PHYSICAL EDUCATION AND

SPORT

WORKBOOK

YEAR 8

NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

TEACHER:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**PHYSICAL EDUCATION RULES**

1. Students must not enter the gymnasium without teacher permission.
2. Students must not enter storerooms or offices without teacher permission.
3. Students are expected to treat all equipment with respect and to use it in a safe manner.
4. No student should climb on the equipment in the gym, this includes:, ladders and monkey bars.
5. If any student is injured during the course of the lesson she/he must advise the teacher immediately.
6. All asthmatics should have an up to date asthma management plan and submit it to the office for record. Students are required to attend each lesson with their own asthma pump.
7. All students who have an epipen must bring them to class.
8. Students are advised to wear sunscreen during outdoor activities. The wearing of hats and sunglasses is highly recommended.
9. Students must follow all requests and safety procedures as instructed by staff members.

**SPORT AND PE UNIFORM**

**Appropriate College Sports Uniform 2011**

Gisborne Secondary College tracksuit pants.

Gisborne Secondary College shorts.

Gisborne Secondary College polo top.

Gisborne Secondary College school jacket.

**Out of uniform procedures**

Students who attend class in the inappropriate footwear will not be permitted to participate and will be issued a sanction for being out of College Sport’s Uniform. These students will complete theory work for the lessons duration.

Attending class in the inappropriate footwear and/or College Sport’s Uniform without presenting a note on more than three occasions will result in parent contact and a PE detention. More than three times and the students Head of House/Neighbourhood Leader will become involved.

Students who are unable to attend in the correct College Sport’s Uniform must present a signed and dated note from the parent/guardian. In such instances, students are required to wear the Full College uniform to school and change into sports gear that closely resembles the College Sport’s Uniform. For example:

Dear Sports Teacher, 9th July 2011

Max’s tracksuit pants are currently in the wash. He will change into a pair of tracksuit pants for today’s practical class.

Mrs T.

Max could therefore change into all of his College Sport’s Uniform with the exception of his pants. Max could change into a navy blue/grey or black pair for the **lesson only**. Max will be required to change back into Full College Uniform at the end of the lesson.

Students who are unable to participate due to illness or injury must present a signed and dated note from the parent/guardian. For long term injuries, a medical certificate must be submitted. These students will not be punished and will be required to assist in managerial duties such as scoring and umpiring.

**Appropriate College Sports Uniform Footwear 2011**

The only footwear permitted with the College Sport’s Uniform are runners with appropriate arch support or Dunlop volleys. Please find below a list of pictures that shows you the **ONLY** permitted footwear with the College Sports Uniform.

** **

Footwear that is **NOT PERMITTED** to be worn with College Sport’s Uniform include the following:

**Converse all stars (standard and high top)**

**High top boots (all brands)**

****

****

**Skate shoes (all brands)**

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****

**Billie shoes (laced or unlaced)**

These shoes have a flat base and offer insufficient support to a teenager’s foot when participating in sport and physical education classes.

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FITNESS COMPONENTS

Cardio-vascular Endurance

* Fitness of the heart, blood vessels and lungs
* Fitness of the circulatory and respiratory systems
* The ability of the heart to provide oxygen to muscles during physical activity for a prolonged period of time

Provide 2 examples of sports that *Cardio-vascular Endurance* is used in:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Muscular Power

* Explosive strength where a powerful movement is achieved as quickly as possible
* Combination of *strength* and *speed*

Provide 2 examples of sports that *Muscular Power* is used in:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Flexibility

* The body’s ability to gain the range of movement that is demanded by a sport
* A range of movement possible at a particular joint

Provide 2 examples of sports that *Flexibility* is used in:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Local Muscular Endurance

* The ability of a particular muscle group to work at a desired level for as long as the situation demands

Provide 2 examples of sports that *Local Muscular Endurance* is used in:

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FITNESS COMPONENTS

Agility

* Combines *speed* with *flexibility* and *balance*
* The performer changes direction with maximal speed and control

Provide 2 examples of sports that *Agility* is used in:

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Muscular Strength

* ‘One off’ maximal strength movement
* The maximum force that a muscle or a muscle group can exert at once

Provide 2 examples of sports that *Muscular Strength* is used in:

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Speed

* The aim is to move from point A to point B as fast as possible
* It can represent whole body speed or part body speed e.g. Moving a limb

‘Provide 2 examples of sports that *Speed* is used in:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**MC900078746[1]**

**Fitness Testing Results**

Throughout Years 7 & 8 you will be required to participate in a series of fitness tests. On completion, you should be able to identify and understand what fitness components correlate to each fitness test and the reason for conducting the tests.

Complete each fitness test and record your results in the table below. You will be completing your tests at the beginning of **term 1** and **term 4**.

**Each time you finish the tests, answer the following questions.**

***AFTER TEST 1***

1. Why do we participate in Fitness Testing?

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1. What do you think your strengths are? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. What do you think your weaknesses are?

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1. How do you think you could improve?

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1. Set yourself **one** fitness goal and explain how you will go about achieving it?

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1. How long will you give yourself to meet this goal?

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***AFTER TEST 2***

1. What do you think your strengths are? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. What do you think your weaknesses are?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Where there any differences between your semester 1 and semester 2 results? Explain your observations

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| **Test** | **Testing Date 1** | **Testing Date 2** | **Have I improved? By how much** |
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| *Height* |  |  |  |
| *Beep Test* |  |  |  |
| *Basketball Throw* |  |  |  |
| *Vertical Jump* |  |  |  |
| *Sit & Reach – Left* |  |  |  |
| *Sit & Reach – Right* |  |  |  |
| *Sit & Reach – Both* |  |  |  |
| *Curl Ups* |  |  |  |
| *Standing Long Jump* |  |  |  |
| *Agility Run* |  |  |  |
| *Grip Strength – Right* |  |  |  |
| *Grip Strength – Left* |  |  |  |

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| --- | --- | --- | --- |
| **Test** | **Testing Date 1** | **Testing Date 2** | **Have I improved? By how much** |
|  |  |  |
| *Height* |  |  |  |
| *Beep Test* |  |  |  |
| *Basketball Throw* |  |  |  |
| *Vertical Jump* |  |  |  |
| *Sit & Reach – Left* |  |  |  |
| *Sit & Reach – Right* |  |  |  |
| *Sit & Reach – Both* |  |  |  |
| *Curl Ups* |  |  |  |
| *Standing Long Jump* |  |  |  |
| *Agility Run* |  |  |  |
| *Grip Strength – Right* |  |  |  |
| *Grip Strength – Left* |  |  |  |

**Fitness Testing – Graph the data**

1. **From the class fitness testing results graph all student beep test results on the graph below.** Make sure you include a title and label the axis.

Title:

1. **Work out the class average of the beep test.**

Step one: Add all student scores together

Step two: Divide the number of students by the score you got above.

= Class average

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1. **On the graph, identify where the class average is.**
2. **Where do you fit in relation to the class average?**

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1. **Work out the class median.**

To do this you will need to use whole numbers, for example level 5.6 will round up to 6. Place all scores in order from smallest to largest. The number that falls directly in the middle is your mean.

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Class median =

1. **Work out the mode. (This is the score that occurred the most times)**

Mode =

**National Physical Activity Guidelines**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Frequency | Intensity | Duration | Type | Notes |
| **Children (0-5)** |  |  |  |  |  |
| **Children / Youth** |  |  |  |  |  |
| **Adults** |  |  |  |  |  |
| **Older People** |  |  |  |  |  |
| **Overweight & Obese People** |  |  |  |  |  |

***PHYSICAL ACTIVITY LOG***

According to the National Physical Activity Guidelines (NPAG’s) you should be completing at least 1 hour a day of moderate to vigorous physical activity. Compare the amount of physical activity you do to the National Physical Activity Guidelines.

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| **Date** | **Brief description of activity** | **Time**  **Length** | **Intensity**  **(Low, Moderate, Vigorous)** | **Did you meet the NPAG’s today?** |
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| **Date** | **Brief description of activity** | **Time**  **Length** | **Intensity**  **(Low, Moderate, Vigorous)** | **Did you meet the NPAG’s today?** |
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**Athletics**

In the next few classes you will participate in a selection of athletic track and field events.

1. Fill out your results from each event in the table below.

*Athletic results*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event** | **1st Attempt** | **2nd Attempt** | **3rd Attempt** | **Best Result** |
| **200m** |  |  |  |  |
| **800m** |  |  |  |  |
| **4\*100m relay** |  |  |  |  |
| **Shot put** |  |  |  |  |
| **Javelin** |  |  |  |  |
| **Discus** |  |  |  |  |

1. What event did you like the most and why?

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1. What event did you perform the best in?

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1. With the events listed below, identify which fitness component may be used by this event. Note: An event may have more than one fitness component.

200m\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

800m\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Shot put\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Javelin\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Discus\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Reflection: How did you go in the class mini Olympics?

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***800 Metre Time Record Sheet***

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| ***Date*** | ***Time*** | ***Weekly Difference (+/-)*** | ***Overall Difference (+/-)*** |
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| ***Date*** | ***Time*** | ***Weekly Difference (+/-)*** | ***Overall Difference (+/-)*** |
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**TENNIS**

1. In what year was the most modern form of Tennis developed?

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1. What was the first form of Tennis known as?

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1. List the different Tennis Court surfaces.

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What are the 4 Grand Slam Competitions?

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Who is the youngest player to have won Wimbledon?

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1. List the 3 different types of balls used in Tennis and what courts they are suitable for.

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1. How does the referee decide on who serves first?

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1. Explain the scoring system for a game of tennis.

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1. How is a ‘Set’ won?

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1. List the most important and most used shots in Tennis. What are these also known as?

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1. Explain how a ‘Tiebreaker’ is played.

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1. What shot is played the most in Tennis?

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1. Describe how you would perform the serve.

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1. What is ‘The Lob’?

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1. What is a ‘Smash’?

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1. What is the role of the ‘Linesmen’?

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1. Draw a picture of a Tennis Court.
2. What is the role of ‘Ball Boys and Ball Girls’?

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1. What are the dimensions of a Tennis Net?

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1. Name the player that has **won** 14 Grand Slam matches and **lost** only 4.

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**Soccer Questions:**

1. How many players per team are on the pitch at a time?

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1. What colour does the referee usually wear? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. How do players line up at the start of a game?

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1. Describe two of the following: Passing, dribbling, crossing or shooting.

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1. A skill in soccer is the ability to bend the ball. Describe how a player can bend the ball from right to left?

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1. List the five different types of ball skills?

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1. Describe in detail two ball skills?

a)

b)

8. In what year were the rules of soccer formalised?

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9. If the umpire does the following, what does it mean?

a) Holds up a yellow?

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b) Holds up a red card?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c) Holds a single flag out horizontally?

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1. The ball has gone out of bounds. How is play restarted?

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11. List **3** ways a free kick can be awarded.

1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

12. What are the dimensions of a soccer goal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

13. When is a corner kick awarded? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

14. How are you able to identify the goal keeper from the rest of the team? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

15. What are the four major fouls in soccer? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

16. Describe ‘tripping’ in detail? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

17. Describe ‘holding’ in detail? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Netball Questions**

1. How many players are on the netball court and what are the positions?

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1. Explain the ‘obstruction’ rule?

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1. When was the first game of Netball played and where?

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1. How is the netball court divided?

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1. Explain the ‘3 second’ rule?

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1. List 6 different rules in a game of netball?

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1. Draw and shade the areas that a WA player can move in during the game
2. Who is the Captain of the Australian Diamonds Netball Team?

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1. What country is the current World Champions in Netball?

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1. Which players can shoot in a game of netball?

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1. What is the responsibility of a Centre player?

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1. Where in Gisborne can you play netball?

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1. In netball, the aim of the game is to advance the ball from the centre circle to the goal shooter or goal attack. Draw a diagram of the court and draw an offensive variation on how your team can pass the ball and move towards the goal shooter?

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1. What is a rebound?

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1. Explain the ‘over a third’ rule

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1. What is meant by the term ‘stepping’?

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1. How does a game of netball begin/start?

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1. Describe the difference between a WA & WD

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1. How many positions can run two thirds of the court?

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1. If you were teaching someone how to play defence, what would your defensive checklist be?

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**ROUNDERS**

1. Where is it thought Rounders originated?

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1. Draw a Rounders field
2. MC900301478[1]What surface can Rounders played on?

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1. Are Rounders team’s single sex or mixed?

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1. How many teams play in a game of Rounders?

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1. How many players are in a team?

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1. Explain the rules of ‘bowling’ in a game of Rounders

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1. What are the ‘posts’ in Rounders?

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1. What is the ‘pitching area’?

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1. What is the ‘hitting area’?

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1. How many bases does the batter have to run around?

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1. MC900301478[1]What happens when a batter misses a good ball?

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1. What is the bat like in Rounders?

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1. What is a Rounders Ball made out of?

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1. How many players are allowed to stop on a post at any time?

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1. Explain how a batter is ‘out’.

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1. How is a ‘rounder’ scored?

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1. How is a ‘half-rounder’ scored?

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1. How is a ‘penalty half-rounder’ scored?

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1. How many innings make up a game of Rounders?

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**Year 8 Rounders Peer Assessment**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Partner: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Skills | Skilled | Capable | Apprentice | Novice |
| Ability to bowl the ball underarm and accurately |  |  |  |  |
| Ability to connect bat to ball each time it is bowled |  |  |  |  |
| Ability to field the ball and accurately throw it to the bases |  |  |  |  |
| Ability to read the play to run the bases efficiently |  |  |  |  |
| Understanding of the rules & strategies of Rounders |  |  |  |  |

1. What is the importance of bowling accurately in Rounders?
2. Fielding is an important aspect of the game. What should fielders ensure they do to stop batters from advancing to the next base?

1. Why is it important to read the play to ensure you run the bases safely?
2. Do you assess your partner’s skills as Novice/Apprentice/Capable/Skilled?

**AFL QUESTIONS**

1. How many players including interchange players play on a team each week?

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1. [](http://en.wikipedia.org/wiki/Image:Australian_Football_League.svg) How many different countries is Aussie Rules played in?

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1. What type of protective devises to prevent injury may be worn by players?

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1. Who is allowed inside the centre square when the ball is bounced after a goal or to start a quarter?

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1. Who invented Aussie Rules, why and when?

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1. What is the average distance that an AFL player will travel/cover during a match?

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1. How many umpires officiate in a game?

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1. What colours do the umpires wear?

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1. What are the names of the two new teams entering the AFL over the next couple of years?

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1. Are the any international competitions? If so who participates?

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1. What is the ‘average physical profile’ of an AFL player?

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1. [](http://en.wikipedia.org/wiki/Image:Australian_Football_League.svg)Explain the ‘main’ technique for kicking the ball?

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1. What are the names of other types of kicks?

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1. List 4 reasons why a free kick may be paid

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1. Who took part in the first official game of Australian Rule Football.

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1. When was the ‘Australian Football League (AFL)’ established?

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1. How many people usually attend the AFL Grand Final?

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1. What are the names of the medals awarded to the competitions Best and Fairest winner and the best player in the Grand Final

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HANDBALL

1. What is the width of a Handball court?

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1. What countries developed Handball and what year was it developed?

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1. What are some other methods of beating the opposition if they are as fast as you?

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1. How many seconds can you hold on to the ball for?

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1. What year and what Olympics did Handball debut?

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1. Explain why Handball was dropped from the Olympics and when was it reintroduced?

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1. MC900318462[1]Explain the contact rule.

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1. How many steps can a player take with the ball?

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1. Draw a picture of the court and label the positions of players on the court
2. How much smaller is a basketball court compared to a handball court?

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1. Handball can be played outside on a variety of courts. What are the types of surfaces it can be played on?

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1. Describe the wrist pass?

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1. Are you allowed to handball the ball like you can in AFL?

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1. On an overhead pass what degree should the arm rotate through on the follow through?

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1. MC900318462[1]How many players play handball in Europe?

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1. How many goals can you score in one game?

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1. How long is a regulation handball game?

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1. How many players are allowed on the court at one time for each team?

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1. Name two ways a player may move the ball on the court?

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1. When catching the ball, what should the person catching keep his/her eyes on?

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**SEPEP-Self Assessment**

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| **For the following criteria tick the box that identifies your efforts for each area. Each criteria requires a written response to justify your reasons for choosing this answer.** | | | | | | | | | | | | | | | | | |
| **Fair play** | | | Always plays fairly and by the rules | | Very often plays fairly and by the rules. Rarely needs to be reminded | | | Mostly plays fairly and by the rules. Needs to be reminded occasionally | | | Sometimes plays unfairly and ignores the rules | | | Often plays unfairly and ignores the rules | | | Very often plays unfairly and blatantly ignores the rules |
| A: Finish the sentence why you chose the above sentence  B: Also include how you could improve in this area. | | | | A: I picked the above responses because........  B: I could improve in this area by.......... | | | | | | | | | | | | | |
| **Team work** | | I always work with my team member to develop team strategies and tactics that we use to improve team performance. I provide words of encouragement and feedback regularly. | | | | | I regularly provide words of encouragement and feedback to my peers. | | | I have negotiated and worked with peers to ensure all team member play a different role in the team. | | | I often play the same position and rarely talk with my peers to identify ways we can improve. | | | I find it hard to work in a team and rarely contribute. | |
| A: Finish the sentence why you chose the above sentence  B: Also include how you could improve in this area. | A: I picked the above responses because........  B: I could improve in this area by.......... | | | | | | | | | | | | | | | | |
| **Leadership** | | I have taken on more than two leadership positions this semester and used skills to work with my team. | | | | | I have volunteered to take on a leadership role this semester and was successful in leading my team. | | | I took on a leadership position this semester. I am unsure of whether I was successful in my role. | | | I did not take on a leadership position but would like to. | | | I did not take on a leadership position as I have no interest in leading a team. | |
| A: Finish the sentence why you chose the above sentence  B: Also include how you could improve in this area. | | A: I picked the above responses because........  B: I could improve in this area by.......... | | | | | | | | | | | | | | | |
| **Participation/effort** | | Participates to the best of your ability in most sessions | | | | Participates in most sessions fulfilling the basic requirements | | | Participates at a level considerably below best. | | | Participates little in class sessions. | | | Rarely participates in any sessions. | | |
| A: Finish the sentence why you chose the above sentence  B: Also include how you could improve in this area. | | A: I picked the above responses because........  B: I could improve in this area by.......... | | | | | | | | | | | | | | | |

**Korfball**

1. Where did Korfball originate?

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1. How many players are on court for each team?

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1. Are there any restricted areas on the Korfball court? Explain your answer.

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1. Explain the rule ‘defended shot’?

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1. What happens once two goals are scored?

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1. On the Korfball court where can you shoot the ball from?

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1. In your own words describe the game of Korfball to someone who has never heard of the sport before.

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1. Korfball is a mixture of a couple of sports. What are these sports?

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1. Korfball is one of the only international mixed sports. Explain the defensive rule, which allows both males and females to play.

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1. How many steps can you take in Korfball?

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1. What are some strategies a team can use to score a goal?

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1. What happens when a person is contacted?

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1. What is the penalty for defending someone of the opposite sex?

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1. Where in Victoria can you go to play korfball?

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1. What is the distance of a penalty pass?

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1. What are Korfball rings made out of?

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1. Where on the court, is the Korfball post situated?

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1. How long can a player hold the ball for?

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1. After participating in or watching a game of Korfball, list the strategies teams used for attacking players.

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1. How would you modify these strategies for next lesson?

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**BASKETBALL**

1. Who is James A. Naismith?

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1. What year did basketball get introduced into the Olympics?

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1. What do the NBA, NBL, WNBA and FIBA stand for?

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1. Draw a picture of a basketball court and shade in the key, 3 point zone and 2 point zone in different colours
2. What Nationality was the person who invented basketball?

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1. What are the 5 positions on the basketball court?

a)

b)

c)

d)

e)

1. Why did Michael Jordan choose the number 23 for his jersey?

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1. How many strips of leather or rubber make a basketball?

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1. Describe what happens in a jump ball?

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1. What size basketball do men play with and what size do women play with?

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1. What height is the basketball ring?

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1. How long do players have to get the ball across half court?

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1. What is it called when players catch the ball of the ring or backboard?

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1. Choose 3 umpiring signals and describe them in detail

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1. Why would a player be called for a technical foul?

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1. When dribbling how high should the ball bounce?

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1. What does the acronym ‘BEEF’ stand for?

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1. How many rules did basketball start with?

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1. When was FIBA associated?

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1. When and where was the NBA established?

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**Year 8 Basketball Peer Assessment**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Partner: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- |
| Skills | Skilled | Capable | Apprentice | Novice |
| Ability to dribble competently |  |  |  |  |
| Ability to perform a lay-up using the correct technique |  |  |  |  |
| Demonstrate correct shooting technique from stationary position |  |  |  |  |
| Demonstrate ability to shoot accurately |  |  |  |  |
| Ability to throw & catch the ball effectively |  |  |  |  |

Areas I need to work on e.g: skills, knowledge of rules and strategies, participation, effort:

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How I will do this:

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**VOLLEYBALL QUESTIONS**

1. What is the maximum number of seconds allowed for a serve?

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1. C:\Program Files\Microsoft Office\MEDIA\CAGCAT10\j0301480.wmfHow many hits is each team allowed before the volleyball must travel over the net?

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1. What type of surface is volleyball played on?

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1. How many people across the globe play volleyball?

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1. When was volleyball first invented and what was it called?

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1. Provide a definition of the following skills used in volleyball:

Spike: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Serve: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Dig: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Tip or dink: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Block: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. When was the first recorded game?

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1. How many referees are on a court?

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1. What are the different playing positions?

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1. Draw a picture of the field, outline the back zone, centre line and attack line.

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1. How many sets are played in a game?

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1. When you inflate a volleyball, how would you do this?

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1. In what direction do players move when they rotate?

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1. What is the appropriate court wear?

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1. In what continents is the game particularly popular?

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1. How does beach volleyball differ from court volleyball?

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1. How long has beach volleyball been played for?

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1. In world championships what must the competing temperature be?

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1. Identify one difference between male and female matches.

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1. What is the benefit of protective knee pads?

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**TOUCH FOOTBALL**

1. How long does a game of touch football go for?

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1. MC900440460[1]Explain the method of scoring in touch football.

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1. How many players can belong to a team?

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1. How many players are allowed on the field at any one time?

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1. In a mixed competition, how many males are allowed on the field?

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1. Draw a picture of a touch football field below. Include all lines and distances.
2. What is a dead ball? Provide a definition.

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1. When is a player offside?

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1. In what direction must the ball be passed in touch football

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1. What is a roll ball and identify 5 occasions when a roll ball is required.

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5.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How does substitution work in touch football?

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1. What happens when a defender intercepts the ball?

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1. How many touches are allowed before it becomes a changeover?

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1. Provide a definition for the following:

Rebound:

MC900440460[1]\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Penalty: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The ruck:

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Tap:

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Touch:

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Touchdown:

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**SEPEP-Self Assessment**

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| **For the following criteria tick the box that identifies your efforts for each area. Each criteria requires a written response to justify your reasons for choosing this answer.** | | | | | | | | | | | | | | | | | |
| **Fair play** | | | Always plays fairly and by the rules | | Very often plays fairly and by the rules. Rarely needs to be reminded | | | Mostly plays fairly and by the rules. Needs to be reminded occasionally | | | Sometimes plays unfairly and ignores the rules | | | Often plays unfairly and ignores the rules | | | Very often plays unfairly and blatantly ignores the rules |
| A: Finish the sentence why you chose the above sentence  B: Also include how you could improve in this area. | | | | A: I picked the above responses because........  B: I could improve in this area by.......... | | | | | | | | | | | | | |
| **Team work** | | I always work with my team member to develop team strategies and tactics that we use to improve team performance. I provide words of encouragement and feedback regularly. | | | | | I regularly provide words of encouragement and feedback to my peers. | | | I have negotiated and worked with peers to ensure all team member play a different role in the team. | | | I often play the same position and rarely talk with my peers to identify ways we can improve. | | | I find it hard to work in a team and rarely contribute. | |
| A: Finish the sentence why you chose the above sentence  B: Also include how you could improve in this area. | A: I picked the above responses because........  B: I could improve in this area by.......... | | | | | | | | | | | | | | | | |
| **Leadership** | | I have taken on more than two leadership positions this semester and used skills to work with my team. | | | | | I have volunteered to take on a leadership role this semester and was successful in leading my team. | | | I took on a leadership position this semester. I am unsure of whether I was successful in my role. | | | I did not take on a leadership position but would like to. | | | I did not take on a leadership position as I have no interest in leading a team. | |
| A: Finish the sentence why you chose the above sentence  B: Also include how you could improve in this area. | | A: I picked the above responses because........  B: I could improve in this area by.......... | | | | | | | | | | | | | | | |
| **Participation/effort** | | Participates to the best of your ability in most sessions | | | | Participates in most sessions fulfilling the basic requirements | | | Participates at a level considerably below best. | | | Participates little in class sessions. | | | Rarely participates in any sessions. | | |
| A: Finish the sentence why you chose the above sentence  B: Also include how you could improve in this area. | | A: I picked the above responses because........  B: I could improve in this area by.......... | | | | | | | | | | | | | | | |

**SWOT ANALYSIS OF INDIVIDUAL PE UNITS**

**Honest feedback on how you think you have approached & achieved in this unit.**

**Unit: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Strengths /Weaknesses**

* **Rules & scoring**
* **Execution a range of skills**
* **Listening to teacher/peer instruction**
* **Responding to teacher/peer feedback**
* **Maximising class time**

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**Opportunities**

* **To work as an individual/& in groups**
* **To be a team leader**
* **Assist with the coaching of other students**

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**Threats**

**(Issues that prevented you from achieving optimal performance/success)**

* **No gear – lack of participation**
* **Injuries**
* **Absence from class**
* **Lack of application**
* **Peer restriction – distracted easily, inability to work effectively with others**

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**Archery - Questions**

1.What was archery originally used for?

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2.When was archery first included in the modern Olympics?

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3. How wide is an archery target?

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4. What are the scores for the different colours on an archery target?

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5. What are the four Olympic events for archery?

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6. What distance do they shoot over in Olympic competition?

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7. What is the nock?

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8. What equipment is used to keep a bow steady?

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9. What is an arm guard used for?

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10. Describe how an archer should stand.

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11. Describe how an archer should draw and take aim.

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12. Describe the follow through.

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13.What does the sharpshooter do on a bow?

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14. What is a quiver used for? C:\Documents and Settings\Teacher\Local Settings\Temporary Internet Files\Content.IE5\RZ6SHNRH\MC900325922[1].wmf

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15. Describe a recurve bow.

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16. What is *clout* archery?

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17. If an arrow bounces off the target or goes straight through, does it still score points?

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18. When was archery reintroduced to Olympic competition?

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19. Which body controls archery internationally?

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20. What is a *Robin Hood*?

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**Lawn Bowls – questions**

C:\Documents and Settings\Teacher\Local Settings\Temporary Internet Files\Content.IE5\WJ2ZIUU7\MC900320780[1].wmf1. Which countries is lawn bowls most popular?

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2. What colour do players usually wear?

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3. What were the bowls traditionally made of?

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4. What modern material is used to make bowls?

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5. Why are bowls biased?

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6. What surface is the sport played on?

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7.What is a rink?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8. What is the jack?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

9. What is a forehand draw?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10. What is a drive?

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11. How is the game started?

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12. How many bowls does each player use?

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13. How are points scored?

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14. What is an end?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

15. What colours are bowls?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

16. How do you win a game of bowls?

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17. What is the rubber mat used for? C:\Documents and Settings\Teacher\Local Settings\Temporary Internet Files\Content.IE5\WJ2ZIUU7\MC900320780[1].wmf

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

18. What are the usual dimensions for a rink?

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19. Is lawn bowls and Olympic event?

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20. Who was Australia’s last world champion?

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**Jumbled Words**

Look at the jumbled words below and un-jumble the letters to work out what sport it is.

lolvallyeb

tkcirce

nitens

sgmyntisca

asclethti

nabletl

lsftabol

dbnhalal

giinks

kyecoh

rcecos

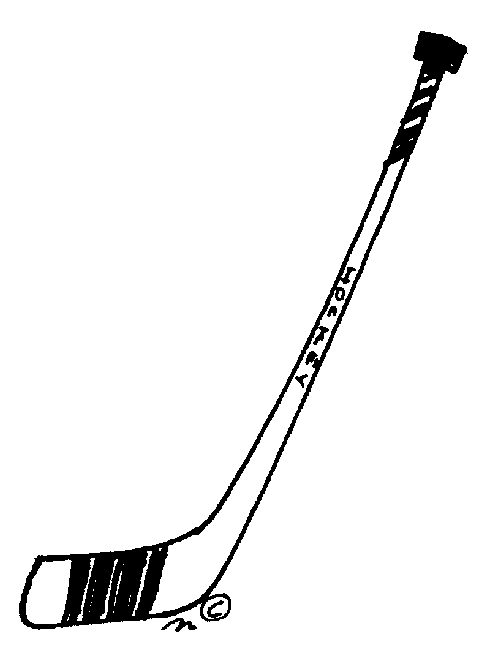
lfotlaob

ntnoadmbi

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| --- | --- | --- | --- | --- | --- |
| **A-Z List of Sport Quiz** | | | | | |
| Take each letter of the alphabet and beside each list the required number of sports that begin with that letter. | | | | | |
| A | A | A | A | A |  |
| B | B | B | B | B |  |
| C | C | C | C | C |  |
| D | D |  |  |  |  |
| E | E |  |  |  |  |
| F | F | F |  |  |  |
| G | G | G |  |  |  |
| H | H | H |  |  |  |
| I |  |  |  |  |  |
| J | J |  |  |  |  |
| K |  |  |  |  |  |
| L | L |  |  |  |  |
| M | M |  |  |  |  |
| N |  |  |  |  |  |
| O |  |  |  |  |  |
| P | P | P |  |  |  |
| R | R | R | R |  |  |
| S | S | S | S | S | S |
| T | T | T | T | T |  |
| V |  |  |  |  |  |
| W | W | W |  |  |  |
| Y |  |  |  |  |  |
| Z | Z |  |  |  |  |
| Score 1 point for each correct answer. Total possible score is 61 | | | | | |

**What sport is it?**

Look at the pictures below and name the Sports the equipment belongs to.



[](http://badminton-coach.co.uk/wp-content/uploads/2009/06/yonex_badminton_shuttle31.jpg)[](http://www.google.com.au/imgres?imgurl=http://tennisgame.org.uk/tennisgame_pics/tennis_racket_02.bmp&imgrefurl=http://tennisgame.org.uk/tennis_racket.html&usg=___Rw5gUbeD3yzZMgek9Nv4hKB7-M=&h=400&w=400&sz=469&hl=en&start=0&zoom=1&tbnid=CaxIr8b0dpPwZM:&tbnh=144&tbnw=144&prev=/images?q=tennis+racket&um=1&hl=en&safe=active&rlz=1R2SKPB_enAU364&biw=1259&bih=595&tbs=isch:1&um=1&itbs=1&iact=hc&vpx=467&vpy=219&dur=1234&hovh=225&hovw=225&tx=113&ty=120&ei=9M8GTZuONImevQOWqPzOBg&oei=9M8GTZuONImevQOWqPzOBg&esq=1&page=1&ndsp=19&ved=1t:429,r:8,s:0)[](http://www.google.com.au/imgres?imgurl=http://www.mauricerobinsonsports.com/Admin/pics/Wilson_K_4_tennis_racket.jpg&imgrefurl=http://www.mauricerobinsonsports.com/p.php?c=Wilson_Tennis_Rackets&usg=__FDIe_Okw4zKLz7_v1lxoW1UOJqQ=&h=800&w=800&sz=185&hl=en&start=0&zoom=1&tbnid=TPVDR2UgcZ0aDM:&tbnh=144&tbnw=144&prev=/images?q=tennis+racket&um=1&hl=en&safe=active&rlz=1R2SKPB_enAU364&biw=1259&bih=595&tbs=isch:1&um=1&itbs=1&iact=hc&vpx=635&vpy=219&dur=766&hovh=225&hovw=225&tx=114&ty=133&ei=9M8GTZuONImevQOWqPzOBg&oei=9M8GTZuONImevQOWqPzOBg&esq=1&page=1&ndsp=19&ved=1t:429,r:9,s:0)











**Vocabulary Bank**

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| **Word** | **Definition** |
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**Vocabulary Bank**

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| **Word** | **Definition** |
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**Am I out of Sport Uniform??**

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| --- | --- | --- | --- | --- |
| **Date** | **Why am I out of uniform?** | **What item?** | **Was I late to class?** | **Teacher Signature** |
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| **Date** | **Why am I out of uniform?** | **What item?** | **Was I late to class?** | **Teacher Signature** |
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