

Team Sports Final

1. During a flag football game, your opponents seem to be scoring easily on long open field runs, and do not need to avoid many people from your team to reach the end zone. What defensive strategy should you use to stop these long runs?
2. You notice a teammate in a game of kickball is having trouble kicking a pitched ball. Which skill cue will not improve their performance?
3. An official game of volleyball has how many players?
4. Your basketball team goes on a scoring spree. The team makes (2) jump shots from the key, (3) free throws and (2) 3-pointers. How many points did your team add to their score?
5. When playing Basketball what skill elements will make your chest pass attempts more successful?
6. A skill technique used in volleyball to receive and pass the ball at chest height or lower. Be in the ready position. Hands, make a fist and cover the fist, elbows close together, use the inside of the forearms which will be turned upwards making a flat surface. Raise arms from the shoulders and extend your knees to lift ball. This describes what skill in volleyball?
7. Of the team sports that are listed, which one(s) would be the toughest on your cardiovascular system?
8. You notice that it is impossible for your teacher to referee every aspect of multiple games. You could possibly cheat on out of bounds calls, proper serves, required techniques for passing, the amount of steps you can take with the ball, scoring, etc. What responsible behavior is expected of you by the teacher and the school?
9. What assessment uses the technology of a stereo boom box to give off sound and provide a cadence (a verbal signal)? This signal helps get you moving at the right time, and provides a time limit, when testing aerobic capacity?
10. You are in a line of people waiting to enter the locker room. You are close to other students also waiting to enter the locker room. What mature responsible behavior should you be able demonstrate?
11. You have discovered that you enjoy the game of kickball. You would like to participate in a base sport similar to it and compete against other people your age. What similar sport could you play?
12. What should you remember when beginning a session of physical activity or sports participation?
13. Which items below would be offensive catching/receiving skill cues for flag football?
14. You are playing flag football, your team is on offense, and your teammate has the ball. What is a good offensive strategy for you to use?
15. When there is a pop fly in kickball, the tag up rule means what?
16. In a base sport like kickball what does a force out mean?
17. There are many activities and sports in PE that do not allow contact or collisions between students or with students and PE equipment. What is the reason behind this basic rule?
18. Which sport uses skills most similar to Kickball?
19. In Flag Football there is strictly NO CONTACT allowed between players. The only 'contact' allowed between players is what?

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20. Cindy and Rebecca are practicing the underhand serve for volleyball. When Cindy hits the ball it either hits the net or slightly clears the net. What suggestions should Rebecca make to help Cindy be more successful?
21. During a 3-on-3 basketball game in class Miguel, who has the ball, is being defended by two of the opposing team's players. How should Miguel respond to the situation?
22. The terms dribbling, passing and shooting are used in which two team sports?
23. In flag football, which action is an example of a defensive strategy?
24. In flag football, which action is an example of an offensive strategy?
25. Janice is having trouble controlling the ball as she dribbles during a basketball drill. What body mechanics will help her be more successful at dribbling?
26. During a volleyball game Lucy receives a serve with a forearm pass. The pass goes straight up and Lucy then sets the ball to Max who is playing at the net. What rule violation occurred in this scenario?
27. Miya is first to bat for her softball team and she hits a double. Lance is up next and he hits a ground ball to the short stop. What is the BEST thing for Miya to do in this scenario?
28. Jamie is batting in softball. He swung at and missed the first two pitches thrown to him. The third pitch hits the dirt before home plate. What is the pitch count on Jamie?
29. During a physical education volleyball tournament, the line official calls the ball out of bounds but you feel the ball was in. What is the BEST way to handle this situation?
30. What is the term used to describe the team that has possession of the ball in basketball, soccer and volleyball?
31. Who is the only player on the field who can touch the ball with their hands during play in soccer?
32. What is the term used to describe the team that is in possession of the ball in softball?
33. When dribbling a basketball where should the ball be in relation to your body?
34. When striking with an implement, what critical element sequence allows a person to generate the most force?
35. Shannon is dribbling up the court during a basketball game. She comes to the top of the key and stops dribbling. What could Shannon do with the ball?
36. Thomas' soccer team is losing. Which action demonstrates appropriate social behavior?
37. What shot in basketball is defined as a one-handed shot made from near the basket that rebounds off the backboard into the net?
38. Trevor and his friends accidentally broke an expensive piece of equipment in physical education class. Trevor's friends want to keep it a secret. What should Trevor do?
39. What health related fitness component is an indicator of obesity?
40. Rachel went running for the first time in three weeks. Before she reached her regular distance, she was out of breath. Which health related component of fitness decreased?

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41. Near the end of physical education class, you notice that the flag belts are left behind on the playing fields. You see your classmates going inside. What should you do?
42. Which cardiorespiratory endurance activity is vigorous?
43. Which disease is characterized by shortness of breath, blocked arteries, and poor blood circulation?
44. Marisol runs three times a week. She decides to add butterflies and toe touches to her warm-up. What benefit does she gain from adding these activities to her routine?
45. Jalen just found out that he will be moving to a new school and cannot join the track team until next year. What is a healthy way for him to maintain his cardiorespiratory endurance until he can try out for the team?
46. Jay needs to pass the ball to his teammate on the other side of the basketball court. Which pass would be best?
47. Jennifer has become stronger from doing push-ups in physical education class. She also wants to become more flexible. What activity should she do to increase her flexibility?
48. Dee wants to improve on his muscular strength. Which activity should he concentrate on?
49. Samuel has an important track meet tomorrow. Samuel's brother is pressuring him to stay up tonight to play a new video game. How could staying up late have a negative effect on Samuel's participation in the track meet?
50. Lisa and her mother have a personal health goal of walking one mile every day. Due to a schedule change, her mother is unable to walk with her every day. What can Lisa do to maintain her cardiorespiratory health?