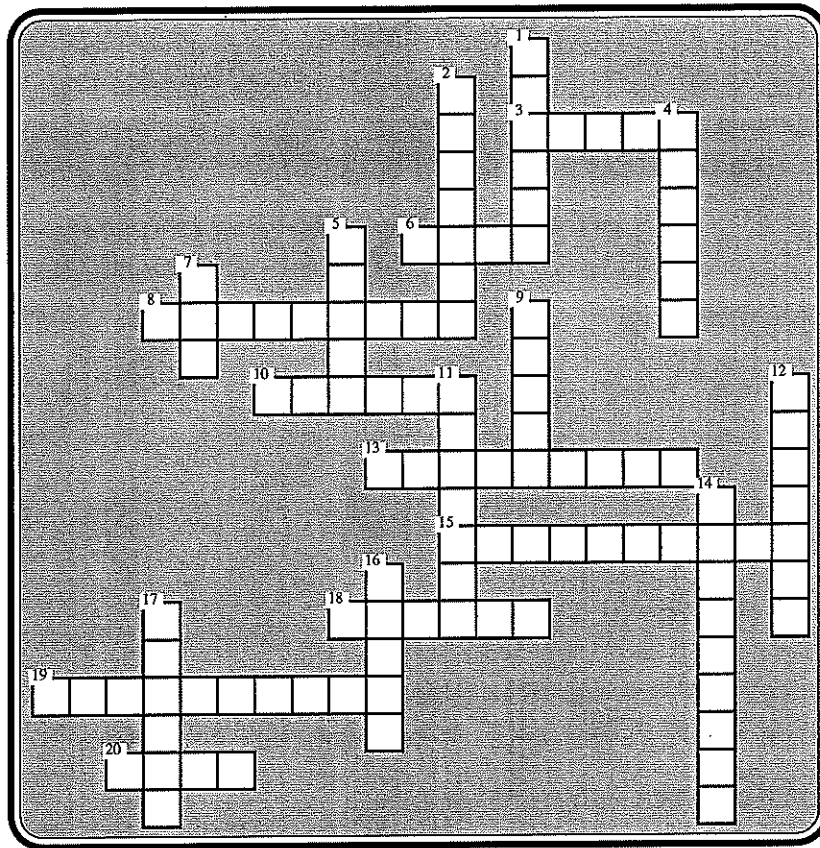
2. Name at least four types of dance practiced today.

3. What physical benefits can be derived from dance?

4. What is "aerobic dance" and how did it develop?

5. Why is dance such a demanding and difficult career for many young dancers?
6. What are the five positions of classical ballet?
7. Describe the posture that must be maintained in each of the five positions.
8. Who developed modern dance and why?
9. What is “theatrical dance” and how did it originate?
10. What was the musical inspiration for modern jazz dancing?

Name: _____ Date: _____



Across:

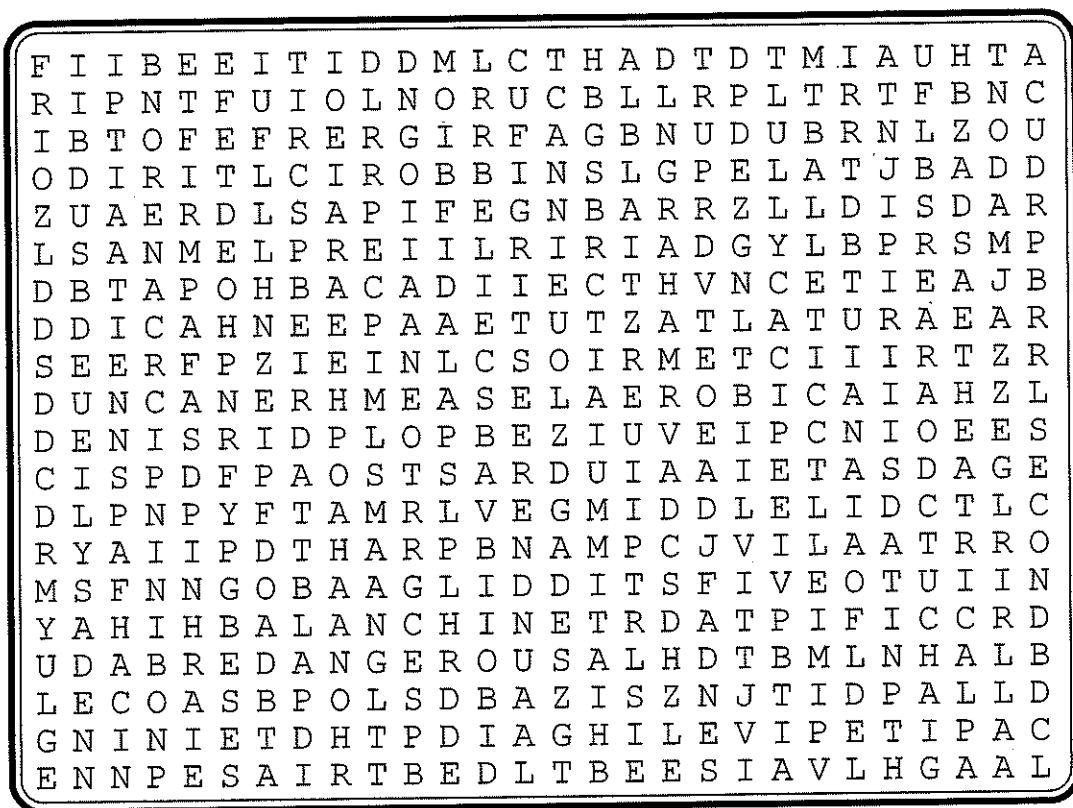
3. Developed modern dance
6. Number of foot positions in classical ballet
8. Romans thought dance was _____
10. Italian who choreographed Don Quixote and Swan Lake
13. Early Greek who wrote about ecstasy of dance
15. Established the New York City Ballet
18. Isadora
19. Dancing as part of a drama or musical
20. Type of dancing closely related to modern dance

Down:

1. During this age dance became an art form
2. The choreographer of "West Side Story"
4. Ballet position with feet turned out
5. Ballet position with heels of both feet touching
7. Type of dance developed in America
9. She was a contemporary American modern dancer
11. Combination of exercise and dance
12. Early dance productions in the theater
14. Brought ballet from Russia to North America
16. Producer of some of the modern ballet conventions
17. She was a great American modern dancer

Name: _____ Date: _____

Physical Education 15 Word Search



Use the clues below to discover words in the above puzzle. Circle the words.

1. During this age dance became an art form
2. She was a contemporary American modern dancer
3. Dancing as part of a drama or musical
4. The choreographer of "West Side Story"
5. Type of dance developed in America
6. Isadora
7. Producer of some of the modern ballet conventions
8. Brought ballet from Russia to North America
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17. Combination of exercise and dance
18. Established the New York City Ballet
19. Number of foot positions in classical ballet
20. Developed modern dance

GYMNASTICS

PACKET # 12

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

INTRODUCTION

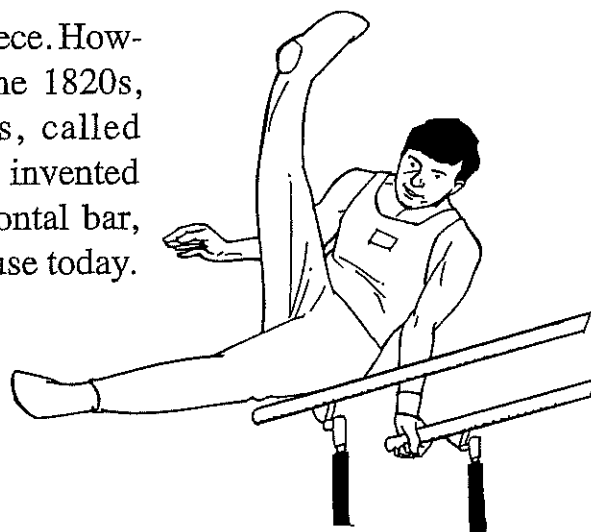
Some people consider gymnastics to be the purest of all sports or athletic activities. The human body can perform movements that are exquisite to behold. For this reason, gymnastics is visually exciting. Yet many casual viewers and enthusiasts alike do not realize how much dedication, skill and training are required on the part of gymnastic performers.

Gymnastics has grown in popularity in the United States, perhaps due to the good press given to this sport in recent Olympic competitions. Currently, there are about 40,000 competing gymnasts in the United States.

HISTORY OF GYMNASTICS

Gymnastics has been popular since ancient Greece. However, "modern" gymnastics began only in the 1820s, when Ludwig Jahn founded gymnasiums, called "Turnverein," throughout Germany. Jahn also invented equipment, including parallel bars, the horizontal bar, rings and the horse. This equipment is still in use today.

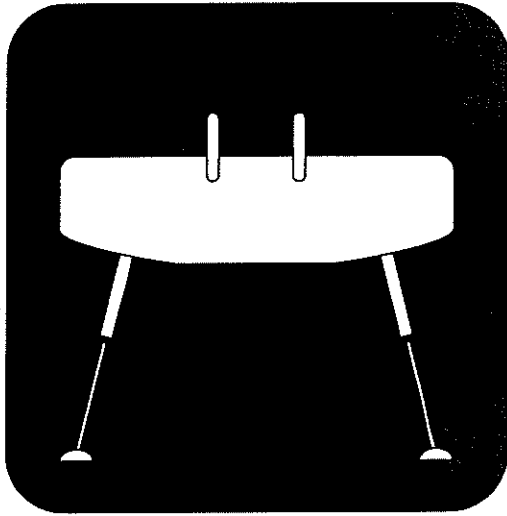
The first gym club was built in America in 1850. The first college to train teachers in gymnastics began in 1865. In 1888, the Amateur Gymnastics Association was founded in England.



Men's gymnastics was one of the original seven sports included in the first modern Olympic Games, held at Athens in 1896. Starting in 1928, women were included in the competition. In 1950, the world championships were introduced. They have been held regularly at four-year intervals ever since.

TRAINING REQUIRED

Gymnastics is similar to ballet in terms of the physical demands and personal sacrifice required. Aspiring gymnasts typically start to train seriously when they are about eight years old. Two organizations, the Junior Olympic program of the United States Gymnastic Federation (USGF) and the Junior Olympic Gymnastic Program of the Amateur Athletic Union (AAU), offer classes for young people from nine to eighteen years of age.



Many high schools and colleges offer comprehensive programs in gymnastics. At the high school level, the National Federation of State High School Associations (NFSHSA) oversees the rules and regulations for both men and women engaged in gymnastics.

A final state high school championship is the culminating year-end event held annually. College-level gymnastics is controlled by the National Collegiate Athletic Association (NCAA).

Currently, Eastern European countries, particularly Romania and Russia, dominate the international gymnastics scene. Children in these countries tend to start their training at an earlier age than do American children. Also, the government directs the athletic programs. These programs tend to combine the best elements of gymnastic training from many different countries.

HOW GYMNASTICS IS PERFORMED

GYMNASTIC TERMS AND MOVES

The following terms illustrate the type of language gymnasts use to describe specific moves. Just as baseball, golf, bowling and other sports have their own language, so does gymnastics. On the next page are some important and frequently-heard terms in gymnastics:

Axis	An imaginary line around which the body rotates.
Arab spring	A move in which the legs come together as the body makes a one-quarter turn (similar to a cartwheel).
Bridge position	As the body is in a handstand position, the shoulders move away from the hands while the feet reach toward the floor, slightly apart. The knees are bent and the body forms a wide back arch.
Dislocate	On the rings, the legs are thrown up and back as the arms are spread out to the side. The body is arched as the feet are swung back down to touch the floor.
Felge	On the parallel bars, the gymnast hangs upside down as he/she turns backward and lets go, re-grasping the parallel bars in the hang or front positions.
Hecht jump	A jump executed from the highest of two asymmetrical bars in which the body is folded around the lower bar and continues to circle until the legs point down at a 45-degree angle. The body is then extended from the hips as the gymnast jumps to the floor with legs straightened and arms extended.
Piked position	The standard position for performing a variety of exercises in which the knees are straight and the hips flexed as far as possible.
Tuck	The body position where the back is rounded and the chin is on the chest. The knees are also bent up to the chest.
Straddle	A body position where the legs are apart.
Russian giant	A movement done on the horizontal bar. This is also called the inverted giant swing.
Split right angle	A move done on both the rings and parallel bars, also known as the "straddle L" position.

TYPES OF GYMNASTICS

The two types of gymnastics most commonly seen in competition are artistic gymnastics and rhythmic gymnastics. Artistic events are performed on equipment and on floor mats. In the men's division, there are six events: floor exercise, pommel horse, still rings, vault, parallel bars and the horizontal bar. The women's division includes four events: floor exercise, uneven bars, vault and balance beams.

Rhythmic gymnastics is a mix of acrobatics, juggling and ballet. Gymnasts are required to perform movements that show off their flexibility and dexterity. Many use balls, ropes, hoops and ribbons as part of the performance. Technically called "gymnastique moderne," this form of gymnastics originated in France and is performed only by women.

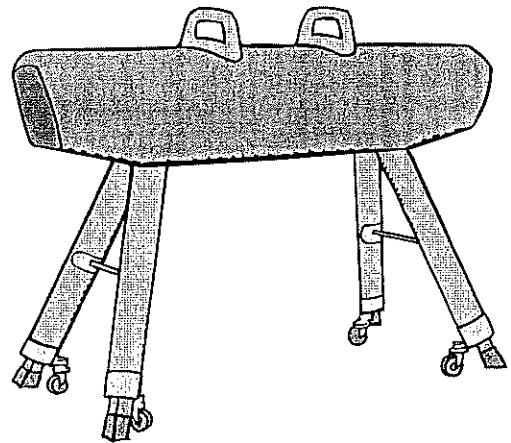
GYMNASTIC TECHNIQUES

WOMEN'S AND MEN'S GYMNASTIC SKILLS

Below is a sample of traditional women's and men's gymnastic skills. Remember, though, that this is just a sample of the many requirements for competition.

Women's Olympic Vaulting

In competition, the vault exercise is divided into two sections called first and second flight. First flight, or the first half of a movement, is the point at which judges carefully watch the take-off, including the body lifting through the air until it reaches the vault. In the second flight, moves from the vault to the dismount are stressed, including balance, stretch of the body and general direction.



Men's Floor Exercises

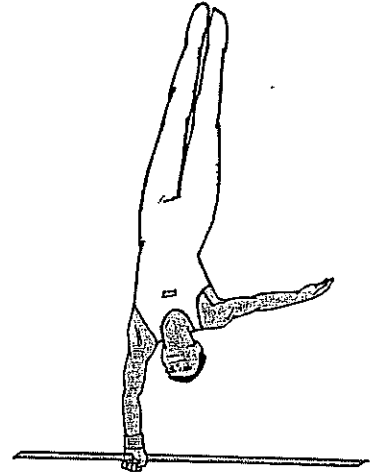
Judges base their opinions on how well a gymnast combines motions in a rhythmic way. Skips, jumps, handsprings, and other movements must be combined in such a way as to make it look as if the routine is one continuous movement covering the entire floor space. Flexibility, balance, hold and strength, as well as creativity, are awarded points. Over-long runs, low height and other flaws in execution will result in points being deducted from the final score.

Women's Asymmetrical Bar

The routine done on the uneven bars must include constant motion. A gymnast is allowed only two momentary rests to regain balance. Judging is based on the passage of the body between the bars, the different hand grips on each bar, the suspension, and the degree of difficulty of the movements in the routine.

Men's Horizontal Bar

The key to doing well in competition is to include at least one movement where both hands are taken off the bar. The bar then is grabbed again. Other crucial movements include the forward and backward giant swings, free hip circles and turns. The gymnast must be in constant motion for this entire routine to avoid losing points.



Women's Balance Beam

The balance beam is sixteen and a half feet long and four inches wide. It tests a female athlete's balance as she performs jumps leaps, turns, runs and walks across the entire length of the beam. The entire routine lasts between 80 and 105 seconds. Three short stops are allowed to regain balance. If the gymnast falls, she can start again within ten seconds.

EQUIPMENT AND CLOTHING

Equipment for gymnastics includes:

Parallel bars

Women's asymmetrical bar

Women's balance beam

Men's horizontal bar

Horse

Static rings



Clothing for gymnastics is usually form-fitting and flexible, such as leotards and gym suits. For major competitions, costumes are often worn.

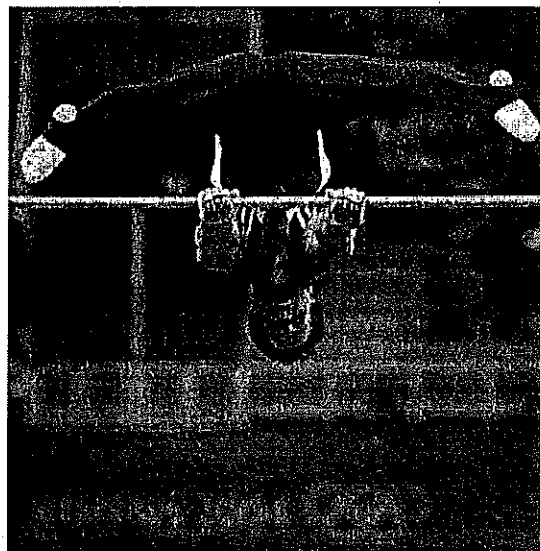
GYMNASTICS NOTES AND NEWS

The popularity of gymnastics got a special boost in 1972, when Americans and Canadians alike fell in love with Olga Korbut, the tiny Russian champion. Then, in 1976, when Nadie Comenici scored a perfect 10 in the uneven parallel bars competition, even people who didn't know what parallel bars were knew perfection when they saw it. Follow

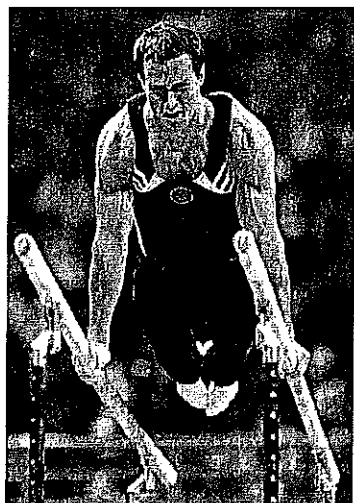
these two with the warm, cheering, friendly smile of Mary Lou Retton in 1984 and you have a public that has come to love women's gymnastics.

But there is interest in men's gymnastics, too. The 1970s and 80s fitness craze in North America led to a heightened appreciation of physical conditioning, strength and endurance. Few athletes are better conditioned than gymnasts.

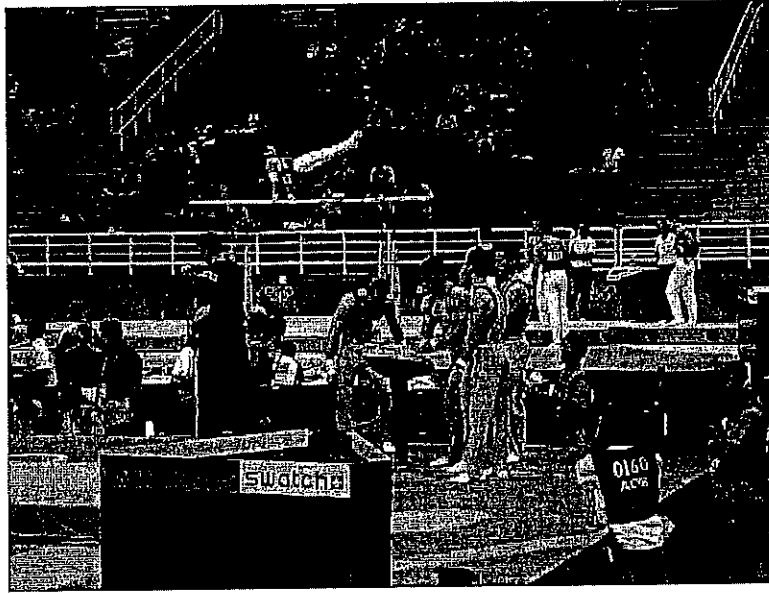
The rigorous competition at the 2004 Athens Olympics produced these results:



Women's Individual All-Around: Gold--Carly Patterson, United States, Silver--Svetlana Khorkina, Russia, Bronze--Zhang Nan, China. **Women's Floor Exercise:** Gold--Catalina Ponor, Romania, Silver--Nicoleta Daniela Sofronie, Romania, Bronze--Patricia Moreno, Spain. **Women's Vault:** Gold--Monica Rosu, Romania, Silver--Annia Hatch, United States, Bronze--Anna Pavlova, Russia. **Women's Uneven Bars:** Gold--Emilie LePennec, France, Silver--Terin Humphrey, United States, Bronze--Courtney Kupets, United States. **Women's Balance Beam:** Gold--Catalina Ponor, Romania, Silver--Carly Patterson, United States, Bronze--Alexandra Georgiana Eremia, Romania. **Team:** Gold--Romania, Silver--United States, Bronze--Russia.



Men's Individual All-Around: Gold--Paul Hamm, United States, Silver--Kim Dae Eun, South Korea, Bronze--Yang Tae Young, South Korea. **Men's Floor Exercise:** Gold--Kyle Shewfelt, Canada, Silver--Marian Dragulescu, Romania, Bronze--Jordan Jovtchev, Bulgaria. **Men's Vault:** Gold--Gervasio Deferr, Spain, Silver--Evgeni Saponenko, Latvia, Bronze--Marian Dragulescu, Romania. **Men's Parallel Bars:** Gold--Valeri Goncharov, Ukraine, Silver--Hiroyuki Tomita, Japan, Bronze--Li Xiao-Peng, China. **Men's Horizontal Bar:** Gold--Igor Cassina, Italy, Silver--Paul Hamm, United States, Bronze--Isao Yoneda, Japan. **Pommel Horse:** Gold--Teng Haibin, China, Silver--Marius Daniel Urzica, Romania, Bronze--Takehiro Kashima, Japan. **Rings:** Gold--Dimosthenis Tampakos, Greece, Silver--Joran Jovtchev, Bulgaria, Bronze--Yuri Chechi, Italy. **Team:** Gold--Japan, Silver--United States, Bronze--Romania.



Also remember that there are excellent gymnastic performances to watch on high school and collegiate levels.

In college competition, The top ranked Ohio State men's gymnastics team defeated Big Ten foe Illinois, 213.350-206.900, in January of 2006 at St. John Arena in front of a crowd of 775. The Buckeyes dominated the meet, winning five of six events.

For the women, the Crimson Tide of Alabama captured their fourth NCAA women's gymnastics championship in 2005. Top-seeded Alabama finished with a 197.575 to beat Georgia (197.25) and end UCLA's two-year title run. It was the Tide's third time playing host to the event, and they have won the crown each time. But no host team had won the championship since Alabama in 1996.

Andree' Pickens punctuated the championship with her third 9.95 of the night, pumping her fists after landing cleanly from the balance beam. Pickens, the runner-up in the all around, had become the first gymnast to earn five All-America honors in two seasons.

Stay in touch with what is happening in gymnastics by visiting these web sites:

<http://www.ncaa.org>

<http://www.usa-gymnastics.org/>

<http://www.athens.olympic.org/en/>

STUDENT RESPONSE PACKET

GYMNASTICS

NAME _____

DATE _____

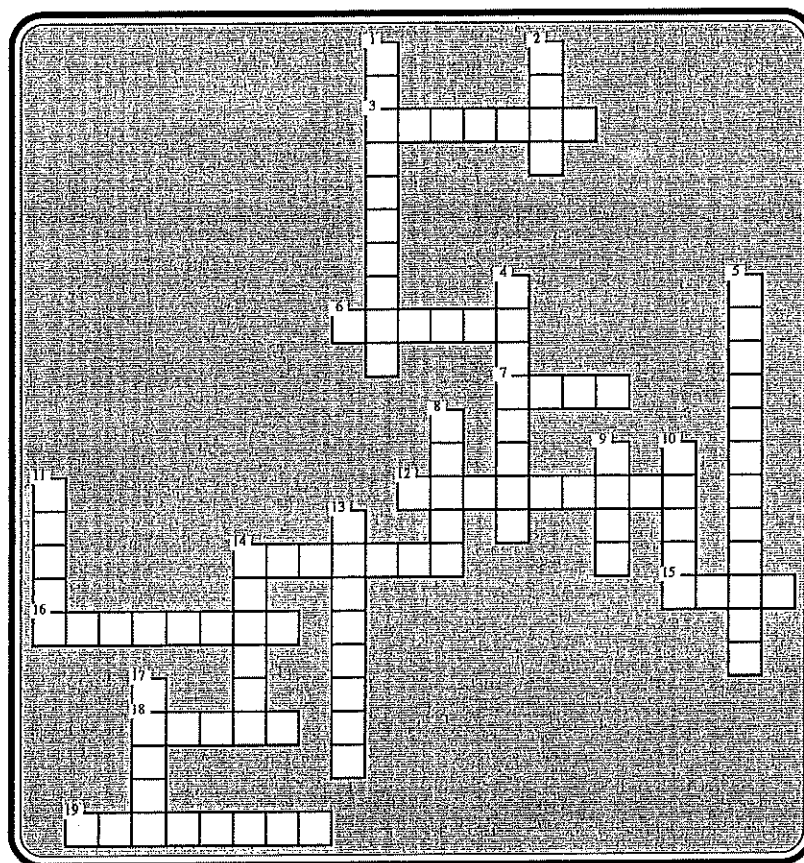
WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of gymnastics. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

1. Why is gymnastics often considered to be the “purest” of all sports or athletic activities?
2. What are some of the physical benefits to be derived from participating in gymnastics?
3. What are the two types of gymnastics most commonly seen in competition and what is the difference between them?
4. Which countries now dominate the international gymnastics scene and why?

5. What is an “axis”? a “felge”? an “Arab spring”?
6. How would you execute a Hecht jump in a gymnastics competition?
7. Describe the vault exercise in women’s Olympic competitions. What do the terms “first flight” and “second flight” have to do with this exercise?
8. What are the criteria for judging the men’s floor exercises in men’s competitions?
9. What is the balance beam exercise test and how is it performed?
10. Why must gymnasts begin to train at a very early age?

Name: _____ Date: _____

**Across:**

3. The inverted giant swing is called a _____ giant
6. Rhythmic gymnastics includes movement similar to this type of dance
7. Imaginary line around which the body rotates
12. On the rings, when the feet swing down to touch the floor
14. This beam is used in women's gymnastics
15. The back is rounded with the chin on the chest
16. One of two types of gymnastics
18. Standard position for doing exercises
19. One of two types of gymnastics

Down:

1. The bar used in men's gymnastics
2. This spring is similar to a cartwheel
4. The legs are apart
5. The bars are not at the same height
8. When one hangs upside down on the parallel bars and rolls
9. Ludwig _____ was the founder of gymnastics
10. Jump from higher of two asymmetrical bars
11. Artistic gymnastics includes a _____ exercise
13. This has two sections - first and second flight
14. The body forms a wide back arch in a handstand
17. The straddle L position is called a _____ right angle

Name: _____ Date: _____

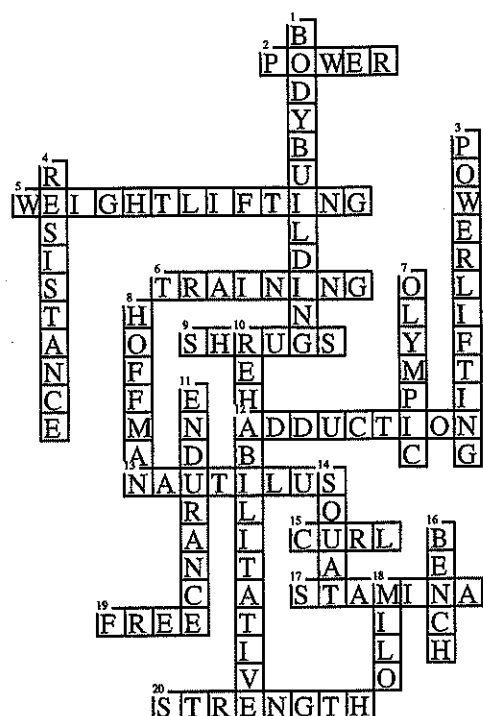
I	O	T	M	I	A	S	Y	M	M	E	T	R	I	C	A	L	R	Y	L	T	N	G	A	E	A	A	M	N	Y
P	C	A	H	L	O	L	E	C	C	E	D	B	R	I	D	G	E	A	K	T	S	A	N	G	M	L	O	O	R
B	S	H	T	I	D	C	B	M	F	T	A	D	A	E	U	T	T	H	H	E	C	H	T	R	H	C	S	G	N
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H	T	F	X	S	U	M	M	A	T	E	S	K	L	O	L	I	I	T	C	A	H	Z	M	S	M	U	C	B	L
S	S	L	R	T	S	L	C	L	F	S	I	E	D	I	S	L	O	C	A	T	E	T	O	S	C	N	X	T	E
P	C	I	E	R	S	E	G	L	A	H	I	G	S	A	A	J	K	I	S	C	O	T	V	N	R	C	N	I	H
L	Z	I	V	A	I	K	K	E	L	L	O	H	E	U	E	L	A	D	E	H	V	J	N	N	T	A	I	E	G
I	X	A	B	D	A	I	L	T	E	E	T	L	K	A	D	A	A	L	D	X	U	A	Y	N	C	A	E	E	K
T	A	L	O	D	N	M	C	C	N	T	L	S	T	A	O	H	T	I	C	S	R	I	U	D	R	C	L	D	O
I	T	U	U	L	C	L	I	T	F	B	T	A	H	I	K	S	I	H	T	P	R	S	J	L	A	N	Y	M	F
O	N	P	A	E	A	R	B	L	N	L	U	G	R	S	V	E	A	E	C	I	M	J	B	E	T	S	A	C	T
S	C	S	E	Y	D	N	R	B	T	R	O	D	Y	N	R	O	E	A	P	K	N	T	H	R	F	I	U	T	E
T	I	L	D	E	R	I	R	A	R	B	L	O	U	Y	L	R	C	T	S	E	Z	D	L	A	P	C	N	A	G
S	T	F	N	P	L	C	U	C	H	B	N	H	R	A	H	T	F	U	G	D	Y	K	I	X	B	O	E	G	A
B	J	K	A	F	E	L	U	H	A	X	I	S	N	I	N	O	I	C	A	H	T	P	T	D	S	L	P	O	C
R	H	Y	T	H	M	I	C	X	H	T	H	L	I	A	T	M	N	K	J	A	H	N	T	L	K	X	A	T	L
T	T	H	G	X	I	L	H	T	R	A	I	I	N	C	A	B	A	L	A	N	C	E	N	E	Y	Y	E	N	Y

Use the clues below to discover words in the above puzzle. Circle the words.

- The inverted giant swing is called a _____ giant
- This spring is similar to a cartwheel
- On the rings, when the feet swing down to touch the floor
- The back is rounded with the chin on the chest
- When one hangs upside down on the parallel bars and rolls
- Standard position for doing exercises
- Jump from higher of two asymmetrical bars
- Ludwig _____ was the founder of gymnastics
- One of two types of gymnastics
- The bars are not at the same height
- The body forms a wide back arch in a handstand
- Artistic gymnastics includes a _____ exercise
- This beam is used in women's gymnastics
- One of two types of gymnastics
- The legs are apart
- The bar used in men's gymnastics
- Imaginary line around which the body rotates
- This has two sections - first and second flight
- The straddle L position is called a _____ right angle
- Rhythmic gymnastics includes movement similar to this type of dance

P.E. Packet
Answer Key
04/17/2020
Packet

Physical Education 14 Answers



T N A U R U C E R Q M F Q E S U U S O R D C C Q T N U S L G
B R L I T L G A F H F H N F B O D Y B U I L D I N G C G N E
A O A A L F C S T R E N G T H M E E M C R S I A N C I D A H
U N L I O L Y A G T N A L U A E E L S W H G T S S U E T W I
N N G Y N E N E F R R U S E U I T I T S R O C E M R D T N P
O R A W M I N H D E P T U Q I I I L A T E T W L R T F B S O
E A N O E P N D O T S I I H U Q N R M U R N N A U E M L H W
O Y B M M I I G U Y O L N I C A R E I N P T T M H I L A R E
G R E C A R G C G R I U T S Y H T A N E H O F F M A N I U R
F G D C I C E H N U A S G R T W E M A N O T E N N S G I G L
E C T S A U Y S T S O N A F G R T P O W E R N F C F E E S I
G N I Q I R Y M I L B E C E I C B T C O F S S M N R L E L F
E R A R A L I G N S I U T E P I E S N M I A M L P R T W U T
A D D U C T I O N U T F E N B C M S I C U S H M W S R I A I
I I M I L O E E N M T A T M O C E H L R C R H T A S U B C N
F E C I O H N E Y H L G N I H E N D D R N E E A T Q D E S G
I E I S S O E B U H R R A C N O A I G M E A O E F R E E A C
A T D E U A E F S I D T A I E G O G C C I H I E N D Y O A C
D R A D M L M S N E D M M I D N S I F I R F E M T F M N E S
T I R E H A B I L I T A T I V E N T E S R B E N C H I M Q C

1. What are some of the physical benefits to be derived from weightlifting?

Participants can work at their own pace and focus on their own strengths and weaknesses. Weightlifting permits one to do a variety of exercises to either rehabilitate muscles after an accident or illness or to strengthen muscles for a particular activity.

2. Name at least two erroneous ideas about weightlifting that persist to the present day and explain why they are in error.

Some believe that lifting weights is bad for the heart but many doctors think it can help the heart muscles. Others thought that lifting weights develops huge and out-of-proportion muscles but if done properly, weightlifting tones the muscles for a better proportioned body.

3. Distinguish among the terms "strength," "power" and "endurance" as they are used in weightlifting.

Strength is measured in terms of how much weight can be lifted no matter how much time is taken. Power is measured in terms of how much weight can be lifted in a specific time period.

4. What is the difference between weightlifting and body building?

Weightlifting is a sport that involves lifting barbells or dumbbells and focuses on how much weight can be lifted. Body building is an activity that focuses on developing the muscles of the body to create a certain look.

5. Why is it important to warm up before doing weight training?

A warm up increases the body temperature to prepare it for more activity. It also helps the muscles contract and relax so they can protect the joints.

6. Why should you never do an exercise such as the bench press without a spotter?

To help in case the weights are too heavy for you or in case you drop the weights on your body.

7. Describe how the exercise known as "the thigh curl" is done? What muscle groups does it work?

The person lies face down on the bench with heels under roller pads. Knees are pressed against the bench and bent. The heels are brought back toward the head and then straightened. This exercise works the muscles in the backs of the thighs and calves.

8. How is the bench press done? What muscle groups does this exercise work?

This exercise works chest muscles, the back of the upper arm and the front of the shoulder. The person lies flat on a bench, holds a bar at arms' length and lowers the bar to the chest and then pushes it up again.

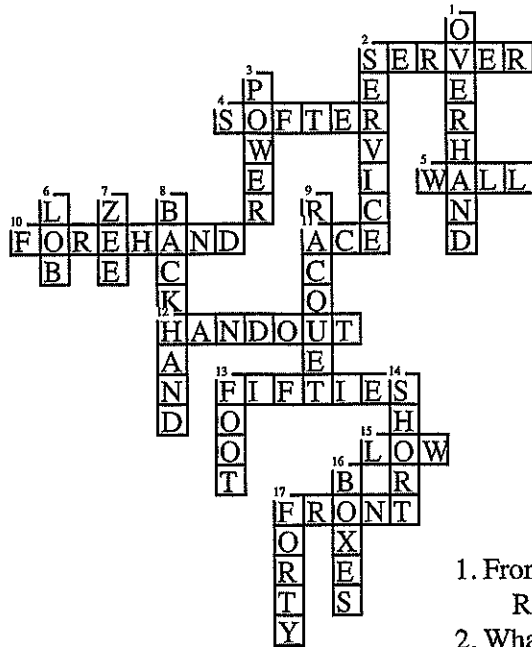
9. How should you "cool down" after a weight training session?

Stretching, riding a stationary bike or doing some warm-up exercises are excellent ways to cool down.

10. What kind of clothing is best for doing weight training?

Participant should wear loose-fitting clothing that stretches. Dressing in layers is a good idea.

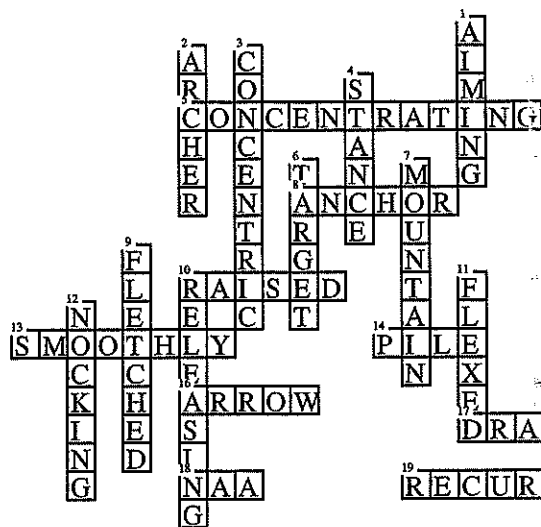
Physical Education 18 Answers



C Q W O W F B E S H O R T F C A T T S N R O O F F R O N T H
 A I Z B O O R L N U E S O E O O F O O U S I K F F T A O B
 W T R O W O H Q T E V A R L R Z E E F A R I A C O X S T A
 E V F A L T A R E W F L E L O S A I T O F Z R N O A O S C
 R A V L V E F S E V I E F E L A R O E A C E F U A E A R K
 O O H A O E I L D E F S C P L F N E R S O N L C A F E O H
 A R C E F B A S E D T E D R O B L L O D E N C T S H N F A
 O Z F E O H E L U C I E F F A W E E Y E E R E T W R L S N
 O E O V L C R C O O E E N D L S E S H F C R V O O S R O D
 O O W A L L A S L S T S R E F O R E H A N D E E O U W W
 L V O C E Y A N C L V A W E A L F O N F B L T B R Z O Y V
 O T E P L R F O O Q S T B U R A L P I O D O R S E O A A S
 O H R R H F E O A L U B A E N V E T O L F T X E C T O O B
 N R T O H R H E R L F E A O U A I N F R U W K E S Z B B D
 B R L N V A R W O T O U T S E V B C O Z L O E C S E L L F
 B O E D R R N O U O Y E O E F F O F E N R O L U C L T O R
 O V O E R O T D R R H A N D O U T W O P R E A H A O N W B
 O R C P O E H Y W D O W O H O F E T W R E E O B E C W E E

1. From which other sport was racquetball derived?
Racquetball is an offshoot of the game of tennis.
2. What physical benefits can be gained from playing racquetball?
Racquetball provides exercise for both the upper and lower body.
3. Who wins a game in racquetball and how? Who wins a match and how?
The first player to score 21 points (or to score 11 points if the opponent remains scoreless) wins the game. The match is won by the player who first wins two games.
4. Describe the typical racquetball court.
Most courts are four-walled rooms with a ceiling and 20 feet wide, 40 feet long and 20 feet high.
5. What are "service zones?" "service boxes?"
The service zone is the area between the short line and the service line. The service box is formed by lines that run 18 inches from and parallel to the two side walls.
6. Describe three basic types of strokes in racquetball.
Backhand - the body is twisted slightly with arm raised so that the racquet head is above the left (for right-handed players) ear. The racquet hits the ball perpendicular to the floor.
Forehand - this stroke is similar to the back hand, but the racquet head is held above the right ear.
Overhand - the least-used stroke. The motion of this stroke is as if you were trying to toss a ball in the air.
7. It's often said that "the serve is where the game of racquetball begins." Why is this true?
The player who serves is the only one who can earn points.
8. What three kinds of errors can result in losing a serve?
Foot fault - when the server's foot extends over the foot boundary.
Bad serve - when the ball hits the ceiling.
Handout - when two successive faults are committed.
9. What are the three basic types of serves in racquetball?
Power serve - The ball is hit on a low bounce with full strength to a point on the front wall.
Lob - The ball is hit softly to the top of the front wall
Zee - The ball is hit so that it follows a twisted path that resembles the letter Z.
10. If a ball is below the knee, what should the player do? What should he/she do for a ball above the knee?
The player should run toward it and return it if the ball is below the knee. He should wait for the ball to rebound off a wall if it is above the knee.

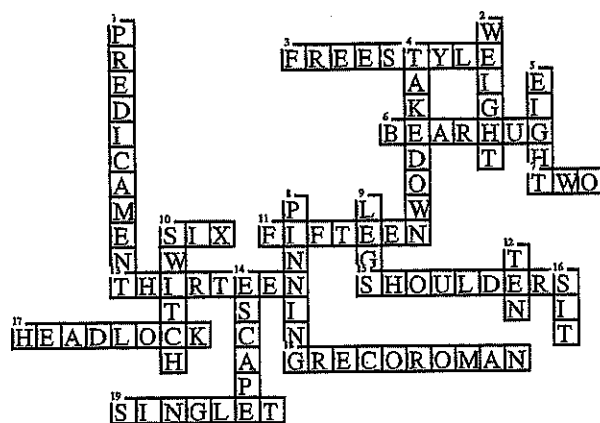
Physical Education 7 Answers



NOCKING G E Q C G R R R G T A R G E T L G D G D
 I Q C O C O N C E N T R I C N U C X E I T O T E E A T
 N G A S F L E T C H E D E N N P I L E L R F I O R D T
 A I M I N G T E A U I O E A I A R I W R U G T T A E A
 T S A D I T O C W O P E H A R T R E C U R V E D G I A
 I W R R R N X I O V V N O N T E M N W H C G M G S O C
 R O O A H R H R E N I C E E A G A A T N R U O R R E A
 A E A E N O N A F R C N I C I P R T N N T A S A N A D
 F I M N H N I A A I E E D Q T A R R O W N A T V Q E R
 S D E D I P W D R I D F N O U A G S R O R A A C L O G
 N M O U N T A I N E I L E T N I R G T H E E N R N T D
 N D O E A C R R O T E E F E R I V C E R P S C C O N R
 A N N E L R A C E C S X N D E A L E H S H M E R A N A
 A E I D I X S D I A E E N C L N T N R E E O M F A I W
 R E L E A S I N G N N D A C R S W I L N R O H A A E I
 O C R T K E C G I C R R N W E A R R N H W T T X E R N
 T A R C W C A C N H A N R R O L R A T G R H C C L E G
 A A U S H S D R N O C U R D C K I A D R A L A A C I M
 T S H A H P M C T R A E O A A I N U G E R Y O N C R U
 C R I E N U E G R A I S E D V E D E A C P P E N A L G

- What are the physical benefits to be derived from archery?
Archery improves finger dexterity and develops arm strength.
- What are some of the factors an archer must consider in his or her choice of a bow?
It is always best to buy a bow that is light enough for the person using it. The length of the bow must be appropriate also.
- What is the "draw weight" of a bow?
Draw weight refers to the amount of weight in pounds one would have to attach to a bowstring to bend an immobilized bow a certain amount.
- What basic pieces of equipment are needed to get started in archery?
One needs a stringed bow, arrows and a quiver. Some archers may also want to use an arm guard.
- Describe the ten steps in shooting a bow and arrow.
Proper stance, correct bow arm and grip, nocking, drawing, anchoring, relaxing, aiming, concentrating, releasing and follow-through.
- True or False: A good archer keeps his or her body and arm tense and rigid at all times. Explain.
False. Muscles should not be too tense or the draw will be executed improperly.
- What do beginning archers need to do before they begin to practice archery?
They need to select the right equipment and they also need to learn the right shooting technique before practicing the sport.
- Should you ever shoot an arrow straight up into the air? Explain.
No. Arrows shot straight up can come straight down. This is dangerous.
- Why is concentration so important in archery?
The ability to concentrate in archery often makes the difference between excellent and average performance.
- What does "follow-through" mean in archery and why is it important?
"Follow-through" means to hold your stance for a few seconds after releasing the arrow.

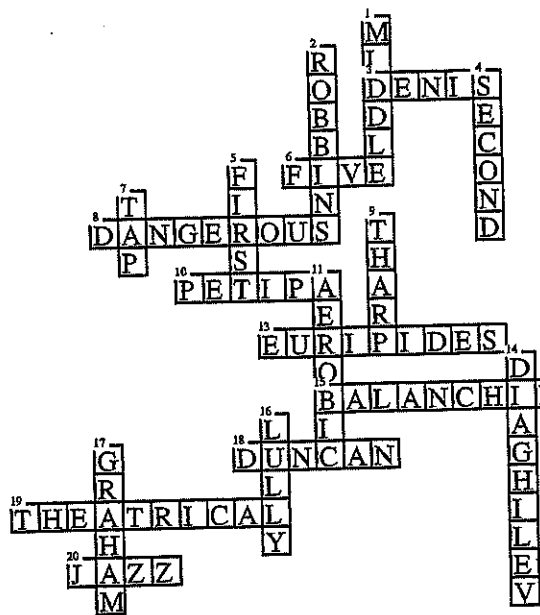
Physical Education 8 Answers



H E N P L A R P G R E C O R O M A N N C T W G O T K E E A N
S I I A W T O I T T U I E D T N R F A A H T A E C O S O R T
F T E W N C E N C T E L P S I E O O I R E H E I L X I S E T
H R E T W E S N F H A T W E E I T N G F O N E S G S T N I K
T G E T E G N I W W E I G H T T G E H A T T H A W U S E T F
G I E E E G S N N R I A N E E N T E S E I E R H D I K H I A
T S C H S E H G W L S I E W T O E L I X G S E S S L T P H N
S W D H K T S O T T I W B H W T E G G G I M E N E R O C K L
T E N G S S Y A E S T S N S L S A E H O H N E C L I H C H I
G S G E G N H L T O G L I E S H E K W T T T H T A G E C K S
E E K T E X T T E T F E W N N F H W E W B U K H T E T L C S
I N P G T D S S T T E L T L G I P G L D N G T I N E E U T I
E P G D E S G O S E E T L S O L W G O E O K N R E T I B F A
N E T S R F C S I T W O N L O I E W H T G W T T T S E E A E
E S C A P E H X F E N A T N E S E T N I I S N E T I N A S L
H I E A S I I E W N W I G A S H O U L D E R S E R X T R F B
R P T L T I W E P R E D I C A M E N T T U D O N I I S H A N
H T I G E A H E T G O R N W N L K E I E I W H A C T S U R E
A G T G S E W T W E A S T A T F O E C S C G C O S S F G C I
T E I P C E S K R E I D S G N T T T T N W T T W T T E L O I

- What physical benefits can be gained from wrestling?
Almost every muscle in the body is used in wrestling. Wrestling training produces strength, speed and endurance.
- What are the two most popular styles of wrestling practiced in the United States?
The two most popular styles of wrestling in the US are Greco-Roman style and freestyle.
- How long is an Olympic wrestling match? a high school match? a college match?
At the Olympic level, a match is made up of three three minute periods.
A HS match is made up of three two minute periods. A college match is made up of one two minute period followed by two three minute periods.
- How are wrestlers grouped?
Typically, wrestlers are grouped by weight.
- What is a "takedown" in wrestling?
A takedown is when one wrestler gains control over another wrestler by bringing him or her down.
- Name three different ways to win a match.
Three ways to win a match are by a pin, a technical fall/15 point lead, or by winning the most points at the end of the match.
- What is a "predicament?"
A predicament is a two-point move that occurs when one wrestler controls the other.
- What is a "reversal?"
If a wrestler frees himself or herself from the opponent's control and then gains control of the opponent, a reversal has taken place.
- Why are psychological factors so important in wrestling?
All other things being equal, a wrestler has a better chance of success if he or she has a strong will to win.
- What two types of takedowns rely especially on strength?
Two takedowns that rely on strength are the bearhug and the headlock.

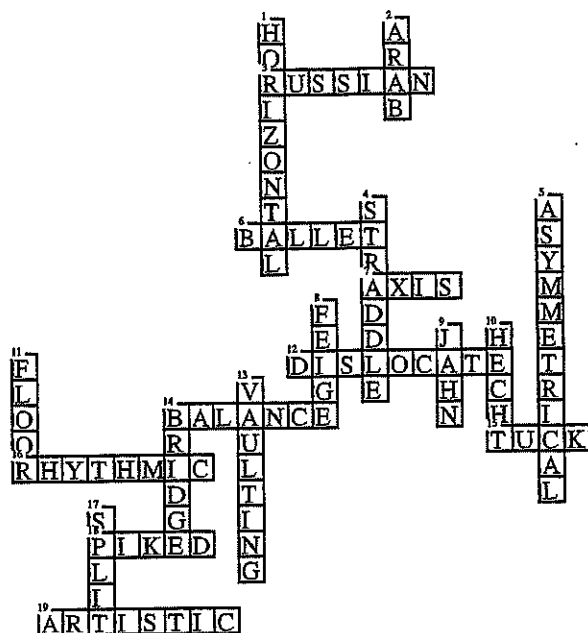
Physical Education 15 Answers



FIIBEEITIDDDMLCTHADTDTMIAUHTA
RIPNTFFUIOLNORUCBLLRP LTRTFBNC
IBTOPEFRERGI RFAGBNUDUBRN LZOU
ODIRITLTCIROBBINS LGPELATJBADD
ZUAERDLSA PIFEGNBARRZLLDISDAR
LSANMELPREIILRIRIADGYLBPRSMF
DBTAP OHBACADIIECTHVNCETIEAJB
DDICAHNEEPAAETUTZATLATURAEAR
SEERFPZIEINLCSOIRMETCIIIR TZR
DUNCANERHMEASELAEROBICAIAHZL
DENISRIDPLOPBEZIUVEIPCNI OEEES
CISPDFPAOSTSARDUIAAIETASDAGE
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RYAII PDTHARPBNAMP CJVILAATRRO
MSFNNGOBAAGLID DITSFIVEOTU IIN
YAHIBALANCHINETRDATPIFICCRD
UDABREDANGEROUSALHDTBMLNHALB
LECOASBPOLSDBAZISZNJTIDPALLD
GNINIE TDHTPDIAGHILEVIPETIPAC
ENNPESAIRTBEDLTBEESI AVLHG AAL

- How is dance used in primitive cultures?
Primitive cultures used dance to commemorate births, marriages, religious occasions, deaths, political victories, wars and other events.
- Name at least four types of dance practiced today.
Modern dance, Jazz dance, Aerobic dance, and Theatrical dance.
- What physical benefits can be derived from dance as a physical activity?
Balance, rhythm and cardiovascular benefits.
- What is "aerobic dance" and how did it develop?
Aerobic dance started as a form of exercise to increase the heart rate. Dancers move to the beat of a variety of music forms.
- Why is dance such a demanding and difficult career for many young dancers?
Dance is a difficult career because it requires a good deal of physical and mental training. Generally there are more dancers than jobs available, so finding good dance jobs can be difficult.
- What are the five positions of classical ballet?
First position - legs side by side with feet touching. Second position - legs slightly apart with feet turned outward. Third position - front leg is partially in front of the other leg with heel of front foot in front of the left arch. Fourth position - right leg and foot placed in front of left leg. Fifth position - same as fourth position with legs and feet together.
- Describe the posture that must be maintained in each of the five positions.
The dancer must remain erect with stomach muscles pulled tight, head up and knees straight.
- Who developed modern dance and why?
Modern dance was developed by Isadora Duncan. She wanted to expand upon ballet movement.
- What is "theatrical dance" and how did it originate?
Agnes deMille choreographed dance sequences for the production of "Oklahoma!" and started the movement toward dance sequences. Theatrical dance then became part of the story on the stage.
- What was the musical inspiration for modern jazz dancing?
The African-American slave music was the musical inspiration for modern jazz dancing.

Physical Education 12 Answers



I O T M I A S Y M M E T R I C A L R Y L T N G A E A A M N Y
P C A H L O L E C C E D B R I D G E A K T S A N G M L O O R
B S H T I D C B M F T A D A E U T T H H E C H T R H C S G N
T R E D S S I A R A B N U S J A M P C O O A D I L R T T C R
C A R T I S T I C S B O R R L A O L C C R R K T X H T D I U
I R I I R R C C B F Y R F C R E X A O A V I G L A T B E H E
H T F X S U M M A T E S K L O L I I T C A H Z M S M U C B L
S S L R T S L C L F S I E D I S L O C A T E T O S C N X T E
P C I E R S E G L A H I G S A A J K I S C O T V N R C N I H
L Z I V A I K K E L L O H E U E L A D E H V J N N T A I E G
I X A B D A I L T E E T L K A D A A L D X U A Y N C A E E K
T A L O D N M C C N T L S T A O H T I C S R I U D R C L D O
I T U O L C L I T F B T A H I K S I H T P R S J L A N Y M F
O N P A E A R B L N L U G R S V E A E C I M J B E T S A C T
S C S E Y D N R B T R O D Y N R O E A P K N T H R F I U T E
T I L D E R I R A R B L O U Y L R C T S E Z D L A P C N A G
S T F N P L C U C H B N H R A H T F U G D Y K I X B O E G A
B J K A F E L U H A X I S N I N O I C A H T P T D S L P O C
R H Y T H M I C X H T L I A T M N K J A E N T L K X A T L
T T E G X I L E T R A I N C A B A L A N C E N E Y Y E N Y

- Why is gymnastics often considered to be the "purest" of all sports or athletic activities?
The sport can be visually exciting. Spectators can watch body movements that are exquisite.
- What are some of the physical benefits to be derived from participating in gymnastics?
Participating in the sport helps to exercise almost all body parts. This sport also builds strength and endurance.
- What are the two types of gymnastics most commonly seen in competition and what is the difference between them?
Artistic gymnastics and rhythmic gymnastics. In artistic gymnastics one performs on equipment and on floor mats. Rhythmic gymnastics is a mix of acrobatics, juggling and ballet.
- Which countries now dominate the international gymnastics scene and why?
Currently Eastern European countries like Romania and Russia dominate international gymnastics.
- What is an "axis?" a "felge?" an "Arab spring?"
An axis is an imaginary line around which the body rotates.
A felge takes place on the parallel bars. The gymnast hangs upside down as he turns backward and lets go, re-grasping the bars in the front position.
An Arab spring is a move in which the legs come together as the body makes a one-quarter turn.
- How would you execute a Hecht jump in a gymnastics competition?
A Hecht jump is executed from the highest of two asymmetrical bars in which the body is folded around the lower bar and continues to circle until the legs point down at a 45-degree angle.
- Describe the vault exercise in women's Olympic competitions. What do the terms "first flight" and "second flight" have to do with this exercise?
The first flight is the first half of a movement. It is the point at which judges carefully watch the take-off. In the second flight, the gymnast moves from the vault to the dismount.
- What are the criteria for judging the men's floor exercises in men's competitions?
Judges base their opinions on how well a gymnast combines motions in a rhythmic way.
- What is the balance beam exercise test and how is it performed?
The balance beam is a length of wood about 4 inches wide along which the gymnast jumps, leaps, turns, and performs a routine.
- Why must most gymnasts begin to train at a very early age?
Gymnasts start their training early both because of the intense competition involved. Often young gymnasts perform better than older competitors because of the range of movement in a younger person's body.