

9th Grade Study Guide (Fall Final)

ULTIMATE FRISBEE

- 10 second to throw Frisbee
- Must be arms distance away as a defender
- **Turnover:** Interception, Frisbee touches the ground, Frisbee goes out of bounds
- May not run with the Frisbee, Three steps to stop yourself if caught while running.
- **Flick:** Peace sign/flick wrist/Point to target
- **Backhand:** Finger on rim/curl arm/extend arm/Point to target
- **Hammer:** Peace sign/Elbow out/Upside down/Point to target

DISC GOLF:

- **Pull:** A long distance throw to begin each hole
- **Putt:** A short distance throw to finish out the hole
- **Basket:** The Target you are aiming for, has chains and a lower basket the disc must land in
- **Tee-Box:** The place in which you must stand to begin each hole

FIELD HOCKEY:

- Must hit ball using flat side of the stick only
- May not intentionally hit someone else stick
- Must keep stick below knees
- **Push Pass:** Ball remains on the stick while pushing toward target
- **Slap Pass:** Stick comes off ball and is swung to strike the ball with force
- **Y-Dodge:** Ball is pushed to one side of the defender, player goes to the other side and meets the ball up to continue dribbling
- **L Dodge:** Dribbling directly at the defender, sweep ball to one side and continue forward making a "L"

TRACK and FIELD:

- **1600 Meters (4 laps):** Mile
- **400=** 1 lap
- **Long Jump:** Speed down the runway, Drive Knee up, Land low
- **High Jump:** Run a J, Drive the knee, Hips to the Sky
- **Shot Put:** Load legs, Squish the bug, Hole in the sky

BASKETBALL

- **Dribbling:** Finger Pads, Push Ball in front of you, Eyes up, Athletic Stance, Arm out to guard
- **Double Dribble:** Dribbling the ball with two hands. Dribbling the ball, stopping, then dribbling again
- **Chest Pass:** Step toward Target, Thumb Down, hit target at chest level
- **Bounce Pass:** Thumbs Down, Step toward target Bounce ball half way between you and target
- **Traveling:** Running or walking with the ball without dribbling

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COMPONENETS OF PHYSICAL FITNESS

- **Muscular Endurance:** Ability to use your muscles many times without tiring
- **Muscular Strength:** Maximal amount of force your muscles can produce
- **Flexibility:** Ability to use your joints fully through a range of motion without injury
- **Body Composition:** The proportional amounts of body tissues including muscle, bone, body fat and other tissues that make up your body
- **Cardiovascular Endurance:** Ability to exercise your entire body for a long time without stopping