

# ACADEMIC LEARNING PACKETS

## PHYSICAL EDUCATION

### *Volume 1*



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# PHYSICAL EDUCATION PACKET SYSTEM

## INSTRUCTIONS AND SUGGESTIONS

Physical Education Learning Packets provide constructive learning experiences for students who do not, or cannot, meet physical education requirements. This volume contains 11 Learning Packets, ranging from volleyball to baseball.

The purpose of these Learning Packets is to acquaint students with particular sports or other physical activities. There should be a sufficient variety among these packets to interest almost any student, whether or not he or she is particularly active in sports.

In some cases, you may want to distribute these packets to students who, for physical or health reasons, cannot participate in sports and other strenuous activities, but who would like to know how games are played and scores are kept so that they can feel more a part of these school activities, and be a more informed spectator. Physical Education Learning packets will give these students the rudiments of each sport or activity.

You may also have students who have no apparent interest in physical education, and habitually present a variety of excuses not to participate (such as “forgetting” to bring their gym shoes or clothes to class, etc.). These packets can be used as a means of discouraging such students from making excuses for not participating.

There may also be students who would like to know more about different sports and would welcome an opportunity to read about the history and techniques of a particular sport in addition to being a player. In this case, the packets may be used to provide extra credit for such inspired students.

Physical Education Packets also provide instant lesson plans for any substitute teacher. All that is necessary is access to a photocopier. As many copies of a packet as needed can be made. PE teachers can also use Physical Education Packets to introduce a sport or activity to a class. In addition, you may want to use the packets as a unit lesson, and utilize the questions and puzzles for a unit test.

Each packet consists of 7 to 9 pages of narrative material for each sport or physical activity, including an introduction, history, description of how the game is played, individual techniques for playing and a news and notes section with the latest information about the sport.

After the student has read the narrative, there are 10 questions, a crossword puzzle, and a wordsearch to evaluate student mastery of the materials.

## **INSTRUCTIONS FOR USING THE PACKETS**

Give each student one of the packets for him or her to read. Also give him or her the corresponding questions, crossword puzzle and wordsearch puzzle. Each packet is designed to be a 45-minute lesson.

A teacher answer section is provided with each packet for ease of grading. Graded Physical Education Packets can give you an objective assessment tool for arriving at quarter or semester grades.

# VOLLEYBALL

PACKET # 1

## INSTRUCTIONS

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

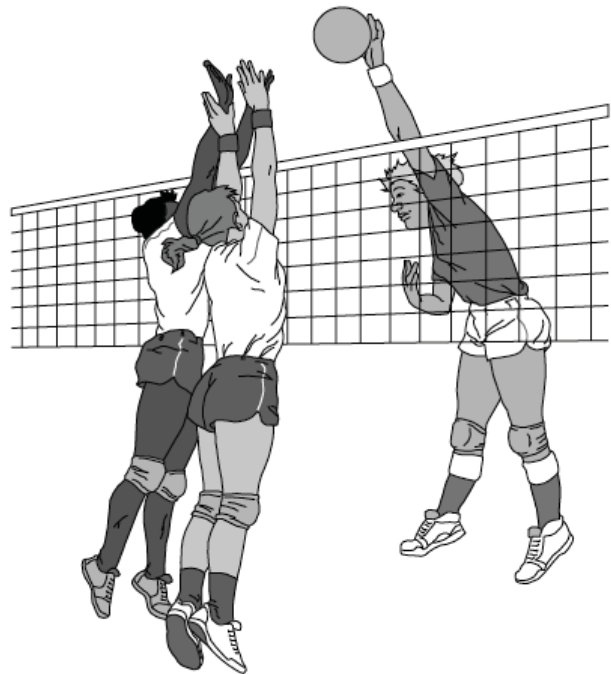
The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

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

## INTRODUCTION

Volleyball is a popular sport which can be played both indoors and outdoors. It appeals to people of all ages and skill levels. It is fast-paced, with constant jumping and running, and thus provides a strenuous aerobic workout. It also requires mental alertness and quick, precise physical reactions.

Many associate volleyball with the beaches of southern California and in fact, a number of professional players got their start by playing beach volleyball. However, volleyball is popular not only on the beaches, but in virtually every country of the world. In 1964, it was officially recognized as part of the Olympic Games.



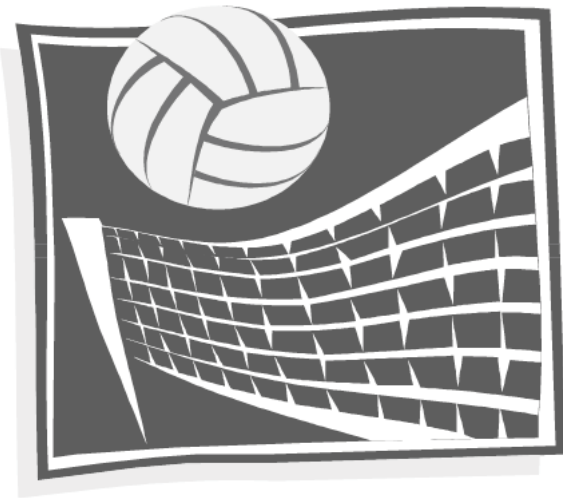
## HISTORY OF THE GAME

Volleyball originated in Massachusetts in 1895 when the director of a local YMCA used the bladder of a basketball for a ball and a tennis net as the first volleyball net. The game was regulated by the YMCA until 1928 when the United States Volleyball Association was founded.

## HOW VOLLEYBALL IS PLAYED

The name “volleyball” is not an entirely accurate description of this sport. The object of the game is hit the ball over the net in such a way that the opposing team cannot return it.

Volleyball is played on a court about 30 feet wide by about 60 feet long. The net is three feet high and spans the width of the playing area. The top of the net is positioned about eight feet (in men’s volleyball) from the floor or playing surface. The modern volleyball is about the size of a soccer ball and weighs between nine and ten ounces.



The game is played by two opposing teams, with six players on each team. Once the ball is put into play, it is “volleyed” back and forth between the teammates up to three times before it is hit over the net or until it falls to the floor, is hit out of bounds or a team commits a foul. The same player may not make a hit twice in a row. Even if the ball hits a player by accident, it counts as one of the three touches allowed per side. However, if a player blocks a spike, the block is not considered a “hit.”

## VOLLEYBALL SCORING SYSTEMS

### *RALLY POINT SCORING*

The team winning a rally scores a point. When the receiving team wins a rally, it gains a point and the right to serve, and its players rotate one position clockwise. The best three of five games will win matches. Each non-deciding game will be won by the team that first scores 25 points with a minimum two-point advantage. If there is a deciding game, it will be won by the team that first scores 15 points with a minimum two-point advantage.

### *SIDEOUT SCORING*

Only the serving team may score a point, except in the deciding game when rally-point scoring is used. When the receiving team wins a rally, it gains the right to serve (also scoring a point in



the deciding game), and its players rotate one position clockwise. Rotation ensures that players play at both the net and the back zone of the court.

A team wins a game by scoring 15 points with a two-point advantage and wins the match by winning the best of three or five games. In the event of a 16-16 tie, the team scoring the 17th point wins a non-deciding game with only a one-point advantage. In a deciding game there is no point cap.

Almost all schools have changed from “Sideout Scoring” to “Rally Point Scoring.” Rally scoring looks very similar to a side-out game, with the main difference being a point scored every time the ball is blown dead.

What constitutes a match when you rally score? Teams will play the best three out of five games. “Game-point” for the first four games will be 25 points. (You must win by two points.) The fifth and deciding game is played to 15. (Again, you must win by 2 points.)

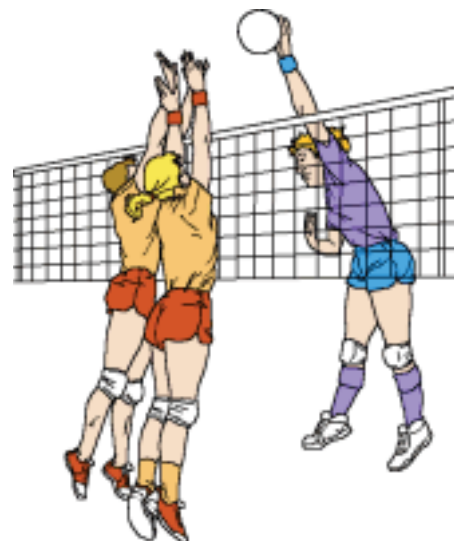
How much time should be allotted for matches that are rally scored? Most three of five rally matches end in three games. The approximate length of time for a game (not including warm-up) is less than 20 minutes. Three-game matches take approximately 60 minutes, while five-game matches take approximately 90 minutes. The nature of volleyball allows games to be substantially shorter when one team is strong and another weak. Rally scoring no longer accommodates long non-scoring periods during a game or match.

What is the “let serve?” The “let serve” is a ball that when served, hits the net without touching the net antenna and continues across the net into the opponent’s court. The let serve is a playable live ball. The let serve is a strategy used to keep the game moving with fewer interruptions in play.



With the “let serve” there is no longer a need to touch the net when giving the signal to serve.

Time-outs: Each team is allowed a maximum of two time-outs per game. A time-out is a maximum of 60 seconds, although play may resume sooner if both teams are ready prior to 60 seconds.



Extra time-outs are not granted during rally scoring, nor are time-out accumulative during a match.

A game has a total of 25 points except in deciding games. If a team fails to serve properly, return the ball, or commits any other fault, the opponent wins the rally and scores the point. Each game must be won by a two-point margin. A match consists of the best three of five games. The team which wins three games is the winner of the match.

Volleyball requires a referee, who generally has the final word regarding points in dispute, an umpire who assists the referee, a scorekeeper, a timekeeper and linesmen. Even though there may be officials present during a game, players who commit fouls are expected to call out their own mistakes.



## **SKILLS AND TECHNIQUES**

### *THE READY POSITION AND JUMP*

One of the basic positions in volleyball is called the “ready position.” The knees are slightly bent with hands at waist level and elbows near the body to allow the player to concentrate on the ball. Players should learn this position so that time is not wasted when the ball is hit. Jumping is always done near the net. Players should practice jumping so that they do not touch the net, or bump into or injure other players. They should also remember always to jump parallel to the net.

### *THE SERVE: OVERHAND AND UNDERHAND*

Serving is a crucial skill for the volleyball player to learn. The cardinal rules of serving are simple: do not step on a boundary line, and get the ball over the net.

**The overhand serve** is the most popular and effective serve. It is similar to a tennis serve. The ball is thrown into the air so that it rises a few feet above the server’s head. As the ball comes down, the right arm (if you are right-handed) is raised up and back while the elbow comes forward. The arm is then extended at the elbow and the server hits the ball with the heel of the hand.



**The underhand serve** is a good serve for beginners to use. It is simply another way of getting the ball over the net. The ball is held in one hand and hit by the heel of the other hand. The underhand serve is generally not as effective as the overhand serve.

### *THE PASS OR SET*



The pass is a difficult move for many beginning players. This skill looks easier than it actually is when performed. Once the ball is served, the player who will pass the ball gets into position under the ball with knees bent, hands up and fingers cupped. All the fingers and the two thumbs contact the ball, but the ball does not touch the palm of the hand.

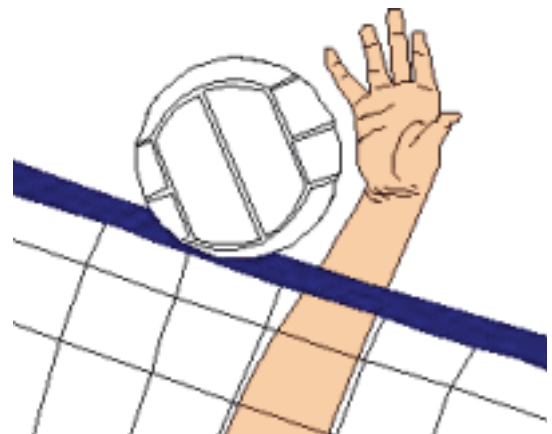
When the ball is in the air over the serving side's court, it may be passed up to three times before it is returned over the net. One player cannot pass the ball twice in a row.

Note that overhead passes are not used when the returning ball is a "spike."

### *THE SPIKE*

The spike is one of the most difficult plays in volleyball: a player has to run, jump and hit the ball to a specific spot on the other side of the net. However, it is the best offensive move in volleyball, and it should be learned.

Generally, a spiked ball is hit with an open hand. However, unless a player is quite experienced, spiking a ball can sometimes result in the ball going out of bounds or into the net. Remember that practice in timing, jumping and hitting are required to spike correctly. A spiked ball, hit properly, can move up to a hundred miles an hour.



### *THE FOREARM BOUNCE PASS-BUMP*

The bump is used for receiving serves and spike balls. This shot is easy to execute because the ball simply bounces or bumps off the clasped hands, wrists or forearms.

The purpose of this shot is to bounce the ball into the air so that a teammate can get under it to make a set-up (a move usually used to direct the ball to the spiker).

### *ONE-HAND BOUNCE PASS-DIG*

This is a recovery shot, and is used if the ball received is low and off to the side of a player. If you cannot make a bump pass, use a dig or save pass instead. In this move, the hands are cupped. They are then placed under the ball just before it hits the floor.

### *THE BLOCK*

This move is used chiefly as a defensive position to stop spiked balls. As with spiking, timing is important in blocking.



A player must anticipate an opponent's spike and position him or herself accordingly. The blocker then jumps just after the spiker has jumped. The blocker's arms should be extended upward with fingers spread wide apart. This allows the ball to bounce off the heels of the blocker's hands and land on the opposite side of the net.



This is the only move in volleyball that allows the player's hands to go over the top of the net.

## **EQUIPMENT AND CLOTHING**

Standard clothing for playing volleyball is comfortable sportswear which allows for free movement. Gym shoes are a must since most gyms do not allow anyone on the floor in regular shoes. When played on the beach, attire ranges from gym clothes to swimsuits. Many play barefoot in the sand.

## **VOLLEYBALL NOTES AND NEWS** (Information taken from a variety of sources including ESPN, NCAA, Wikipedia and newspapers)

### *The NCAA Championship*

The National Collegiate Athletic Association (NCAA) is an organization of colleges and universities that promotes athletic competition. Volleyball is one of many sports sanctioned by the NCAA for both men and women. The following information covers Division I championships.



## *Men's Championship*

Shawn Sangrey had a game-high 30 kills and the Ohio State Buckeyes rallied to beat UC Santa Barbara 20-25, 25-20, 25-19, 22-25, 15-9 to win their first NCAA men's volleyball crown.

It's just the third time a team outside of the West has claimed the title. Penn State won in 1994 and 2008.

The Gauchos (18-15) trailed 2-1 but took the fourth set in part to stellar play at the net by fiery leader Jeff Menzel. He finished with 12 kills and Cullen Irons had 16.



But Ohio State (26-6) closed the match with a 5-0 run, capped by a block on Menzel that started the Buckeyes' party in Happy Valley.

The Buckeyes were pushed to the limit and responded in the final set. Sangrey's powerful right arm overwhelmed the Gauchos, and setter Steven Kehoe deftly set up the offense with 65 assists. Kehoe won the tournament MVP award.

## *Women's Championship*

Blair Brown, Alyssa D'Errico and Arielle Wilson, take a bow.

A year after helping the Penn State women's volleyball team to an unprecedented third-consecutive NCAA Division I championship, the senior trio contributed to the program's legacy by adding another championship in front of 14,032 fans at the Sprint Center.

In sweeping seventh-seeded California, 25-20, 27-25, 25-20, to deny the Golden Bears (30-4) their first-ever title, the fourth-seeded Nittany Lions (32-5) gave veteran coach Russ Rose his fifth.

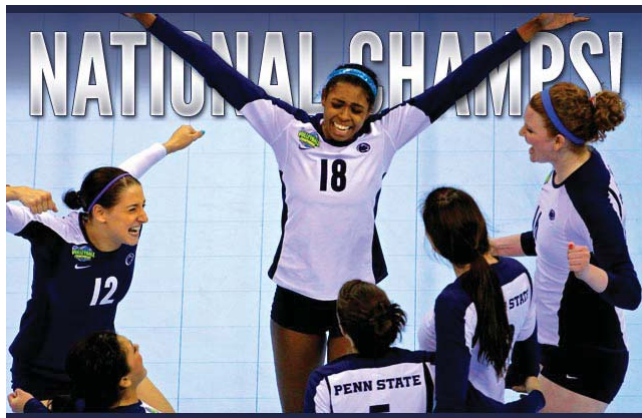
No doubt AVCA National Freshman of the Year and NCAA Championships Most Outstanding Player Deja McClendon hopes to do the same as her senior counterparts. The 6-1 outside hitter had 16 kills in her first final appearance.

Brown, an All-American opposite, had 18 kills and 10 digs. Wilson, an All-American middle hitter, added 12 kills and hit a match-high .391, finishing her career with a .468 hitting percentage, a new DI record. D’Errico had 13 digs.

Penn State went undefeated the past two seasons, and lost just two matches in 2007, giving the trio a 142-7 career record at Penn State.

Junior All-American outside hitter Tarah Murrey had 16 kills and AVCA Player of the Year Carli Lloyd 33 assists and 11 digs for California.

The Golden Bears had two set points in the second set, but couldn’t pull it out. With the score tied at 25, back-to-back kills by Brown gave Penn State a 2-0 lead in the match.



Midway through the third set, freshman Ali Longo went back to serve with the Nittany Lions trailing by two, but her three service aces combined with three Brown kills and one from freshman Ariel Scott gave the Nittany Lions a 17-12 cushion.

Rose was quick to point out the contributions of players such as freshman middle hitter Katie Slay, whose kill ended the match and sent the Nittany Lions into celebration mode.

It was the first time that two teams have met four consecutive years in the regionals, semis or finals, but unfortunately for California, the result was the same each time. Penn State also ended Cal’s season in the 2009 Gainesville Regional final, the 2008 University Park Regional final and 2007 national semifinal.

### *Future volleyball rules changes*

In women’s volleyball, the NCAA Playing Rules Oversight Panel approved a future rules change that calls for either the libero or her teammates to wear a solid-colored jersey starting in 2013. The libero’s shirt or jersey must be in clear contrast to the other members of the team.

The rationale for the rules change is to allow for an easier delineation for officials, who are having trouble distinguishing liberos from other players because the uniforms are

similar.

The delay in implementation until 2013 is to provide institutions with advance notice of the rule before purchasing uniforms in the future.

The panel also approved a change in the sequence of signals by the referee after a point is scored. The rule goes into effect in 2012 and requires the referee to first signal which team is serving the next point, then signal the nature of the call. This sequence is being used in USA Volleyball and in international volleyball matches.

Volleyball is also an Olympic sport. At the 2008 Olympics, both women and men had 12 teams in competition.

Medalists in the 2008 Beijing Olympic Indoor and Beach Volleyball competition are listed below.

Indoor Competition:

Men's:

GOLD - USA  
SILVER - BRAZIL  
BRONZE - RUSSIAN FEDERATION

Women's:

GOLD - BRAZIL  
SILVER - USA  
BRONZE - CHINA



Beach Competition:

Men's:

GOLD - UNITED STATES  
SILVER - BRAZIL  
BRONZE - BRAZIL

Women's:

GOLD - UNITED STATES  
SILVER - CHINA  
BRONZE - CHINA

In addition to these national and international contests, local volleyball competitions are held in most states. Check your local schools and volleyball associations for coverage.

You can also find out more by visiting these volleyball web sites on the internet:

<http://www.ncaasports.com/volleyball>

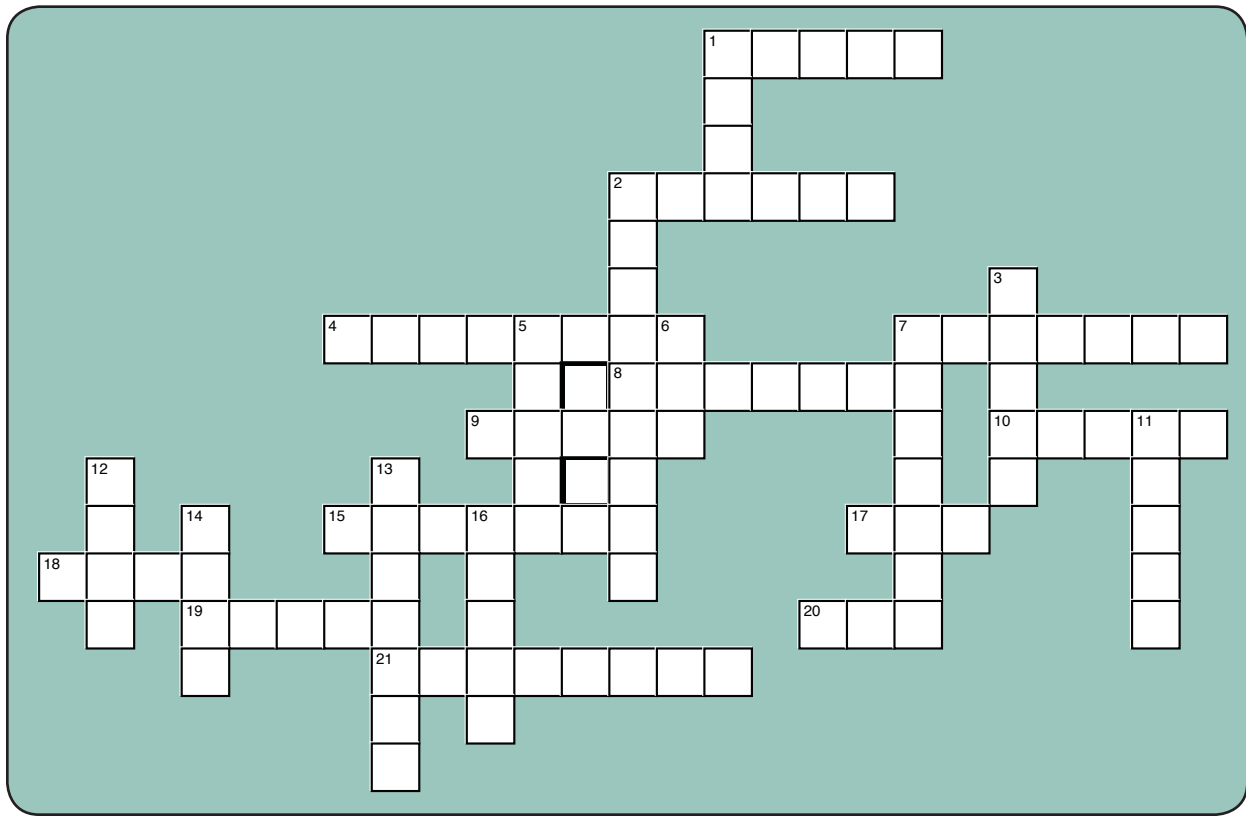
<http://www.usavolleyball.org>







Name: \_\_\_\_\_ Date: \_\_\_\_\_



Across:

1. Defensive technique to stop spiked balls
2. This person assists the referee
4. They assist the referee
7. First volleyball was made of this from a basketball
8. Main official for a volleyball game
9. The top of the net is \_\_\_\_ feet from the floor in men's volleyball
10. It is 30 feet wide and 60 feet long
15. Total points in a "deciding" game
17. The number of players on a volleyball team
18. Organization of colleges and universities that promotes athletic competition
19. The ball is put into play with this
20. A type of one-hand pass
21. Most popular serve technique

Down:

1. The forearm bounce pass-\_\_\_\_\_
2. To serve with the heel of the hand
3. Best three of five games
5. Fast offensive hit to a specific spot
6. It is three feet high and is located in the center of the court
7. The 2008 Olympics was held here
11. In rally point scoring the team winning this scores a point
12. Institution where volleyball was founded
13. Usually, only the serving team scores a point with this type of scoring
14. The palm does not touch the ball during a \_\_\_\_\_
16. Most number of times the ball can be volleyed before it is hit across the net



Name: \_\_\_\_\_ Date: \_\_\_\_\_

Physical Education 1 Word Search



Find these words in the above puzzle. Circle the words.

- |               |            |            |
|---------------|------------|------------|
| Beach         | Net        | Sportswear |
| California    | Olympic    | Stanford   |
| GamePoint     | Overhand   | Swimsuits  |
| Hit           | Player     | UCLA       |
| Massachusetts | Referee    | Volleyball |
| Match         | Soccerball | Volleyed   |
| NCAA          | Spike      | YMCA       |



## INSTRUCTIONS

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

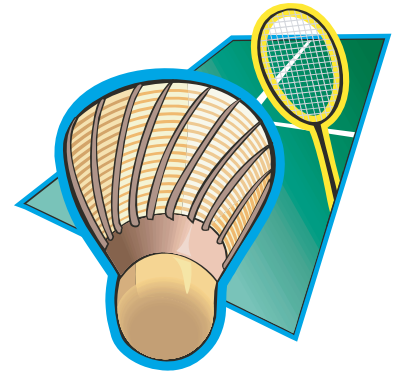
The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

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

## INTRODUCTION

Badminton is a popular and physically demanding game with an interesting history. Like most sports, it requires that players be physically fit and alert. The game demands intense playing time on the court—in fact, games can last anywhere from thirty to ninety minutes.

Badminton is considered a good sport to help build and maintain overall fitness. During an average game, players jump, run, turn and twist in many different directions. In fact, a top-level amateur badminton player runs more in a badminton game than a football end does during a one-hour football game. A badminton player also uses his/her arms more than a pitcher does in the average one and one-half hour baseball game! In short, badminton is great aerobic exercise. It's a fun sport and also is a means to better physical fitness.



## HISTORY OF THE GAME

Badminton is said to have been played centuries ago in China; the earliest written records of the game date back to the twelfth century. However, the game that we know today as badminton was first played in England in 1873 by soldiers returning from military service in India. There the game was called “poona.”

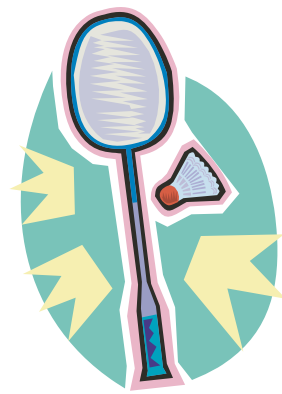
In 1903, the first international badminton competition was played in Ireland. The International Badminton Federation (IBF) was founded in 1934. The IBF claims that today,

more than 155 countries participate in international badminton competitions. Badminton is not just a local or national activity. It is an Olympic sport.

## HOW BADMINTON IS PLAYED

In many ways, badminton is similar to tennis. Once it is determined which player will serve first, play starts from the right service court. A “shuttlecock” or “shuttle” is used instead of a ball.

One popular form of shuttle has a cork base with sixteen feathers arranged around the edges. This type of shuttle is light in weight—only one-sixth of an ounce, although it is more expensive than the plastic version. The plastic shuttle is thought to be as effective as the feathered version, is more durable and less expensive.



When served, the shuttle has to fall into the corresponding court diagonally opposite the server. The receiving player then returns the shuttle and continues to do so until one player either fails to return the shuttle or commits a fault.

In badminton, a fault consists of a shuttle falling outside the boundaries, failing to go over the net, and/or going through the net. Striking the shuttle before it crosses the net and touching the net with the racquet or part of the body also qualify as faults.

## TRADITIONAL SCORING

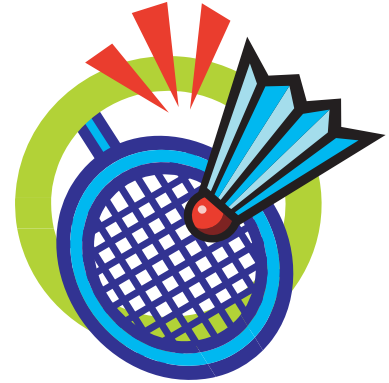
With traditional scoring, the server is the only player who can make points. If the server wins the point, he or she continues to serve. However, the second serve then is made from the left side of the court. The serve lasts until the player fails to hit the serve into the proper court or makes a fault. When this happens, the second player serves his/her first service from the right court. The serving player alternates from the right to the left service court until the serve is lost.



For men’s singles or doubles games if a player (or side) achieves the score of 15, the game is won. A match is considered the best two out of three games. The same rules that apply to singles play also apply to doubles play except for the order of serving and receiving. For women’s singles and doubles list 11 points as needed to win a game.

## RALLY POINT SCORING

In 2006 the International Badminton Federation (IBF) began applying the new Rally Point scoring system for all IBF sanctioned events. Under the new system, each rally will be awarded a point. This means that scoring a point is attached to every service. This differs from the traditional system, where players could only win a point on their serve. The Rally Point system has shortened game duration by as much as one-third.



The new rules also adopt a 21 point system instead of 15 point system. Furthermore, at the score of 20 all, the side which gains a 2 point lead first, wins the game. At 29 all, the side scoring the 30th point, wins the game. Additionally, the side winning a game serves first in the next game.

## PLAYING TECHNIQUES

### FOREHAND/BACKHAND SHOTS

Basic forehand shots are similar to throwing a ball: the hand flexes at the wrist. Basic backhand shots are best described as flicking: the hand extends at the wrist.

Both types of basic shots are best executed when the player is in a ready stance—knees bent, arms at waist level and weight forward.

### SERVE

The serve is an underhand shot. The racquet head must be below the level of the server's hand while the shuttle is hit below waist level.



It is especially important to follow through the serve by continuing to keep the racquet moving upward after the shuttle is hit. If the racquet does not complete the follow-through, the shuttle may end up in an undesirable location.

## SMASH SHOT

This type of shot is considered the ultimate “attacking” shot and requires a powerful arm stroke. It can be played from anywhere on the court, although it is usually played between the doubles back and the front service lines.



## CLEAR

This unusual defensive stroke is employed in singles and generally used sparingly. The object is to hit the shuttle high and deep to the opponent’s back court. This shot is played well behind the shuttle. The point of impact is directly above or slightly behind the head. The arm moves straight up as racquet head and shuttle meet.



## DROP

This shot is sometimes referred to as a “controlled smash” shot. It differs from the smash because it is hit with less force. The drop is considered a sure way to score a point when the opponent is out of position. To execute this shot, the player must use the same motion as with any overhand stroke except that he/she tilts the racquet head slightly to cause the shuttle to move downward.

## FOREHAND DRIVE

This shot is used when the shuttle is too low to smash. The forehand drive is hit hard with the full racquet face slightly in front of the body at full arm’s length.

## FOREHAND UNDERARM CLEAR

This can be a tricky shot. It is best described as hitting a high serve, only lower down. The player lunges forward with the front knee bent and the back leg slightly bent while he/she leans toward the shuttle.

## BACKHAND DROP

The overhand backhand shot is performed the same way that the clear and smash are played. This shot demands both excellent timing and wrist-snap action.

## EQUIPMENT AND CLOTHING

The equipment needed to play badminton is simple. Aside from the regulation court (44 feet in length by 17 feet in width) and net, badminton requires only a racquet and shuttlecock. The badminton racquet resembles a tennis racquet, although it is lighter in weight—usually between three and five ounces. Most contemporary players prefer metal racquets over wooden ones.



Clothing is similar to that worn by tennis players: light polo shirts or blouses are worn to provide freedom of movement. Footwear should provide good support and an adequate grip on the surface of the court.

**BADMINTON NOTES AND NEWS** (Information taken from a variety of sources including ESPN, NCAA, Wikipedia and newspapers)

The BWF World Championships (formerly known as IBF World Championships, also known as the World Badminton Championships) is a tournament organized by the Badminton World Federation (BWF) to crown the best badminton players in the world. The tournament started in 1977 and was held once every three years until 1983. In 1985, the tournament became bi-annual and played once every two years until 2005. Starting 2006, the tournament was changed to an annual event on the BWF calendar with the goal to give more chances for the players to be crowned as official “World Champions.”

The 2009 BWF World Championship was the 17th tournament of the BWF World Championships. This is the global tournament in the sport of badminton. It was held in Andhra Pradesh, India which was the first ever world championship to take place in India.

Men’s Singles Winner  
*Lin Dan (China)*

Women’s Singles Winner  
*Lu Lan (China)*

Men’s Doubles Winners  
*Cai Yun (China)*  
*Fu Haifeng (China)*





### Women's Doubles Winners

*Zhang Yawen (China)*

*Zhao Tingting (China)*

### Mixed Doubles Winners

*Thomas Laybourn (Denmark)*

*Kamilla Rytter Juhl (Denmark)*

The Junior National Championship is a key event in the athlete development pipeline for USA Badminton. There were sixty-one participants in the US event. These young athletes then competed in the 2009 American Junior Badminton Championship, which was held in San Juan, Puerto Rico. This was the largest ever USA junior entry for an international event held outside the continental United States.

Badminton is also an Olympic sport. The medalists in each group at the Beijing Olympic competition in 2008 are listed below.

### Men's Singles

Gold CHINA  
Silver MALAYSIA  
Bronze CHINA

### Women's Singles

Gold CHINA  
Silver CHINA  
Bronze INDONESIA

### Men's Doubles

Gold INDONESIA  
Silver KOREA  
Bronze CHINA

### Women's Doubles

Gold CHINA  
Silver KOREA  
Bronze CHINA



Find out more by visiting these badminton web sites on the internet:

<http://www.badminton.ca/>

<http://www.usabadminton.org/>

# STUDENT RESPONSE PACKET

## BADMINTON

NAME \_\_\_\_\_

DATE \_\_\_\_\_

### WHAT TO DO

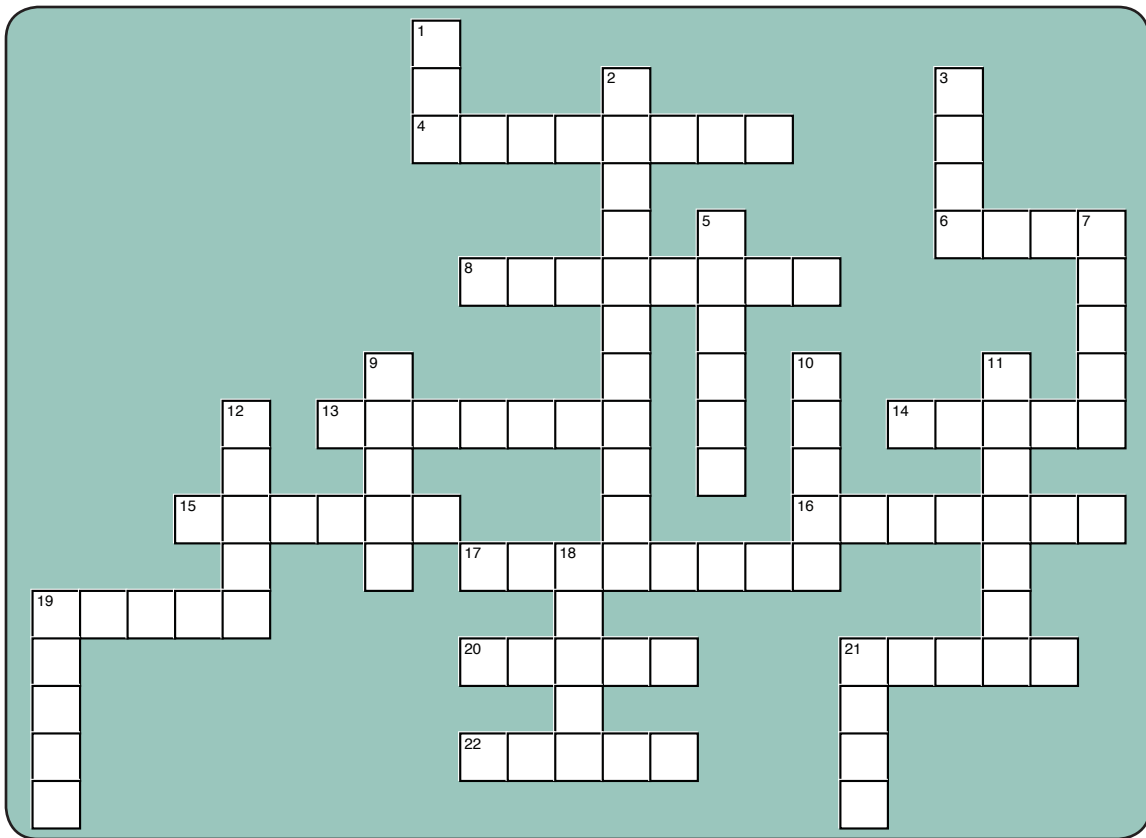
The following questions will help you to have a greater appreciation and understanding of badminton. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

1. Why is badminton a good game to help maintain and improve physical fitness?
2. What equipment is needed to play badminton?
3. Who can make points in a badminton game?
4. How is a badminton game won?





Name: \_\_\_\_\_ Date: \_\_\_\_\_



Across:

4. Motion similar to throwing a ball
6. A controlled smash
8. Shuttles can be made of them
13. A more durable shuttle
14. Where badminton was played hundreds of years ago
15. The BWF tournament is now an \_\_\_\_\_ event
16. A badminton racquet is \_\_\_\_\_ than a tennis racquet
17. Done with a “flicking” motion
19. This is always an underhand shot
20. When a shuttlecock falls out of bounds
21. Most badminton champions come from this country
22. Best two out of three games

Down:

1. Acronym for badminton federation founded in 1934
2. What you hit in badminton
3. The type of medal for Olympic winners who come in first place
5. The only player who can score a point in traditional scoring
7. Name of badminton played by British in India
9. A rarely used high and deep defensive stroke
10. The W stands for this in BWF
11. Number of points needed to win a men’s game in traditional scoring
12. A shuttlecock weighs one-sixth of one
18. This is 44 feet long and 17 feet wide
19. The ultimate attacking shot
21. The traditional shuttlecock base is made of this material

Name: \_\_\_\_\_ Date: \_\_\_\_\_



Find these words in the above puzzle. Circle the words.

- |             |          |          |
|-------------|----------|----------|
| Badminton   | Cork     | Pradesh  |
| China       | Feathers | Beijing  |
| England     | Scoring  | Aerobic  |
| IBF         | Serve    | Ireland  |
| Olympic     | Racquet  | Forehand |
| Shuttlecock | Drop     | Exercise |
| Poona       | Clear    | Shuttle  |
| India       | Net      | Rally    |
|             | BWF      |          |

## INSTRUCTIONS

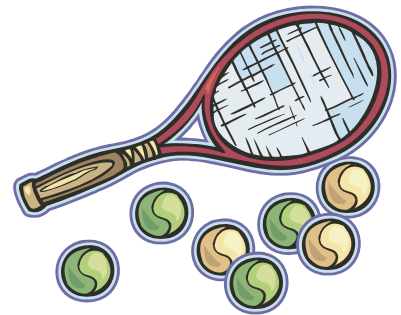
This Learning Packet has two parts: (1) text to read and (2) questions to answer.

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

Tennis is among the most popular sports in the United States. It is played by amateurs and professionals, children and adults, women and men. It can be played for sheer enjoyment or in fiercely competitive tournaments, such as the famous Davis Cup, Wightman Cup and the Wimbledon tournaments. Like badminton, it requires agility, speed and almost continuous motion on the part of the player. It is often recommended as a good means of aerobic exercise.



## HISTORY OF TENNIS

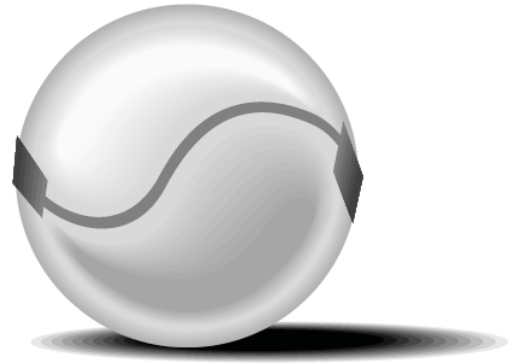
The game that we know as “tennis” today (officially known as “lawn tennis”) was created by a British citizen, Major Walter C. Wingfield, who introduced the game to Britain in 1873. The following year saw the introduction of the already-popular game to America.

However, the real history of tennis apparently goes back far beyond Major Wingfield’s day. A version of tennis was played in ancient Greece and in France in the 1400s.

The first tennis tournament was played at Wimbledon in England in 1877. While Wimbledon is still considered the most famous and prestigious tennis tournament in the world, the Davis Cup and Wightman Cup tournaments are also important annual events.

## HOW THE GAME IS PLAYED

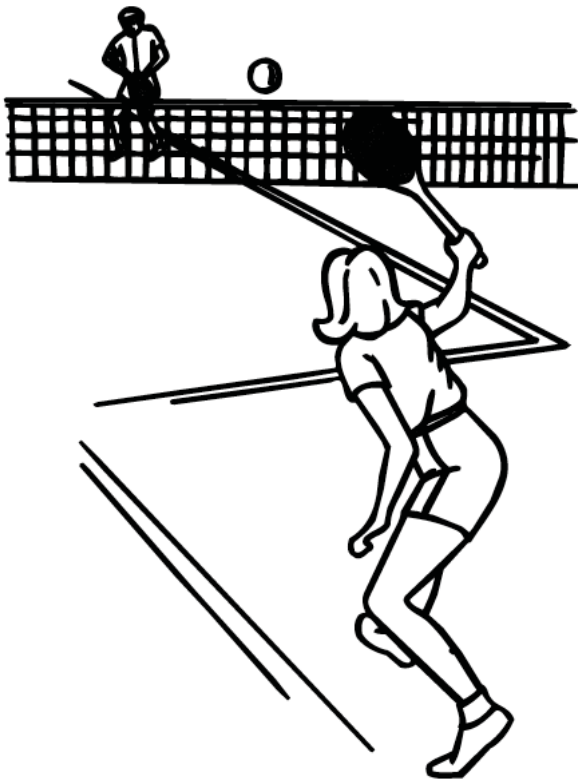
A tennis game always starts with the serve. The server stands behind the base line on the right side of the court. The ball is tossed into the air and hit diagonally across the net into the opponent's court. The opponent then has to hit the ball after the first bounce, and return it back across the net to the server.



A “fault” is committed when the server hits the net with the ball or when the ball is hit outside the service court. The second time a server tries to serve and fails, “a double fault” occurs. The opponent automatically gains a point after a double fault.

Faults can also occur when the server touches the base line or any other part of the court with his/her feet while serving.

A “let ball” is a serve that touches the net but lands in the correct place. This type of ball does not count; the server must serve again.



A ball that touches the net during play is called a “net ball.” Net balls are legal and must be played.

Once the first point is made, the server then serves from behind the left base line. The server continues until the opponent wins the serve or until a fault occurs.

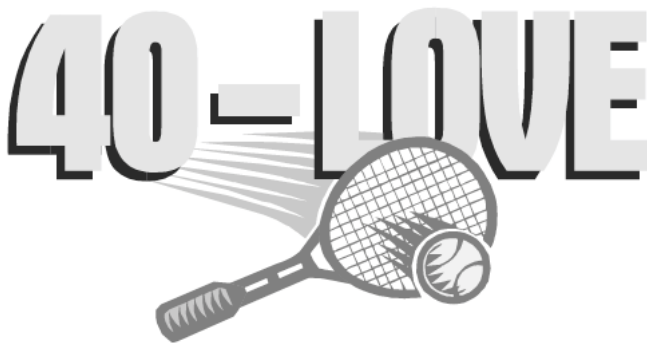
The first point in a tennis game is 15, the second is 30 and the third is 40. The final score (or fourth point) is the GAME POINT.

A player must score four points in order to win a game. In a tie game, both sides or players may score three points, or 40-40 (a “DEUCE”). If a player or side wins two more points after a deuce, the game is won.

The “AD” or ADVANTAGE is the first point scored after the deuce. When both players

score a point after a deuce, the game returns to 40-40 again.

The score “LOVE” means zero. If a game has the score 30-love, it means the score is 30 to zero. Nobody knows why the term “love” is used in tennis, but it is generally believed to have originated from the French word “l’ouve,” which means “egg.” An egg is round like a circle, hence its association with a zero.



A SET means that one side or player has won six games. The winner of the set must win by two games. A MATCH means that two out of three sets have been won.

## PLAYING TECHNIQUES

### *THE SERVE*



There are four types of serves in tennis: the flat serve, the slice serve, the kick serve and the American twist. While the slice is the most common and effective serve, all four types of serves demand a controlled toss and good follow-through.

To execute the serve properly, the player raises the racquet back to a point where it reaches over his or her right shoulder. The player’s elbow is kept straight in the air. The proper stance is straight, not bent at the waist. The ball is then tossed up into the air. As the ball comes down, the server moves forward and strikes the ball with the racquet, driving it over the net toward the other player or players.

### *FOREHAND DRIVE*

This move is one of the two main strokes used for returning the ball after one bounce. When the ball approaches the player’s racquet-hand side, the forehand drive is used — basically, as a way of blocking the ball. The wrist maintains a firm position and keeps the racquet face open. All contact with the ball should take place in front of the player’s body.

## *BACKHAND DRIVE*

This move is the other main stroke used to return a ball after one bounce. In the backhand drive, the ball goes to the opposite side of the racquet hand. The player moves the arm across the body and, as with the forehand drive, maintains a firm wrist and elbow. Again, contact with the ball is made in front of the player's body.

## *VOLLEY*

The famous Martina Navratilova once offered this advice about the volley: "Keep it short and simple." The player's knees should be bent and legs slightly apart while the weight of the body is forward. The elbows should be turned in toward the body as the body pivots and the shoulder turns toward the ball.



The power of the volley comes not from the swing, but from a firm wrist, good timing and the ability to keep one's body weight forward.

## *LOB*

The lob features a short backswing, an open racquet face and an upward motion. The follow-through on this shot is shorter than on other shots. The goal of the lob is to hit the ball over the opponent's head in order to drive him/her back in the court.

## *SLICE*



The forehand and backhand slices are used to make the ball spin and bounce crookedly. In the forehand slice, the player's shoulders should turn as the racquet is brought back above the level of the ball. The racquet head is tilted upward at this point, while the player's weight is kept forward. Ideally, the follow-through on this shot is kept short.

In the backhand slice, the player turns as the



racquet is brought back above the level of the ball. The wrist is kept stiff as contact with the ball occurs in front of the player's body.

## EQUIPMENT AND CLOTHING

Tennis is usually played in loose-fitting shorts for men or short skirts for women. Athletic shoes are needed to brace the feet and ankles during violent maneuvers. Light polo shirts or blouses are worn to provide freedom of movement.

## TENNIS NOTES AND NEWS (Information taken from a variety of sources including ESPN, NCAA, Wikipedia and newspapers)

### *Wimbledon*

#### *Men*

Novak Djokovic underlined his new status as the world's top tennis player by shattering Rafael Nadal's winning streak at Wimbledon.



The 24-year-old, won 6-4, 6-1, 1-6, 6-3 in two hours 28 minutes to continue his domination of tennis - and Nadal in particular - throughout this most amazing season in his career. Djokovic is the first from his country to capture a Wimbledon singles title. He fell flat on his back, arose with both arms uplifted before squatting down with his head in his hands to briefly contemplate what he had achieved.

A pair of cracking forehand winners followed by an ace in the opening game were clear indication of Djokovic's intent to carry the fight to the defending champion and what ensued merely underlined that intention. Djokovic was playing a smart game, serving to the widest corners and drawing Nadal forward with drop shots.

Djokovic was untouchable on service and moved 5-4 ahead with his third ace, clipping the sideline - at which Nadal stared long and hard without issuing an official challenge.

Stepping up to attempt to break the Nadal serve to win the set seemed to inspire Djokovic to new heights. At 30-0 down, he struck two brilliant winners, one on each wing. Then Nadal's netted forehand handed the Serb his first set point.

One chance was all that a Djokovic in such form needed. He returned a 93mph second serve with such venom that Nadal's forehand response was wide. So the underdog was a set up in 41 minutes with some superb tennis. He had dropped a mere six points on serve and Nadal - denied even a sniff of a break point - had committed seven unforced errors.

Having won the last two games of the opening set, Djokovic promptly won the first three of the second set, too. On a perfect day for tennis, warm and still, it was the Serb who was playing perfectly at this stage, quicker around the court and more resilient in the rallies.

Nadal finally applied the brake to that streak, albeit temporarily, by holding to love. Once more however Djokovic revved up, lifting his ace count to seven and wrapping up the second set in a little over half-an-hour. This time he had conceded just five points on his serve and lifted his total count of winners to 22. With justification, Nadal looked a worried man.



A counter-attack was the urgent requirement, and Nadal duly launched it, finally reaching his first break point and cashing in on it when Djokovic netted a backhand approach. It was precisely the lift Nadal needed and he roared through the third set in inspired fashion, winning three service games to love and breaking Djokovic for a second time when the Serb perpetrated his first double fault. That set lasted a mere 30 minutes.

Having been rocked back on his heels by that typical Nadal fightback, Djokovic reacted like a champion by going 2-0 up in the fourth. First, he survived a break point to hold serve and then a perfect drop volley set up another break of Nadal. The Majorcan's response was to break Djokovic immediately and go on to level at 2-2, but nevertheless he was the one who looked more likely to crack again in a tense fourth set - and that is exactly what transpired in the eighth game.

First, Nadal double-faulted, for the first time in the match, then he sent a crosscourt forehand unforgivably wide before netting a forehand and handing his opponent three break points. Another error, this time on the backhand, and Nadal was duly broken, leaving Djokovic to serve for the title.

A glorious backhand volley took him within one point of glory, at which Nadal - the champion for the last two years he has competed at Wimbledon - obliged with another error, a backhand out of play.



## *Women*

Martina Navratilova, the greatest of Wimbledon's women's champions, had tipped her compatriot and fellow left-hander Petra Kvitova to cause an upset in the ladies' singles final at the 125th Championships, and the Czech duly obliged, obliterating the ambitions of a second Wimbledon win for the hot favorite Maria Sharapova - and in straight sets, too.

Kvitova won 6-3, 6-4 in one hour 25 minutes and though Sharapova's play fell well below her best levels, it was in no small part due to the big-hitting torrent directed at her by the 21-year-old whose first, but surely not last, Grand Slam victory this was. She has compared her own power tennis to that of the 2009 US Open winner Juan Martin del Potro and it seemed she certainly has a point.



Kvitova becomes the youngest champion since Sharapova herself lifted the Venus Rosewater Dish in 2004 at the age of 17.

In addition to Navratilova, there were eight other former ladies' singles champions in the Royal Box, gathered to watch what many in the capacity crowd considered would be a formality for the 24-year-old Sharapova. The Russian promptly reinforced those opinions by breaking in the opening game on a pair of Kvitova forehand errors and a rasping forehand rocket of her own.

But the Czech, wearing a plaster on her right thigh as she had done throughout the fortnight, responded bravely and aggressively. It was quickly apparent that Sharapova would need to dig very deep if she was to weather the hard-hitting and bigger-serving Kvitova.

To add to her woes, double faults began to creep into the Sharapova game but early on in the battle the Czech's tendency to over-hit was enough to keep Sharapova in with a good shout, or more accurately a shriek, of her second Wimbledon title. However, she was sometimes reduced to groans as she stretched for deep bullet returns that were giving Kvitova more confidence with every passing minute on Centre Court.

It was "The Day of the Sluggers" and Kvitova proved to be the champion at this. She held for 5-3 at a cost of one point, was denied a set point on the Sharapova serve by a Russian

ace, but then served out confidently to love for the first set in 40 minutes. Sharapova's unforced error count already stood at nine.



The Czech momentum was maintained as she broke at the start of the second set with a stunning forehand which clipped the baseline. Kvitova then developed a touch of the jitters - two double faults creeping in at this make-or-break stage - but gathered her composure to put two first serves in and take a 2-0 lead.

The jubilation among the Sharapova-ites was brief. Missing three game points for a 3-2 lead proved costly as Kvitova slammed away another forehand service return winner to break the Russian serve for a fourth time. Back came Sharapova with a service break of her own to level once more at 3-3 and the Centre Court fans readied themselves for a Sharapova surge. It never came, and was never likely to, as Kvitova's intelligent serving - taking full advantage of her southpaw style - directed the ball into her opponent's body, restricting her opportunities to generate pace of her own on the return.

Another Kvitova break, following Sharapova's sixth double fault, put her ahead once more and all she needed from there was to make sure she did not lose confidence in her service action. When the time came to serve for the title, her first Slam, there was no faltering. She won it to love with her first ace of the match, a rocket down the middle, and knelt in disbelief on the baseline before rising to acknowledge the acclaim. After Navratilova, and more recently Jana Novotna, the Czechs have another worthy ladies singles champion at Wimbledon.

### ***Beijing 2008 Olympic Results:***

#### **Men's Singles:**

Gold: NADAL Rafael, Spain  
Silver: GONZALEZ Fernando, Chile  
Bronze: DJOKOVIC Novak, Serbia

#### **Women's Singles:**

Gold: DEMENTIEVA Elena, Russian Fed.  
Silver: SAFINA Dinara, Russian Fed.  
Bronze: ZVONAREVA Vera, Russian Fed



Men's Doubles:

Gold: FEDERER Roger and WAWRINKA Stanislas, Switzerland

Silver: ASPELIN Simon and JOHANSSON Thomas, Sweden

Bronze: BRYAN Bob and BRYAN Mike, USA

Women's Doubles:

Gold: WILLIAMS Serena and WILLIAMS Venus, USA

Silver: MEDINA GARRIGUES Anabel and RUANO PASCUAL Virginia, Spain

Bronze: YAN Zi and ZHENG Jie, China

Keep current with the sport of tennis by visiting these tennis websites:

<http://www.atptour.com/>

<http://www.ncaasports.com/>

<http://www.tennisserver.com/>

<http://www.tennis.com>



*The Williams Sisters*



*Roger Federer*

# STUDENT RESPONSE PACKET

## TENNIS

NAME \_\_\_\_\_

DATE \_\_\_\_\_

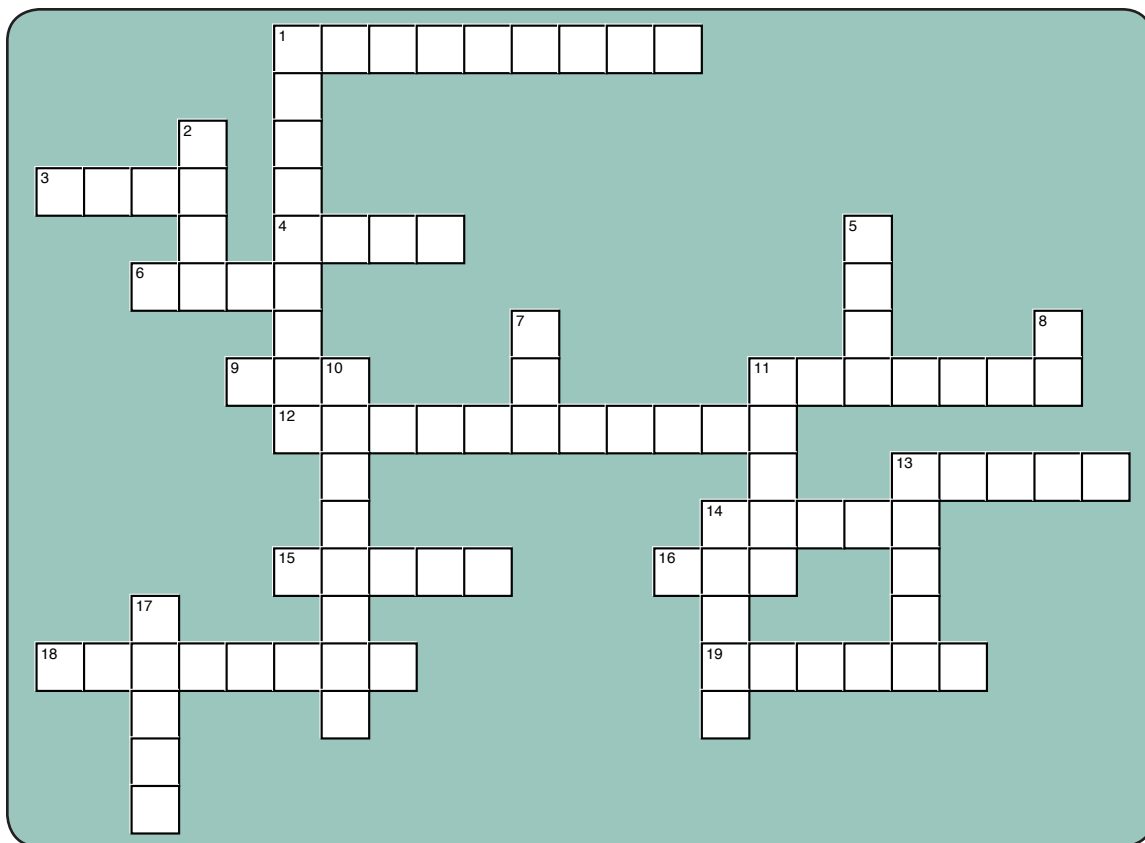
### WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of tennis. 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 of playing tennis?
  
  
  
  
  
  
  
  
  
  
2. What is “a fault” in tennis?
  
  
  
  
  
  
  
  
  
  
3. What is a “let ball?” a “net ball?”
  
  
  
  
  
  
  
  
  
  
4. When and where was tennis first played?

5. Name the four types of serves in tennis.
  
  
  
  
  
  
  
  
  
  
6. What is the tennis volley and how is it executed?
  
  
  
  
  
  
  
  
  
  
7. What does the score “love” mean in tennis?
  
  
  
  
  
  
  
  
  
  
8. What does “a set” in tennis mean?
  
  
  
  
  
  
  
  
  
  
9. What is the first point in a tennis score?
  
  
  
  
  
  
  
  
  
  
10. What comprises “a match” in tennis?

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Across:**

1. This major introduced tennis to England in 1873
3. One must win at least six of these to win the set
4. Tennis was originally played on this
6. Comes from the French word for "egg"
9. Short backswing and upward motion
11. The direction of the player's weight when hitting a slice
12. Martina \_\_\_\_\_
13. A popular tennis tournament
14. Makes the ball bounce and spin
15. You want a \_\_\_\_\_ follow-through with a slice
16. It is in the middle of the court and the ball must be hit over it
18. Another type of drive
19. Martina says keep it short and simple

**Down:**

1. Most famous tennis tournament
2. Love in tennis means this for a score
5. There are this many types of serves in tennis
7. The server hits the net with the ball and the ball lands in the right place
8. The first point scored after deuce
10. One type of drive
11. When the server hits the net with the ball
13. A score of 40-40
14. A tennis game starts with one of these
17. The power of the volley comes not from the swing but from this



Name: \_\_\_\_\_ Date: \_\_\_\_\_



Find these words in the above puzzle. Circle the words.

Tennis

Deuce

Isner

Wimbledon

Advantage

Nadal

Wingfield

Love

Williams

Greece

Egg

Sharapova

France

Navratilova

Volley

Fault

Lob

Drive

Serve

Slice



## 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.

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## INTRODUCTION

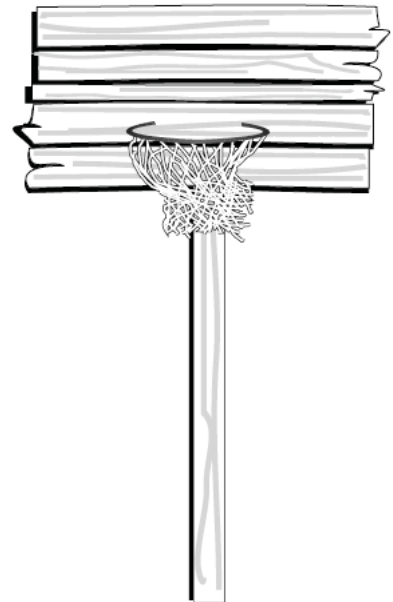
Basketball is an extremely popular sport. More people watch basketball than any other sport in the United States. It is played in driveways, parking lots, back yards, streets, high schools, colleges and professional arenas.

Basketball's popularity is not confined to the United States. The game is also enjoyed internationally, with rules available in thirty languages. Basketball is included among the Olympic sports.

## HISTORY OF THE GAME

In 1891, a physical education instructor at a YMCA Training School in Massachusetts invented basketball as an indoor activity for boys. The game began with two peach baskets tied to balconies and a soccer ball used to shoot baskets. Two years later, two college teams began to play basketball. The game's popularity has increased continuously ever since.

The National Basketball Association (NBA) is the largest professional sports league. It was created when the Basketball Association of America and the National Basketball League merged in 1949. The majority of professional players are recruited by the NBA from college ranks.

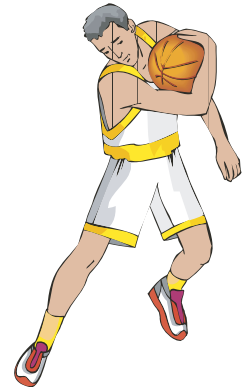


# HOW THE GAME IS PLAYED

## GENERAL PLAYING RULES

The game of basketball is easy to understand. Players try to prevent their opponents from scoring while each team tries to get the ball through the basket that the other team is defending. Although the game is not difficult to understand, a tremendous amount of mental and physical endurance and skill is required from the five players on each team.

A basketball team consists of a center (often the tallest player), two forwards and two guards (often the shortest players). The forwards are positioned near the opposing team's basket so that they can be ready for shooting and rebounding. The center is located near the basket or near the free-throw line so that he/she can be ready for shooting and rebounding. Guards normally bring the ball down the court to begin offensive play.



The game begins with a jump ball. The referee tosses the ball into the air. As it comes down, one player from each team jumps upward in an attempt to tap the ball to a teammate. Once the ball is in play, team members dribble the ball in order to get closer to the basket or pass it to another player. “Dribbling” the ball means bouncing it on the floor repeatedly with one hand. “Passing” means throwing the ball to a teammate. Passing is vital to scoring plays. In fact, most professionals consider good passing to be almost as important as accurate shooting.



When the ball is put into the basket, it is called a “field goal” and two points are awarded to the team that scores. If the shot, however, was taken past the three-point line, then three points are earned. The National Basketball Association instituted a new distance of 20’-6” from the basket for the 3-point line. A “free throw” means a toss from behind the free-throw line, with no interference from the opposing team. If a player has been fouled by an opponent, the fouled player gets a free throw. If the free throw ball goes into the basket, the team gets one point.

There are two types of fouls in basketball—personal fouls and technical fouls:

A personal foul means that a player holds, pushes or trips an opponent.

A technical foul may occur when the game is delayed, too many time-outs are taken, players leave or enter the court illegally or participate in misbehavior such as disrespect toward the referee.

A team may lose possession of the ball for “traveling.” Traveling occurs when a player runs or walks with the ball. Double dribbling (bouncing the ball with both hands or stopping dribbling, then starting again) can also cause a team to lose possession of the ball.

## *DEFENSE AND OFFENSE*

Professional basketball teams play four 12-minute quarters. College-level play amounts to two 20-minute halves, and high school basketball is four 8-minute quarters. In the case of a tie game, teams play overtime.

Professional teams play 5-minute overtimes. High school and college teams play shorter overtimes.

### DEFENSE

The zone and player-to-player (once called “man-to-man”) systems are two defensive techniques. The zone system uses each player as a guard, protecting a specific zone near the basket that his/her team is defending. Guarding the ball is more important than any particular player in this type of defense.

In the player-to-player (“man-to-man”) system, the opposite is true. Each player guards a player from the opposing team in order to keep the opposition from scoring.



### OFFENSE

The fast-break offensive style offers fast movement from one part of the court to another and a chance for scoring. It is characterized by fast, quick passes down the court and using more players on the attack than the opposition has for their defense.

Slower, more deliberate play characterizes the slow-break style. This technique calls for more thoughtful action; players maneuver carefully in order to shoot in this type of offense.

# PLAYING TECHNIQUES

## *TYPES OF SHOTS*

### ONE-HAND SHOT

A shot executed with both hands holding the ball initially. The ball is then pushed into the basket with one hand.

### HOOK SHOT

The ball is thrown to the basket over one shoulder of the player who is handling the ball. The center and forwards on a team will find this shot extremely valuable.

### TWO-HANDED SHOT

A shot usually made when a player is not close to the basket. The ball is thrown with two hands. This type of shot tends to be quite accurate.

### JUMP SHOT

A shot in which the player shoots the ball into the basket at the top of the jump.

### LAY-UP

A shot in which a basket is attempted from under the net; generally considered one of the easier shots.

### TIP-IN

A shot in which the ball is tapped back into the basket as it rebounds from the backboard.



## FREE-THROW

A shot in which a player who has been fouled shoots from behind the free-throw line.

## *BASIC PASSES*

### TWO-HANDED CHEST PASS

A pass used for short, fast passing of distances up to twenty feet.

### TWO-HANDED OVERHEAD PASS

A popular pass that can be used from anywhere on the court; especially good for closely-guarded players.



### ONE-HANDED OVERHEAD PASS

A pass used as a long pass from any position on the court. Like all one-hand passes, this move takes more time to perform and requires excellent control.

### BOUNCE PASS

This pass is used when two players are relatively close to each other. The ball usually bounces once before being caught by the other player.

### ONE-HAND UNDERHAND PASS

An effective move when the passer is moving at fast speeds; difficult to perform and should be used only when no alternative exists.

## **EQUIPMENT AND CLOTHING**

A basketball is about two and a half feet in circumference and weighs 22 ounces. Baskets are made of a metal ring with an inside diameter of 18 inches. Netting or webbing hangs from the ring. Two baskets, one at each end of the court, hang 10 feet above the floor. The standard basketball court measures about 50 feet by 94 feet.

Clothing is loose-fitting and designed for freedom of movement. Contemporary “long shorts” were made popular by superstar Michael Jordan of the Chicago Bulls. Shoes are specially designed to withstand pounding the floor in jumps and other movements, as well as to brace the feet and ankles during violent lateral movements.



## Professional Basketball - the NBA

The 2010 NBA Champion Los Angeles Lakers made it out of the first round in the 2011 Championship series against the New Orleans Hornets but were swept in the second round by the Dallas Mavericks. The Mavs, with a 36-point game 4 blowout, tied a playoff record with 20 3-pointers and the Mavericks bench scoring as many points as the entire Lakers effort combined with 86. The 2011 NBA Finals, were a rematch of the 2006 NBA Finals, pitting the Miami Heat vs the Dallas Mavericks. The Mavericks won for the first time in franchise history, with Dirk Nowitzki as the MVP.



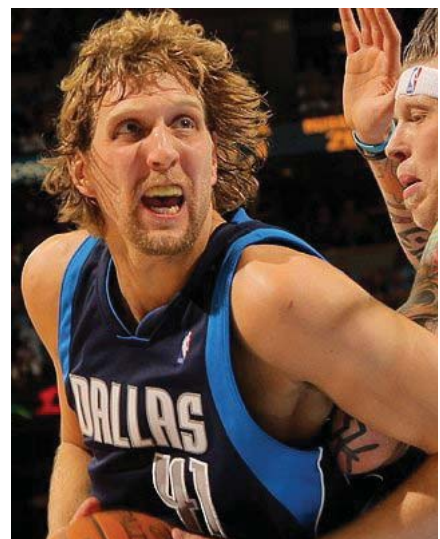
Throughout the 2011 NBA Finals, the prevailing storyline had been that of the Miami Heat, its superstars, and their inability to come through when the chips were down. The media played it as a contest between Miami superstar LeBron James versus Maverick workhorse, Dirk Nowitzki.

The story ended with the Dallas Mavericks declared the best team in all of basketball.

The Mavs walked onto Miami's home basketball court, up 3-2, withstood the Heat's initial surge (led by LeBron James), survived Finals MVP Dirk Nowitzki's early shooting slump, and rode the hot hand of its veterans all the way to a title.

In the end, unless you were a Heat fan, one couldn't help but be happy for the long journey these guys went through to finally arrive at this triumphant moment.

"Man, this is what I obviously played for the last couple of years," said Nowitzki, who scored 21 points on 9-of-27



shooting. “I think when you come in this league you want to establish yourself. All these All-Star Games and all those things are nice, in scoring. But when you get to a certain age you’ve basically seen it all, and all you play for is for that ring.”

“It wasn’t about me carrying the team – I was doing my job,” Jason Terry said. “My job is to come in and provide a spark, make plays, make shots. I did my job and I knew if Dirk continued to get the shots he was getting, those were good shots. He wasn’t forcing anything.”



“I’m so happy for him, I’m so happy for Dirk,” Carlisle said. “I’m so happy for the Mavericks’ organization, which is such a class organization, as are the Miami Heat. I don’t think there’s any doubt after this series that Dirk has certainly earned the clout of being one of the all-time great players. His versatility, how he’s done it in the clutch. He goes 1-for-12 in the first half, and then in the second half he was just absolute money.”

“Obviously (the ’06 Finals) was one of my most disappointing losses in my career, to lose the Final series after being up 2-0,” Nowitzki said. “It took so long just to get here. Just this feeling to be on the best team of the world is just indescribable.”

## The NCAA

The 2011 NCAA Men’s Division I Basketball Tournament was a single-elimination tournament involving 68 teams to determine the national champion of the 2010–11 NCAA Division I men’s basketball season. The 2011 Tournament began on March 15, 2011, and concluded with the Connecticut Huskies (UConn) defeating the Butler Bulldogs, 53–41, in the championship game. This tournament marked the introduction of the “First Four” round and an expansion of the field of participants from 65 teams to 68.



This tournament was notable for its large number of upsets. In the Southwest region, Florida State (a 10 seed), Virginia Commonwealth (11) and Richmond (12) made the regional semifinals. This marked the first time in the history of the tournament that a region was represented by three double-digit seeds in the Sweet Sixteen. The tournament featured the first Final Four to not have one of the top two seeds from any of the four



regions. The Final Four as a whole had the greatest seed number total ever (26, surpassing the previous mark of 22 set in 2000). Butler, making its second straight appearance in the final, tied 8th-seeded UCLA in 1980 and Villanova in 1985 as the highest seeds ever to reach the championship game.



Texas A&M's beat Notre Dame on the women's side of the tournament, 76-70, to win the NCAA championship title. The game was everything the men's final wanted to be but wasn't. As with the men's game—which put second seed UConn against a eighth-seeded Butler—both contenders were relative underdogs: Texas A&M and Notre Dame were both second-seeds, and neither of them big-name programs like UConn, Tennessee, and Stanford, which have reigned over women's basketball in recent years.

But while the men's UConn-Butler match-up yielded a cover-your-eyes-awful game and a final score (53-41) that ranks among the lowest in championship history, the women's game was exciting and suspenseful—A&M's comfortable six-point victory masks how close the game was at certain moments. And while men's fans were disappointed if they were hoping for a “Cinderella story” in rooting for Butler against the better-funded, more firmly established UConn, women's fans were not: A&M's win brings the program its first national championship, signaling the team's arrival in a sport long dominated by a small handful of programs.

## 2008 Beijing Olympics Results:

Women:

Gold: United States  
Silver: Australia  
Bronze: Russian Federation

Men:

Gold: United States  
Silver: Spain  
Bronze: Argentina



More information about the sport of basketball can be found at these websites:

<http://www.nba.com/>

<http://www.ncaasports.com/>

<http://www.wnba.com/>

The screenshot shows the NBA website homepage during the 2011 Draft Week. At the top, there is a navigation bar with links for TEAMS, TICKETS, GLOBAL, D-LEAGUE, WNBA, ENE-BE-A, IHOOPS, USAB, and KIDS. Below this is a secondary navigation bar with links for NEWS, SCORES & SCHEDULES, VIDEO, PLAYERS, STANDINGS, STATS, BLOGS, FANTASY, FAN STUFF, PHOTOS, MOBILE, TV, and LEAGUE PASS. A search bar is located on the right side of the top navigation bar.

The main content area features several promotional banners and sections:

- Mobile Promotion:** A banner for T-Mobile's "SIDEKICK 4G" smartphone, priced at \$129.99, with a "Learn more" link.
- Draft Week Announcement:** A banner stating "TUNE IN TO NBA TV DRAFT WEEK BEGINNING JUNE 19, 2011" and "NBA TV SCHEDULE".
- Playoff Moments:** A section for "NBA Ultimate Playoff Moments" with a "CREATE YOUR PLAYOFF MOMENTS HIGHLIGHT REEL" link.
- Dallas Mavericks Win!** A large banner celebrating the Dallas Mavericks' victory in the NBA Finals, featuring a "DALLAS MAVERICKS WIN!" headline and a "SCORE THE CHAMP PACK FOR \$79.99" offer. A "SERIES HUB" table is visible on the right:

Game	Team 1	Score 1	Team 2	Score 2
1	DAL	84	MIA	92
2	DAL	95	MIA	93
3	MIA	88	DAL	86
4	MIA	83	DAL	86
5	MIA	103	DAL	112
6	DAL	105	MIA	95

- David Alldridge's Mock Draft:** A section featuring a photo of David Alldridge in a white "BRIGHAM" jersey, with the text "DAVID ALDRIDGE'S MOCK DRAFT".
- Truly Unlimited Data, talk & text \$79.99/mo:** A T-Mobile advertisement for an unlimited data plan.
- Next step: Indiana?** A section with a headline and a list of prospect profiles: "Jimmer Fredette, who made a sizeable jump in DA's latest list, could find himself headed to the Pacers." The list includes links for Kamba Walker, Jimmer Fredette, Derrick Williams, Kawhi Leonard, and Dorch.
- Become a Legend:** A section promoting the NBA's Facebook game.

# STUDENT RESPONSE PACKET

## BASKETBALL

NAME \_\_\_\_\_

DATE \_\_\_\_\_

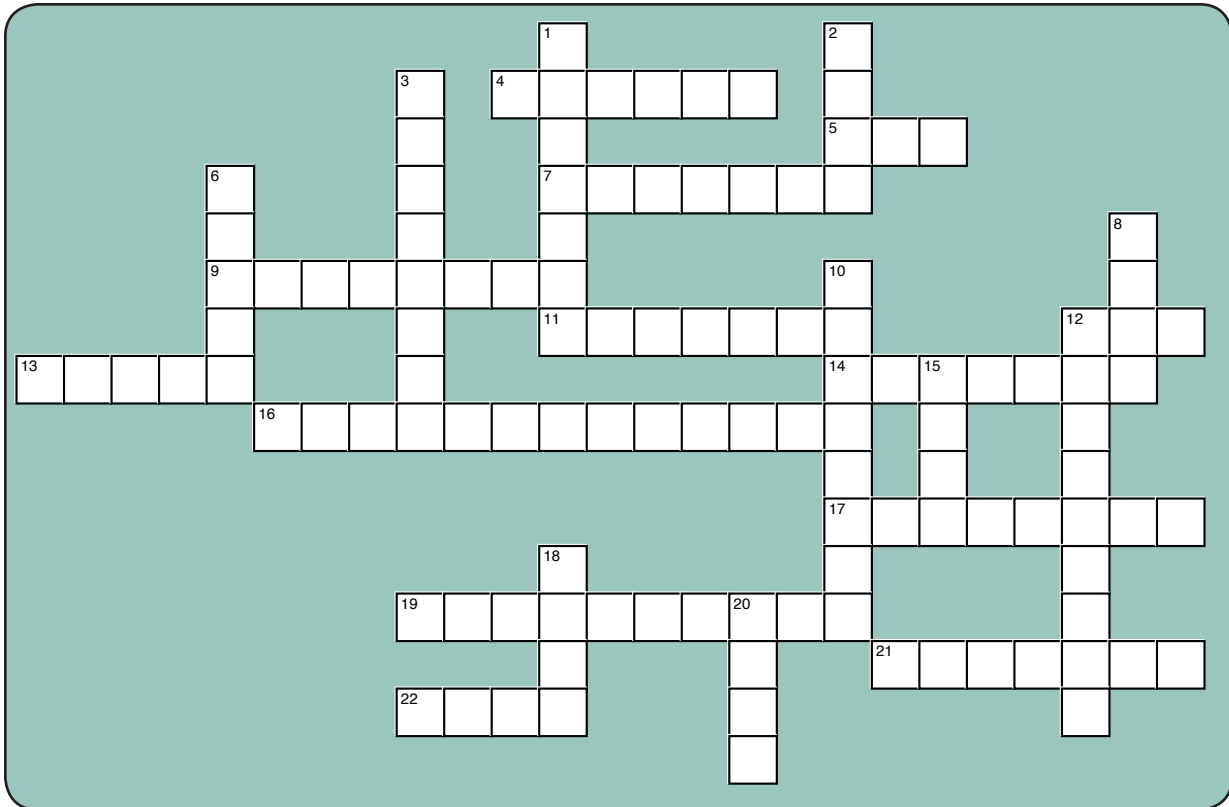
### WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of basketball. 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 of playing basketball?
2. True or False: More people watch basketball than any other sport in the United States.
3. What is the object in any game of basketball?
4. What comprises a team in basketball? How many players and what positions?
5. How does any game of basketball begin?



Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Across:**

4. One of the five players - usually the tallest
5. Acronym for the world's largest professional sports league
7. You are on \_\_\_\_\_ when your team has the ball
9. Inside diameter in inches of a basketball rim
11. You are on \_\_\_\_\_ when the other team has the ball
12. Height in feet of the basket above the floor
13. A basketball team usually has two of these (shorter) players
14. This person controls the game by calling the fouls and determining who gets the ball
16. State in which basketball was invented
17. The N in NBA
19. Slow-break style requires this type of action
21. There are usually two of these players on the team - often good at rebounding
22. A type of shot where the ball is thrown over one shoulder

**Down:**

1. When one grabs the ball after a missed shot
2. A defensive technique that uses each player to guard a specific area
3. A professional game is made up of four of these
6. A \_\_\_\_\_ goal is when a player shoots the ball into the basket for two or three points
8. A \_\_\_\_\_ throw is worth one point if it goes in the basket
10. One of the two types of fouls
12. This type of foul can be called on a player for bad conduct
15. The \_\_\_\_\_-break is an offensive style
18. A player's hand is above the rim when the ball is slammed through the hoop
20. Number of players on a basketball team

Name: \_\_\_\_\_ Date: \_\_\_\_\_



Find these words in the above puzzle. Circle the words.

Basketball

Fouls

Jordan

YMCA

Defense

Bulls

NBA

Offense

Hornets

Forward

Hook

NCAA

Guard

Jump

Mavs

Center

Passes

MVP

Referee

Butler

College

Dribbling

Bounce

LeBron

Webbing



## INSTRUCTIONS

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

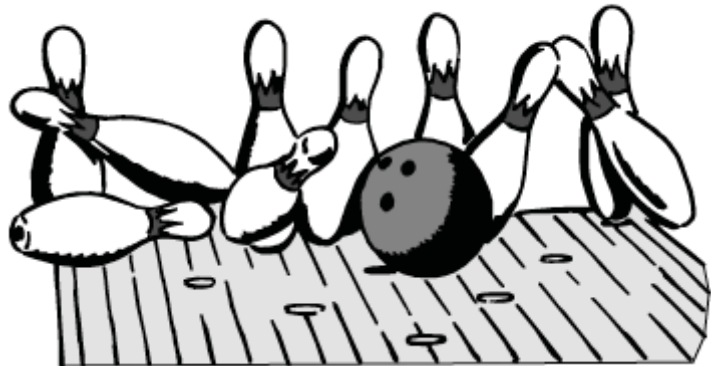
The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

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

## INTRODUCTION

Persons of every age and level of skill can enjoy bowling. Persons with physical disabilities can bowl too by using various kinds of adaptors made specifically for them.

Bowling is truly a democratic sport—one that almost everyone can learn to play and enjoy. It's a good way to socialize, exercise and compete all at the same time!



## HISTORY OF THE GAME



The history of bowling can be traced back at least seven thousand years. The ancient Egyptians enjoyed a version of the game, as indicated by bowling balls and pins found buried in an Egyptian child's grave.

By the 1840s, bowling had become popular in America. The first indoor bowling lanes were built in New York. Abraham Lincoln was among the many famous Americans who enjoyed bowling.

The American Bowling Conference (ABC) was founded



for men in 1895. A women's organization, the WIBA, was founded in 1916. The two organizations now work together to develop and enforce the rules of the game. The combined membership of the ABC and WIBC was approximately ten million people in 1992. That's almost 4% of the entire population of America, and it doesn't even count all those everyday bowlers who don't belong to a conference, but who bowl occasionally just for the fun of it.

## HOW BOWLING IS DONE

### *THE BOWLING ALLEY*

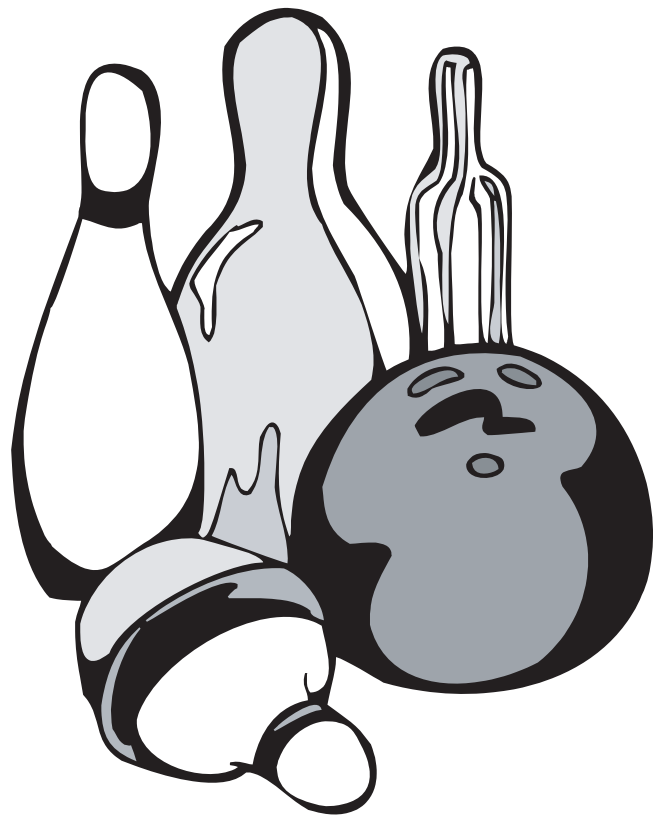
Bowling is done in a bowling "alley," or "lane," as it is sometimes called, which is 62 feet 10 inches long and about 41 inches wide. The area where the bowler stands is called the "approach area," and is 15 feet in length.

The foul line separates the approach area from the alley. Nine-inch-wide gutters run along both sides of the alley. At the other end of the alley, ten bowling pins stand, arranged in a triangular formation as shown on the right.

The object is to knock down as many pins as you can each time you send the ball down the alley. The more often you knock all of them down each time you bowl, the higher your score will be. Each pin that is knocked down counts as one point.

Each game is divided into ten "frames," during which each player has a chance to knock down the pins. If you knock down all the pins during each frame, you will score 30 points per frame and 300 points for the game.

For a novice bowler, a score of 120 or so is considered good. A score between 160 and 180 is good for a regular bowler, while professionals average more than 200 points in a single game.



In each frame, the bowler gets two chances unless the first try is a strike (knocking all the pins down at one time). The scores are all marked on a score sheet using symbols as follows:

- X This stands for a **strike**, which means that all the pins have been knocked down in one turn.
  
- / This stands for a **spare**, which means that all pins have been knocked down in two turns. A bowler is awarded 10 points plus a bonus of the score on the next roll. If a spare is made on the final frame, one extra roll is permitted.
  
- O The zero is used to show a **split** ball, which occurs when the headpin is down and the remaining pins have another pin down immediately ahead of or between them. Remember that a split leaves pins that are not close together standing and it is therefore harder to knock them down in one try.
  
- F This mark means a **foul**, which happens when a player goes beyond the foul line. A hand or arm, however, may extend over the foul line with no penalty. When a foul occurs, no score is recorded for that shot.

## PLAYING TECHNIQUES

### *BASIC BOWLING MOVES*

#### FOUR-STEP DELIVERY

The bowling pins may be approached in many different ways, but the most basic is called the “four-step delivery.” Here is a summary of each step:

STEP ONE: If the bowler is right-handed, he or she should make the following seven movements:

1. Bend forward
2. Move the right foot forward about 12 inches.
3. Hold the ball forward and to the right.
4. Allow the left hand to leave the ball.



5. Keep the right wrist firm.
6. Keep shoulders parallel to the target.
7. Focus the eyes on the target.



**STEP TWO:** This step focuses on the left foot and right arm. Keep the right arm as close as possible to the body as the ball is swung backwards.

**STEP THREE:** The ball now reaches the peak of the backswing (about shoulder height). Keep the movements smooth and deliberate and don't rush.

**STEP FOUR:** This step involves twelve movements:

1. Push forward off the right foot.
2. Slide on the front of the left foot.
3. Bend the left knee.
4. Bend at the waist and lean forward.
5. Let the ball swing forward under its own momentum.
6. Keep the right wrist and arm straight.
7. Keep the thumb positioned at "11 o'clock" ("1 o'clock" for left-handed persons).
8. The left knee continues to bend as the left foot slides to a stop.
9. The slide is completed a few inches from the foul line.



10. The left foot is pointed straight ahead.
11. The ball is released across the foul line.
12. The left arm and right foot extend for balance.

## FOLLOW-THROUGH

When the ball is released, the thumb comes out first, followed by the other fingers.

At this point, the arm is in a forward position and should continue to rise up to shoulder level. Some bowling instructors don't emphasize the follow-through, claiming instead that it occurs naturally if the ball is thrown correctly. Other instructors feel that follow-through is an important if neglected part of bowling. Try both to see which one works better for you.



## FOUR BASIC SHOTS

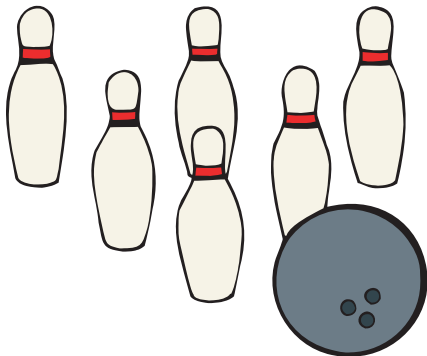
The four basic shots indicate the way in which the ball rolls down the alley. These four shots are the:

straight ball

hook ball

curve ball

backup ball



The **straight shot** is exactly what its name implies except that it is rolled down the alley slightly off center in order to hit the first pin at an advantageous angle.

The **hook shot** consistently beats other shots in producing strikes. The hook, if thrown properly, will start a chain reaction among the pins. The hooking motion of the ball's

trajectory results from the way in which the middle and ring fingers are released as the ball is thrown onto the alley.

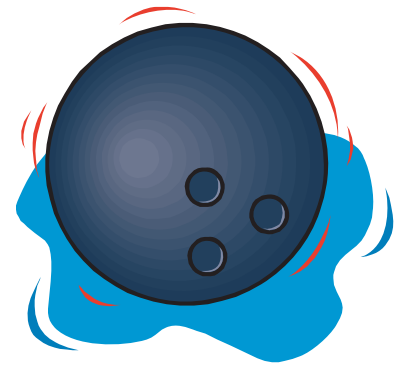
The **curve ball** is difficult to control. It is actually an exaggerated version of the hook shot, but because of the side path, there is more room for error in this shot.

The **backup shot** is seldom used. It works from left to right, the exact opposite of the other three shots. Most professional players advise against using this type of shot.

## EQUIPMENT AND CLOTHING

The two essential pieces of equipment needed in bowling are a bowling ball and a pair of bowling shoes. Clothing can be any comfortable, loose-fitting sportswear that allows room for free movement.

Weight, span and pitch must all be considered in selecting a bowling ball. “Span” is the distance between the thumb hole and the finger holes. “Pitch” is the angle at which the finger holes are drilled. With regards to weight, the rule of thumb is to select the heaviest ball that can be handled with ease. Choosing a ball that is too heavy and becoming fatigued from using it defeats the purpose of the game.



A good pro shop can help a beginning bowler decide where holes should be drilled in the ball to insure a comfortable fit.

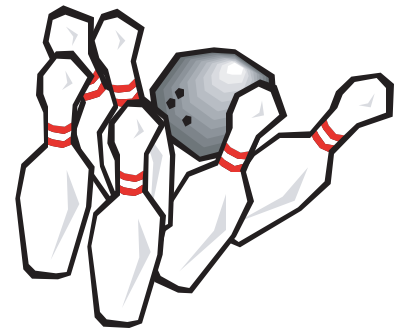
The choice of bowling shoes depends upon which hand the bowler uses to roll the ball. For example, if the bowler is right-handed, the left shoe needs to allow sliding while the right shoe provides the necessary traction. The opposite is true for left-handed bowlers.

**BOWLING NOTES AND NEWS** (Information taken from a variety of sources including ESPN, NCAA, Wikipedia and newspapers)

Bowling is one of the most popular pastimes in North America. Friends, families and other ordinary folks meet at local lanes to bowl a few frames. Kids and grownups alike enjoy the game. Because recreational bowling doesn't require long hours of conditioning for strength or endurance, everybody gets a chance to bowl, both young and old.

## *Kelly Kulick*

Kelly Kulick is the first woman ever to win a regular PBA tour title, winning the 2010 PBA Tournament of Champions in Las Vegas. After finishing the qualifying as the number two seed she defeated Mika Koivuniemi to advance to the final against 12-time title winner, Chris Barnes. In the final she threw 10 strikes to beat Barnes 265-195.



In 2011 Kelly Kulick secured the top seed in the Women's US Open averaging 241.35 for the 48 games. She also won the 44th Singapore International Open In Singapore in 2011.

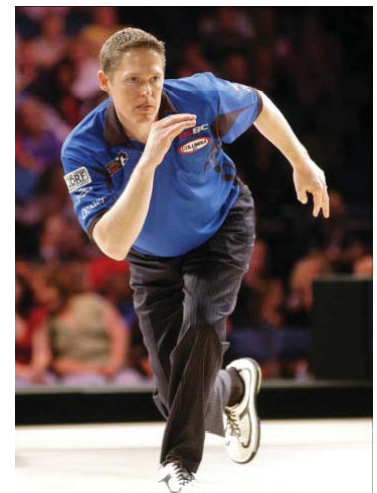


Additionally, she had the chance in 2011 to be the first woman in 32 years to successfully defend a U.S. Women's Open title, when she averaged over 241 and qualified as the #1 seed for the event. But Kulick rolled her lowest game of the entire tournament in the televised finals, getting upset by Leanne Hulsenberg 218-183.

## *Chris Barnes*

Chris Barnes, a right-handed bowler, is currently one of the leading professionals on the tour. He has won almost \$1.7 million (U.S.) in total prize money during his twelve-year career on tour, and has earned at least \$100,000 in each of the last eleven seasons (1999 through 2009-10).

He is one of only six players in PBA history to earn a career "triple crown" (accomplished by winning the U.S. Open, PBA World Championship and Tournament of Champions). Through the end of the 2010-11 season, Barnes has rolled 40 perfect 300 games in PBA competition.



Keep current with the circuit of competition for this popular sport. It is exciting to watch professional bowlers roll up top scores on television. It is also interesting to keep track of how professional as well as college bowlers are doing at a variety of web sites:

<http://www.bowlingmuseum.com/>

<http://www.pba.com/>

# STUDENT RESPONSE PACKET

## BOWLING

NAME \_\_\_\_\_

DATE \_\_\_\_\_

### WHAT TO DO

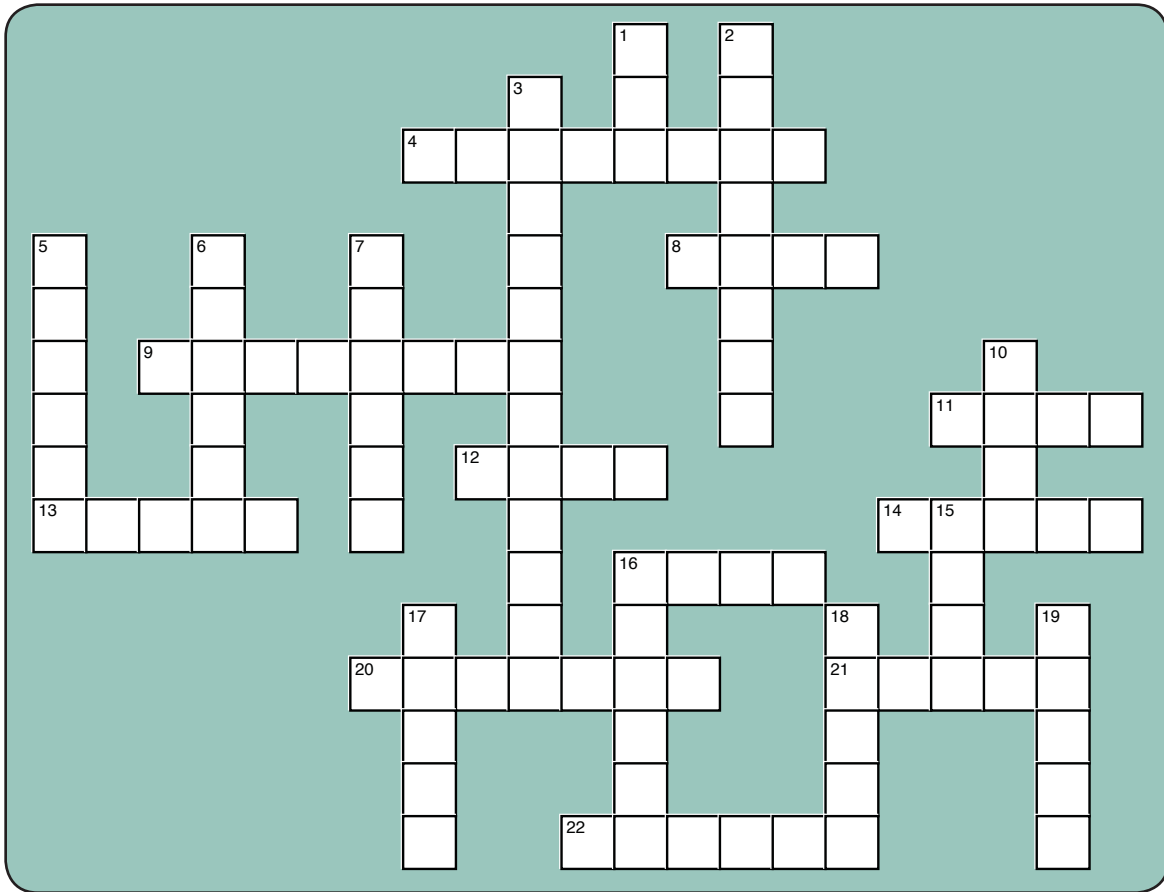
The following questions will help you to have a greater appreciation and understanding of bowling. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

1. What types of physical benefits can be obtained from bowling?
2. What basic equipment is needed for bowling?
3. What factors are important in selecting a bowling ball?
4. Describe the stages in a four-step delivery.



5. What is meant by “follow-through” in bowling?
  
6. What are the four basic shots in bowling?
  
7. What is a split ball?
  
8. What constitutes a foul in bowling?
  
9. How many times does each player get to bowl in a typical game?
  
10. How many frames are there per game? How many possible points can a bowler make? What would be a good score for a beginning bowler?

Name: \_\_\_\_\_ Date: \_\_\_\_\_



**Across:**

4. Kids and \_\_\_\_\_ alike enjoy bowling
8. The number of basic shots in bowling
9. This bowling shot does not curve
11. One of the shots in bowling
12. When a player goes over the line while bowling
13. The term used to describe knocking down all the pins in two turns
14. Where bowling is done
16. Distance on the ball between the thumb and finger holes
20. They come out last when the ball is released
21. Angle which finger holes are drilled
22. How heavy a bowling ball is can be referred to as its \_\_\_\_\_

**Down:**

1. Number of pins in bowling
2. Area where bowler stands
3. Recreational bowling doesn't require long hours of this
5. Games are made of ten of these
6. When the ball rolls off of the alley it ends up here
7. Points for knocking down all pins in one frame
10. One does this to the bowling ball to knock down the pins
15. This foot slides for right-handed bowlers
16. Knocking down all the pins in one throw
17. If the bowler is right-handed, this shoe provides traction
18. A situation where the head pin is down and other pins are still up
19. This comes out first when the ball is released

Name: \_\_\_\_\_ Date: \_\_\_\_\_



Find these words in the above puzzle. Circle the words.

- |           |          |          |
|-----------|----------|----------|
| Bowling   | Gutters  | Ball     |
| Egyptians | Pins     | Straight |
| Lincoln   | Frames   | Hook     |
| ABC       | Strike   | Curve    |
| WIBA      | Spare    | Shoes    |
| Alley     | Split    | Span     |
| Lane      | Delivery | Pitch    |
| Foul      | Bowler   | PBA      |
|           |          | Kulick   |

## 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

Soccer is a fast-moving, action-packed sport. It is one of the most popular sports in the world today. Soccer, which is technically known as “association football,” was in fact the forerunner of modern football. Soccer was the only football-type game in the United States until American-style football became popular in the 1870s.

Today, soccer is included in the physical education programs of many schools. In addition, many elementary and high school students play it in organized after-school programs.

Soccer demands physically fit players since the game includes running as much as three or four miles per match. The player’s arms, legs, heart and lungs all get a good workout during the average soccer game.

## HISTORY OF SOCCER

In 400 B. C., the Chinese played a version of soccer, using a ball stuffed with hair. The Romans also played a version of soccer called “harpastan.” Julius Caesar reportedly used this game as training for his armies.

Soccer was also played in various forms in England for about four hundred years before

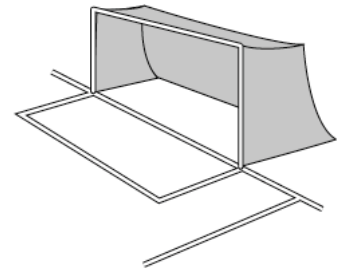


it was finally accepted as a “respectable” game.

On May 21, 1904, the Federation Internationale de Football Association (F. I. F. A.) was founded for the purpose of formulating rules and regulations to govern the game of soccer. The F. I. F. A. today is responsible for all international games, as well as the World Cup Tournament, which is held every four years.

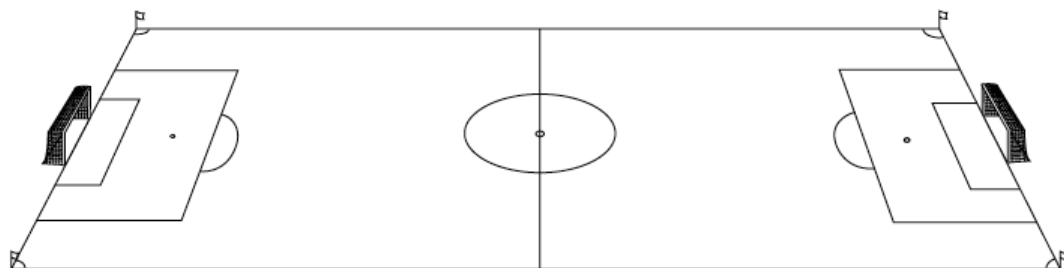
## HOW SOCCER IS PLAYED

Points are made in soccer by kicking or butting the ball into the goal net. Players are not allowed to touch or carry the ball. The goalie can use his or her hands only in the penalty area. Soccer games are comprised of two 45-minute periods with one halftime rest break. When a soccer player commits a foul, the opposing team gets a free kick. Fouls are given for such things as kicking an opponent, jumping an opponent, striking or pushing an opponent and handling the ball with the hands.



A soccer playing field is approximately 100 to 120 yards long and 55 to 75 yards wide. The goal net is 8 feet high and 24 feet wide.

A soccer team consists of eleven persons, all of whom work together to accomplish the team’s goals. Each of the eleven persons has a distinct job to do, and each of these jobs must be coordinated with the other ten players’ tasks.



The eleven players include:

a goalkeeper

two backs

three midfielders

three strikers

two wingers

The **goalkeeper** stays close to the net, and is the only player who is allowed to use his or her hands.

The two **backs** are located near the goal area and protect the goalkeeper.



**Midfielders** (including right, center and left) are in constant motion during the game. These players run back and forth across the field throughout the game.

**Strikers** are considered the best all-around players. They must be adept at accurate passing as well as precision shooting with both feet.

The **wingers** (right and left outside forwards) are similar to basketball guards. These players must be able to control the ball in order to score the maximum number of points.

## PLAYING TECHNIQUES

A unique aspect of the game of soccer is that the entire body, except for the arms and hands, is involved in the game. This is one major reason that soccer requires so much practice, especially for the beginning player. Even the simplest-looking moves are difficult to master. Experienced players practice constantly in order to maintain a high level of skill.





## *KICKING*

Kicking is a critical skill in soccer. The soccer kick does not use a regular kicking motion, which includes the toe. Instead, a soccer kick is really an instep kick which, properly performed, can send balls soaring up to 70 miles per hour. Professional observers say that properly-executed kicks separate the skilled players from the beginners.



## *OVERHEAD KICK*

The overhead kick is used when a player wants to send the ball in the opposite direction from the one in which she/he is facing. An overhead kick can be used either on a ball in flight or on a bouncing ball. Timing and coordination are both extremely important in this move.

## *TRAPPING*

“Trapping” the ball means that a player attempts to control a ball by stopping it or changing its direction. Trapping can be performed with any part of the body except the arms. Once the ball is trapped, it can be passed to another player or advanced on the field. A player may also attempt to make a goal with a trapped ball.

## *HEADING*



This technique is used when the ball is too high to reach with any other body part. Incredible as it sounds, statistically a high percentage of goals have been head shots!

Timing is of critical importance in head shots. The player must meet the ball rather than allowing the ball to come down to meet him or her. The power in this shot results from the body being flexed backward as the ball is hit with the flat part of the forehead.

## *PASSING*

Passing is the most critical move in soccer. It is an excellent way to advance the ball and requires highly coordinated teamwork.

While passing is somewhat similar to kicking, passing requires considerable practice to learn the exact amount of power needed to move the ball. The “push pass” (an inside-the-foot pass) is the most popular pass and can move balls up to 20 feet when properly executed.



## *DRIBBLING*

Soccer dribbling is not the same move as basketball dribbling. However, both sports use this technique to move the ball along from one point to another.

In soccer, dribbling means touching or pushing the ball with the inside and outside portions of the foot. The object of dribbling in soccer is to move the ball approximately 10-12 inches.

## **EQUIPMENT AND CLOTHING**

In soccer, attire that allows for freedom of movement and comfort are the main clothing requirements. Professional teams usually wear shorts, a jersey top and shin pads for lower leg protection.

Soccer shoes are perhaps the player’s most important piece of equipment. They are manufactured to conform to specific regulations. Most professional soccer shoes have rubber studs or rippled rubber soles in order that they can be used on all types of surfaces.

## **SOCCER NOTES AND NEWS** (Information taken from a variety of

sources including ESPN, NCAA, Wikipedia and newspapers)

In 1900, soccer became the first team sport to be added to the Olympic games. According to the 1996 Olympic Factbook (published in association with the Olympic Committee) soccer is the most popular sport in the world. At the 2008 Beijing Summer Olympics, the medal winners were:

## *Men*

GOLD: ARGENTINA  
SILVER: NIGERIA  
BRONZE: BRAZIL

## *Women*

GOLD: UNITED STATES  
SILVER: BRAZIL  
BRONZE: GERMANY



## *The World Cup*

To participate in the World Cup is the dream of millions of young soccer players. The World Cup takes place every four years and is the most important soccer competition in the world. It is a very popular event worldwide. Marta Vieira da Silva is considered one of the best players in a recent World Cup competition. Representing Brazil, she won both the top player and scorer awards in the 2007 Women's World Cup.

### *The FIFA Men's World Cup Soccer (2010)*

The 2010 World Cup took place in South Africa. South Africa was the first African nation to host the finals. The matches were played in ten stadiums in cities around the country, with the final played at the Soccer City stadium in the capital city, Johannesburg.

Thirty-two teams were selected for participation via a worldwide qualification tournament that began in August 2007. In the first round of the tournament finals, the teams competed in round-robin groups of four teams for points, with the top two teams in each group proceeding. These sixteen teams advanced to the knockout stage, where three rounds of play decided which teams would participate in the final match.



Host nation South Africa, along with previous world champions Italy, was eliminated in the first round of the tournament, with powerhouse nations Argentina, Brazil and Germany leaving the tournament in the knockout stage. In the final, the European champions and second-ranked team Spain defeated two-time finalist the Netherlands 1–0 after extra time, with Andrés Iniesta's goal giving Spain its first-ever world championship.

The 2010 finals marked the first time a European nation had won the tournament outside of its home continent, as well as the first time that two different European teams had become world champions in succession. With a pool of entrants comprising 204 of the 208 FIFA national teams at the time, the 2010 World Cup shares with the 2008 Summer Olympics the record for most competing nations in a sporting event.

### *The FIFA Women's World Cup Soccer (2011)*

Unprecedented enthusiasm, packed stadiums, top-quality football (soccer) and a brand new champion: The FIFA Women's World Cup 2011™ in Germany took the feminine side of the world's most popular sport to a whole new level.



For many, Japan's penalty shoot-out victory over USA in the Final was a fitting conclusion to the tournament, especially in light of the catastrophic earthquake and tsunami which devastated the country earlier in the year. The team, inspired by star player Homare Sawa, combined slick passing with technical finesse to prove that women's football has truly arrived in every corner of the globe.

Following in the footsteps of Norway (1995), USA (1991, 1999) and Germany (2003, 2007), Japan became only the fourth women's world champions and can now count themselves among the true greats of the sport. "We definitely wanted a medal, but I never would have dared to dream that we'd win it or that I would win the Adidas Golden Boot," said midfield maestro Sawa, who also received the Adidas Golden Ball as the tournament's best player.

The competition sprang a number of surprises. Few predicted that Norway would be packing their bags by the end of the group stage, fewer still that reigning champions, hosts and favorites Germany would bow out in the quarter-finals along with fellow 2007 finalists Brazil.

Sweden and France reached the semi-finals and in so doing secured their place at the 2012 Women's Olympic Football Tournament in London. While the Scandinavians played their way into fans' hearts with a refreshing brand of attacking football.

USA went into the Final brimming with confidence as they sought to become the competition's most successful nation outright. However, in a dramatic decider in Frankfurt,



Japan twice fought back to force the game into penalties and ultimately held their nerve in the shoot-out to claim their maiden title. “It was a difficult moment for us because we were so close, but I think Japan, a country which has gone through so much over the past months, almost needed the victory more than we did,” said USA striker Abby Wambach. “The thought that their success will bring happiness and hope to the Japanese people is a consolation.”

## *NCAA Soccer*

The Division I Men’s NCAA College Cup is a tournament of 48 teams who play for the NCAA Championship.



The Akron men’s soccer team defeated Louisville 1-0 in the 2010 NCAA College Cup final, capturing the school’s first championship in any sport in its second consecutive finals appearance. The 9,672 fans at Harder Stadium on the campus of UC Santa Barbara constituted the largest crowd since 2004 to witness a championship match.

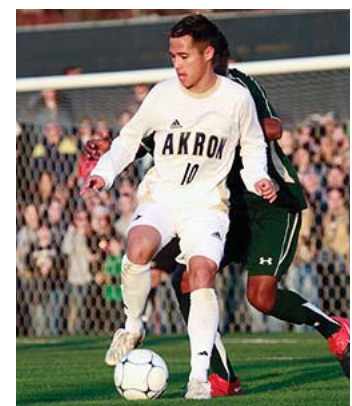


“It means more than anyone could ever imagine,” said Zips sophomore defender Zarek Valentin, whose older brother Julian led Wake Forest to the 2007 title. “Because it’s that first one, it kind of breaks the ice, and now it gives us and the rest of the student body hope that we can keep progressing in all sports, from football to basketball...to anything else.”

Akron (22-1-2) got on the scoreboard in the 79th minute with a goal from 15 yards out by sophomore midfielder Scott Caldwell, the fifth of his career, all during the postseason. Caldwell, named the tournament’s Most Outstanding Offensive Player, found the upper right-hand corner of the net after his previous shot was deflected.

“Once I got my first one it just gave me the confidence to keep going forward and looking for more opportunities to score,” he said. “But there’s been some luck involved too – the ball’s been bouncing my way -- and that’s what happened today.”

The Zips stopped a shot on goal line in the final minute to preserve the win. Cardinals freshman forward Aaron Horton, who had last-minute game-winning goals in the previous two



matches, was cleared by Chad Barson on the second shot.

“I tried to take my chances again and put it in the net, kept it on goal and they made a good save off the line,” Horton said.

Said Barson: “Aaron got the ball and was open and luckily I was able to make a play.”

Akron goalkeeper David Meves and Louisville counterpart Andre Boudreaux were each credited with six saves.



After losing in the quarterfinals of the Big East Tournament, Notre Dame womens soccer coach Randy Waldrum could sense something special in his team in the two weeks of preparation for the NCAA championships.

Waldrums feelings were confirmed as the Fighting Irish capped an impressive run through the bracket, culminating with a 1-0 victory over top-ranked Stanford in the final of the 2010 Womens College Cup.

Adriana Leon, a reserve freshman forward, scored the games only goal after receiving a perfect cross from teammate Melissa Henderson in the 62nd minute to give Notre Dame its third national title in the sport.

The Fighting Irish, who also won the event in 1995 and 2004, finished the year 21-2-2. Waldrum felt the season turned for his team after it lost 2-0 to Connecticut in its conference tournament on Halloween.



Waldrum was particularly impressed with how his team handled the quality of competition throughout the tournament. He specifically mentioned his teams 4-0 home win over USC in the second round, and its 4-1 dismantling of 20-time national champion North Carolina on the road in the third round.

The Fighting Irish, who were seeded fourth in their region of the bracket, also went on the road to beat Oklahoma State 2-0 in the quarterfinals.



Notre Dame followed those victories with a 1-0 national semifinal win over Ohio State, and then handed previously undefeated Stanford, 23-1-2, its only loss of the season in the final.

Our kids thought we were the best team,” Waldrum said. That’s not being disrespectful. The mindset of this team is, ‘We’re the better team. We didn’t care what anybody else thought or said, because we were playing like the best team in the country.’”

Find out more about what is happening in the sport of soccer by visiting these web sites: <http://www.mlsnet.com/> <http://www.collegesoccer.com/>

# STUDENT RESPONSE PACKET

## SOCCER

NAME \_\_\_\_\_

DATE \_\_\_\_\_

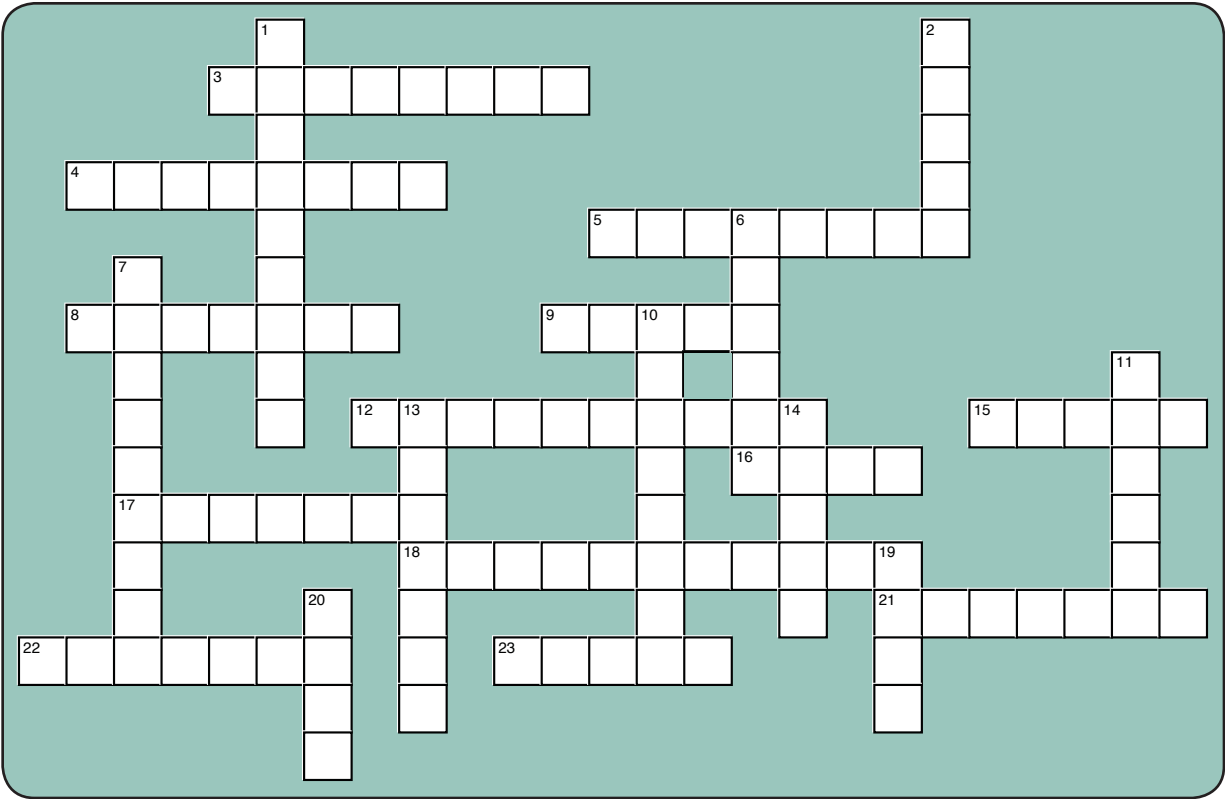
### WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of soccer. 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 of playing soccer?
  
  
  
  
  
  
  
  
  
  
2.     True or False: Soccer players are allowed to touch and carry the ball in their hands.
  
  
  
  
  
  
  
  
  
  
3.     How long is the average soccer game?
  
  
  
  
  
  
  
  
  
  
4.     Describe an overhead kick in soccer.

5. What does it mean for a player to “trap” the ball?
  
6. When should the technique of “heading” be used?
  
7. What actions in a soccer game might result in a foul being called?
  
8. Describe the makeup of a typical soccer team.
  
9. Which soccer players on a team are usually considered to be the best all-around players?
  
10. How do you make a goal in soccer?

Name: \_\_\_\_\_ Date: \_\_\_\_\_



**Across:**

- 3. Controlling the ball by stopping or changing its direction
- 4. One of the F's in FIFA
- 5. Some consider these to be the best all-around players
- 8. The most critical move in soccer
- 9. They often have cleats and some consider them to be the most important soccer equipment
- 12. This is a player who can use his or her hands and stays near the net
- 15. International soccer competition takes place at the \_\_\_\_\_ cup
- 16. Most popular type of pass in soccer
- 17. Possible miles-per-hour speed of a kicked soccer ball
- 18. They are in constant motion during the game
- 21. The player does this to make contact with a ball that is too high to reach with a foot
- 22. The players in this position are similar to guards in basketball
- 23. Soccer players should not use this part of the body

**Down:**

- 1. Moving the ball 10 - 12 inches per bounce and keeping control of it while moving
- 2. These players help protect the goalkeeper
- 6. One should use this part of the body when kicking the ball
- 7. Roman name for soccer
- 10. Type of kick that sends the ball in the opposite direction
- 11. The number of players on a soccer team
- 13. In 1900 soccer was added to these games
- 14. The purpose of FIFA is to formulate these
- 19. \_\_\_\_\_ pads are worn for leg protection
- 20. Acronym for the US Pro soccer organization

Name: \_\_\_\_\_ Date: \_\_\_\_\_



Find these words in the above puzzle. Circle the words.

- |           |            |            |
|-----------|------------|------------|
| Soccer    | Goals      | Dribbling  |
| Chinese   | Goalkeeper | Tournament |
| Harpastan | Midfielder | Spain      |
| FIFA      | Strikers   | European   |
| Waldrum   | Winger     | Marta      |
| Periods   | Kicking    | Factbook   |
| Fouls     | Trapping   | Italy      |
| Team      | Heading    |            |
|           | Passing    |            |

## 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



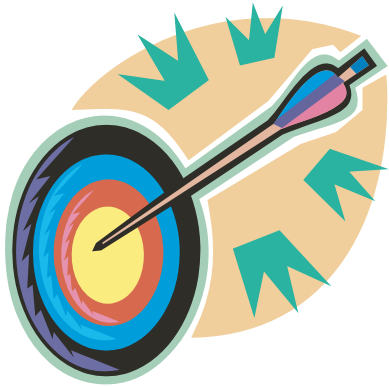
win many battles.

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



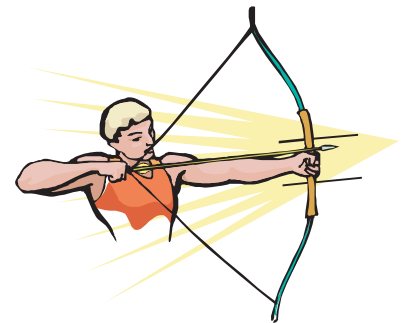
The purpose of archery as a sport is to hit a target with an arrow. There are ten evenly spaced concentric rings on the target. The highest score is made when a target designed with progressively smaller rings is hit in the center. This is the familiar “bullseye” target. Lesser scores are made as the 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 supported 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 arm 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.



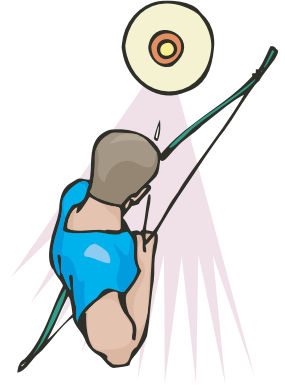
## EQUIPMENT AND CLOTHING

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.

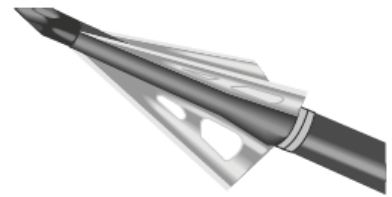
Some archers use a leather arm guard worn on the inside forearm of the hand that supports the bow. A leather tab or a shooting glove is often worn to protect the fingers that draw back the bowstring.

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.

## ARCHERY NOTES AND NEWS (Information taken from a variety of sources including ESPN, NCAA, Wikipedia and newspapers)

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.

Reo Wilde of Pocatello, Idaho defeated Great Britain's Liam Grimwood 118-116 to win the 2009 World Archery Championship gold medal in the men's individual compound division. Both archers were tied with 29 points after the first end of the championship final. In the second of four ends, Wilde took a one-point lead, 59-58. After three ends, Wilde increased his lead to 88-86. In the final end and on the last arrow, Wilde shot a 10 to clinch his second World Archery Championship title.

The top American women's individual archer was Erika Anschutz of Hamilton, Ohio.

She finished ninth, and established a personal best in international competition.  
Gold Medalists in the 2008 Olympic archery competition in Beijing were as follows:

Men's Singles	RUBAN Viktor, Ukraine
Men's Archery Team	South Korea
Women's Singles	ZHANG Juan Juan, China
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://www.usarchery.org/>
- <http://www.archerynetwork.com/>
- <http://fw.ky.gov/archflyer.asp>



# STUDENT RESPONSE PACKET

## ARCHERY

NAME \_\_\_\_\_

DATE \_\_\_\_\_

### WHAT TO DO

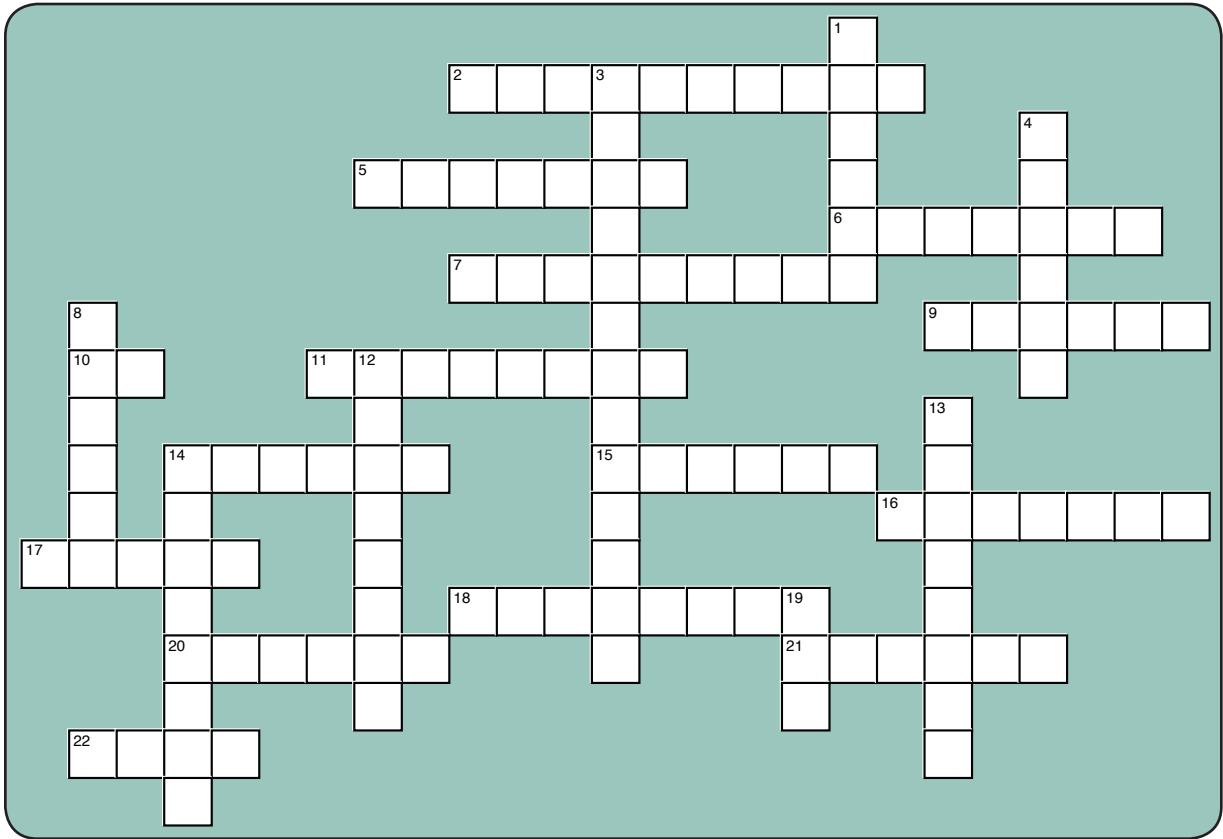
The following questions will help you to have a greater appreciation and understanding of archery. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

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?





Name: \_\_\_\_\_ Date: \_\_\_\_\_



**Across:**

2. Arrangement for rings in an archery target
5. This word describes pulling back on the bowstring
6. Placing the arrow against the bowstring
7. Letting go of the bowstring
9. When anchoring, the arm is fully \_\_\_\_\_ at the elbow
10. One should never shoot an arrow in this direction
11. Most arrows used in the Olympics are made of this
14. Standing at right angles to the target
15. The thumb supporting the bow faces this
16. Archery is one of the oldest types of these
17. This is shot by the bow
18. The annual \_\_\_\_\_ man competition is for bowhunters
20. The fingers supporting the bow face this
21. The point at which the bowstring is pulled back to the proper location
22. Another name for an arrow point

**Down:**

1. A sight-shooting method
3. Putting everything out of your mind but the target
4. When drawing, the bow arm is \_\_\_\_\_ toward the target
8. Arrow holder
12. Type of bow that is often used for hunting
13. The end of the arrow with the nock
14. This is how one should release the bowstring
19. Acronym for the archery association founded in 1879

Name: \_\_\_\_\_ Date: \_\_\_\_\_



Find these words in the above puzzle. Circle the words.

- |            |            |           |
|------------|------------|-----------|
| Archery    | NAA        | Wilde     |
| Bowhunting | Bullseye   | Anschutz  |
| Military   | Techniques | Weight    |
| Targets    | Stance     | Nylon     |
| Wilderness | Grip       | Wax       |
| Arrows     | Nocking    | Quiver    |
| Greek      | Drawing    | Shaft     |
| Roman      | Anchoring  | Bowstring |
| Armies     |            |           |

## INSTRUCTIONS

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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 di-

ameter. 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,

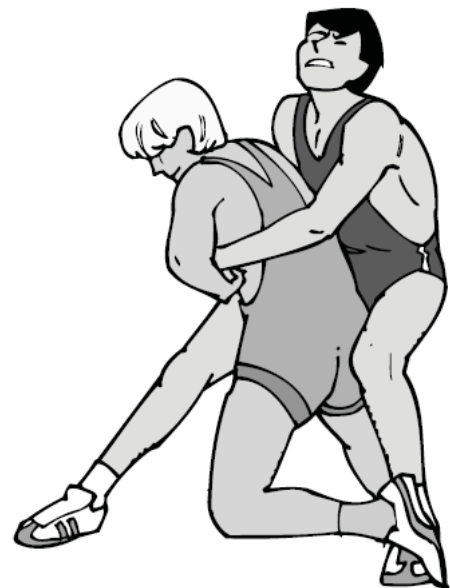
sometimes three, points. In this move, a wrestler must pin one of his or her opponent's shoulders to the mat and hold the other shoulder near the mat at an angle less than 45 degrees.

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. Lock your hands around your opponent's leg. Then drive up to your feet with the single leg locked and trip your opponent to score a take down.

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 (Information taken from a variety of sources including ESPN, NCAA, Wikipedia and newspapers)

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 (for the Olympic Games), 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 Beijing Olympics in 2008:

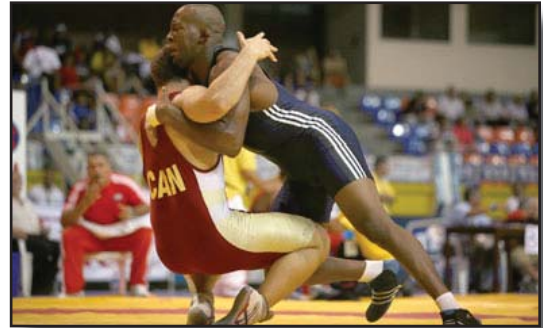
<u>Wrestler</u>	<u>Country</u>	<u>Medal</u>
55kg:		
ALBIEV Islam-Beka	Russia	Gold Medal
RAHIMOV Vitaliy	Azerbaijan	Silver Medal
TENGIZBAYEV Nurbakyt	Kazakhstan	Bronze Medal
=====		
66kg		
SAHIN Ramazan	Turkey	Gold Medal
STADNIK Andriy	Ukraine	Silver Medal
KUMAR Sushil	India	Bronze Medal
=====		
84kg		
MINDORASHVILI Revazi	Georgia	Gold Medal
ABDUSALOMOV Yusup	Tajikistan	Silver Medal
DANKO Taras	Ukraine	Bronze Medal
=====		
96kg		
MURADOV Shirvani	Russian Fed.	Gold Medal
TIGIYEV Taimuraz	Kazakhstan	Silver Medal
GAZYUMOV Khetag	Azerbaijan	Bronze Medal
=====		
120kg		
TAYMAZOV Artur	Uzbekistan	Gold Medal
AKHMEDOV Bakhtiyar	Russian Fed.	Silver Medal
MUSULBES David	Slovakia	Bronze Medal



## Pan American Championships

Tervel Dlagnev from Columbus, Ohio captured a gold medal at 120 kg/264.5 lbs., the top U.S. performance at the 2010 Pan American Freestyle Championships.

Dlagnev, a 2009 World bronze medalist, won both of his matches, and did not allow a single point. In the gold-medal finals, he handily defeated Jesse Ruiz of Mexico, 7-0, 5-0.



The USA placed third in the team race with 50 points. Cuba, led by six individual champions, finished with 60 points. Canada was second with 57 points, and although they had no champions, finished with a medalist in all seven weight classes.

The United States won the overall team title, combining the three Olympic styles. Cuba was second and Mexico was third. The USA won team titles in Greco-Roman and women's freestyle.

Obe Blanc (Stillwater, Okla.) won a silver medal at 55 kg/121 lbs. He won his first two matches to qualify for the finals, where he was defeated by Frank Chamizo of Cuba, 2-0, 1-2, 0-3. Blanc won his first U.S. Open national title last weekend in Cleveland.



“Obe could have won. He put himself in a position to win the finals, but didn’t finish the match,” said Bono.

Winning bronze medals were Coleman Scott (Stillwater, Okla.) at 60 kg/132 lbs., Trent Paulson (Ames, Iowa) at 74 kg/163 lbs. and J.D. Bergman (Columbus, Ohio) at 96 kg/211.5 lbs. All three lost their matches against Cuban opponents.

Scott pinned Luis Portillo of El Salvador in his final match, and Bergman stopped Marcos Santos of Puerto Rico to earn his bronze medal. Paulson did not have an opponent in the bronze medal round, after dropping his semifinal to veteran Ivan Fundora of Cuba.

## NCAA Tournament



The Penn State Nittany Lions won the 2011 NCAA Wrestling national championship in Philadelphia's Wells Fargo Center. It is the school's first title since 1953 and the first east coast school to win the crown since that year as well.

Penn State head coach Cael Sanderson, the 2011 Big Ten Coach of the Year, earned his first collegiate national team title as a coach as the Nittany Lions won the team competition with 107.5 points. Cornell took second place with 93.5 and Iowa was third with 86.5.

Penn State ended the 2011 National Championships with a superb 29-10 overall record.

### Highlights:

Penn State's Quentin Wright claimed the individual national crown at 184. Wright beat Hunter Collins of Michigan 10-2, No. 1 seed Travis Rutt of Wisconsin 4-3, No. 5 seed Tony Dallago of Illinois 8-5 and No. 2 seed Kevin Steinhaus of Minnesota 4-3.

Frank Perrelli of Cornell lifted Trent Sprenkle of North Dakota State University off the mat, and won 4-3, during the 125 pound first round bout.

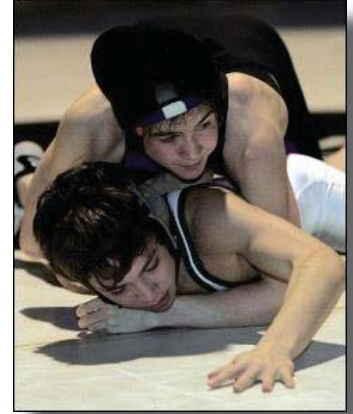
Red-shirt freshman David Taylor, a first time All-American for Penn State, took on Arizona State's Bubba Jenkins in the championship bout at 157. Jenkins pinned Taylor at the 4:14 mark, ending Taylor's unbeaten season.

Arizona State's Anthony Robles hopped off the mat at the NCAA wrestling tournament after a perfect season. Robles, born with one leg, beat Iowa's Matt McDonough to claim the 125-pound NCAA Division I individual wrestling title. Robles' three-day performance earned him the Outstanding Wrestler award.

For Robles, it was the finish to a 36-0 senior season and a journey begun when he took up wrestling as a high school freshman in Mesa, Arizona. "I wrestle because I love wrestling," he said. "But it inspires me when I get kids, even adults, who write me on Facebook or send me letters in the mail saying that I've inspired them, and they look up to me, and they're motivated to do things that other people wouldn't have thought possible."

## High Schooler Makes News

Girls are finding their way onto the wrestling mat. Some high schools are permitting girls to compete. In the photo on the next page, 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/>

# 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.

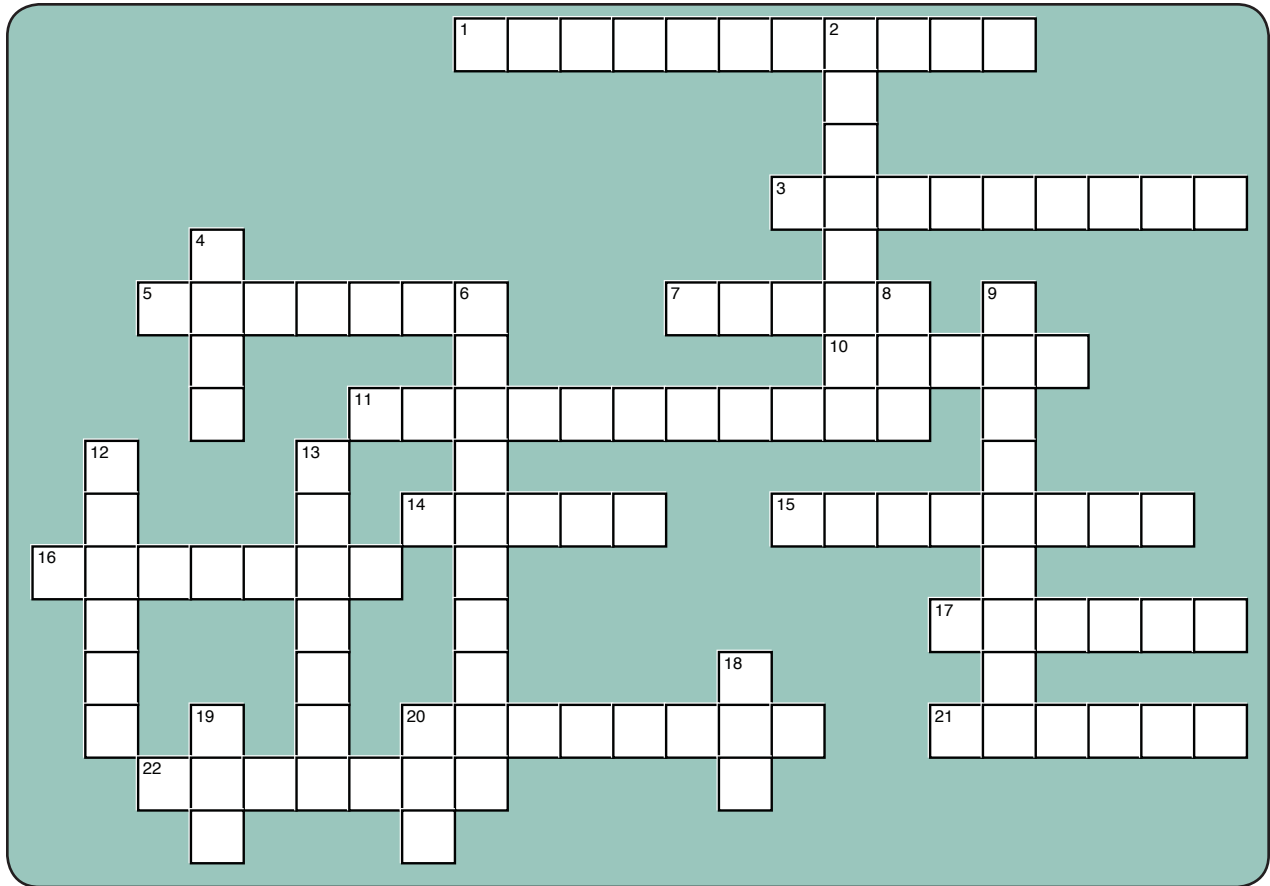
1. What physical benefits can be gained from wrestling?
2. What are the two most popular styles of wrestling practiced in the United States?
3. How long is an Olympic wrestling match? a high school match? a college match?
4. How are wrestlers grouped?



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: \_\_\_\_\_

Physical Education 8 Crossword



**Across:**

1. Most consider him the greatest American heavyweight freestyle wrestler
3. One form of wrestling
5. Grabbing an opponent's torso
7. Changes in these increased spectator enjoyment
10. The number of weight classes in international wrestling
11. What happens when one wrestler controls the other
14. One of the W's in WWF
15. Wrapping an arm around an opponent's head
16. Takes precedence over points
17. This is how wrestlers are grouped
20. Maneuver to get opponent on the mat
21. Purpose of an inside-leg standup
22. Point lead needed to win a match

**Down:**

2. The number of weight classes in high school wrestling
4. These are not used in Greco-Roman wrestling
6. A form of wrestling
8. A short \_\_\_\_\_ out is done to escape
9. One way to win a match is to pin these to the mat
12. A reversal maneuver
13. One-piece garment worn by wrestlers
18. Points awarded if hold is maintained less than five seconds
19. Points awarded if hold is maintained over five seconds with both shoulders to the mat
20. The number of weight classes in college wrestling

Name: \_\_\_\_\_ Date: \_\_\_\_\_



Find these words in the above puzzle. Circle the words.

- |           |               |             |
|-----------|---------------|-------------|
| Wrestling | Obe           | Focus       |
| Freestyle | Opponent      | NCAA        |
| Mat       | Escapes       | Practice    |
| Takedown  | Reversal      | Singlet     |
| Wrestler  | Headlock      | Headgear    |
| Pinning   | Bearhug       | Olympic     |
| Referee   | Switch        | Baumgartner |
| Hutchison | Concentration | Predicament |

## 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



Golf is the most popular and fastest-growing sport in many countries today. People of all ages can (and do) play golf, at many different levels of skill.

Why is golf so popular? It's relaxing, it's good exercise and it's played in pleasant surroundings. It presents challenges, yet isn't too taxing to be played at an amateur level.

Golf is also a great spectator sport. Thousands of viewers watch the sport on television, while thousands more follow their favorite golf pro to tournaments.

## HISTORY OF GOLF

According to legend, a shepherd in Scotland hit a stone with a stick and watched the stone soar in the air. Thus the game of golf was born!

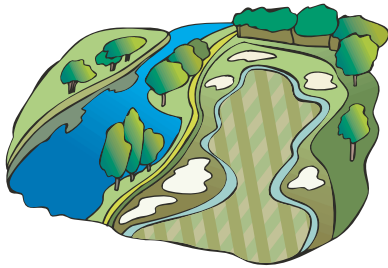
Golf flourished first in Scotland and later in England. The first golf balls used in England around the fifteenth century were called "feathery" because they were made of leather and stuffed with feathers.

The game of golf grew in popularity, especially among the wealthy because it was seen as a game played and controlled by the upper classes. Although many people still con-

sider golf “a rich man’s game,” public courses in contemporary America are open to the population at large.

Golf first became popular in America around 1895, when the first U. S. Open Tournament was held. The first 18-hole golf course opened in Wheaton, Illinois in 1893.

## HOW GOLF IS PLAYED



Golf is played on a golf course. Full-sized courses have 18 holes, while smaller courses have only 9 holes. Golf balls are placed on small wooden or plastic supports called “tees,” which are pressed into the ground on a “teeing ground.” Golf clubs are used to hit the balls off the tees in the direction of the next hole, which is on what is called a “green” or “putting green.” The area between the tee and the green is called the “fairway.” Trees, lakes, streams, sand, and other obstructions may be on either side of the fairway. Sometimes, fairways are shaped like arms that are bent at the elbows.

The object of the game is to hit the golf ball off the tee, up the fairway, to the putting green, and into the hole with the fewest number of strokes possible. Each hole has a designated number of strokes. This designated number of strokes is called “par,” from which we get the popular expression, “par for the course.” Thus, a good player can move the ball from the tee to the hole on a “par 4” hole in four strokes. Par can vary from three to five strokes, depending on the difficulty of the course and the distance of the hole from the tee.



An excellent player may put the ball in the hole with fewer or greater strokes than are assigned as par for a particular hole. When this is done, there is a name for it:

- |               |  |
|---------------|--|
| <b>BIRDIE</b> | Hitting the ball into the hole with one stroke under par.  |
| <b>BOGIE</b>  | Hitting the ball into the hole with one stroke more than par.  |
| <b>EAGLE</b>  | Hitting the ball into the hole with two strokes under par. An Eagle is possible on any hole above par 3. |

## ACE

Hitting the ball into the hole with one stroke. An “ace” is also called a “hole in one.”

According to golfing rules, once the ball is placed on a tee, it cannot be touched by anything other than a golf club until it is taken out of the hole. Most golfers strive to keep the ball on the fairway, the area between the teeing ground and putting green. If a ball is hit badly, it may end up “in the rough,” or the area near the fairway with bushes, trees and tall grass. Balls which are hit inaccurately also may end up in bunkers or sand traps.

## GOLF ETIQUETTE

All sports require that the participant practice sportsmanlike behavior. Part of the goal of sports is learning how to be both a good winner and a good loser. Golf is no exception. Always observe the following six rules of golf etiquette:

1. Don't talk or move around when a player is about to hit the ball. All players should keep their distance from the golfer who is about to hit the ball. She or he should not be distracted by talking or movements by other players.
2. Replace any damage done to the course. If your golf club digs up a chunk of grass (a “divot,” in golfing terminology) on a shot, put the grass back where it came from. Also, rake a sand trap smooth after stepping out of it.
3. When a group of players is particularly slow, the group behind should be allowed to move ahead.
4. Technically, each group should be allowed to finish the hole before the next group starts. No one can tee off when another group is finishing up on the putting green. On holes of great distance, a group may tee off when the party in front of them is still on the fairway, but at a safe distance.
5. Help keep the putting green in immaculate condition. Keep carts and golf cars away from the greens.
6. Learn the proper way to warn other players about an approaching ball. If a player hits a ball too hard, inaccurately or carelessly and it heads for another player, the golfer who hit the ball should yell out “Fore!” to warn others.





# PLAYING TECHNIQUES

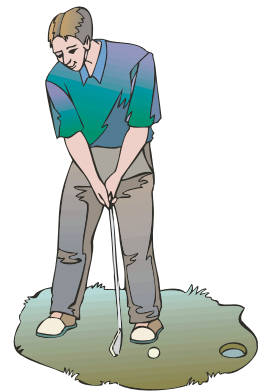
## *THE GRIP*

The grip is an important element in golf since the hands are the only parts of the body that touch a golf club. There are three types of grips in golf, as follows:

**The interlocking grip.** This type of grip is good for persons with shorter fingers. The little finger of the right hand locks between the index finger and the middle finger of the left hand. This is an extremely stable grip, and keeps the hands and fingers in the same position throughout the swing.

**The overlapping grip.** In this grip, the little finger of the right hand overlaps the index finger and middle finger of the left hand (the opposite if you are left-handed). This is a stable grip, but not as stable as the interlocking grip.

**The baseball grip.** In this type of grip, all ten fingers are on the club (as one would do in holding a baseball bat), with no interlocking or overlapping. This grip is not as stable as either of the other two grips.



No one type of grip is absolutely superior to the others. Different people have different skeletal lever systems, and different muscular development. Some people like the interlocking grip because of its stability. Others find it too confining and difficult to use. The choice of grip depends on which one best suits the individual golfer.

## *THE GOLF SWING*

In order to hit a golf ball accurately from a specific distance, a player must know the fundamentals of the golf swing. The correct way to swing can be broken down into steps, as follows. However, note that the swing, when performed properly, is one continuous smooth motion:

1. Stand before the ball with the face (flat area) of the golf club head positioned next to the ball. This is called “addressing the ball”. If you are right-handed, your left side will be turned toward the green. The opposite is true if you are left-handed. Keep your eye on the ball as you start your backward swing.
2. Swing the club in an arc backward away from the ball. When the club is

at about waist height, your wrists will remain stable as you grip the club. The shoulder facing the green will come up under the chin and the hips will begin to rotate away from the green. Keep your eye on the ball.

3. When the golf club is brought back as far as it can go in the backswing, your shoulders should be turned about 90 degrees from the direction your toes are pointing. Your hips should be turned about 45 degrees. Don't take your eye off the ball.



4. Start the downward motion of the club with a rotation of your hips toward the direction of the green. Keep your eye on the ball.

5. Follow the hip motion with the arms coming down with the wrists still stable. Do NOT lead the motion with the arms; lead with the hips. Keep your eye on the ball.

6. As the arms straighten, the club face hits the ball. Follow the ball with your eyes.



7. The swing does not stop at this point. The club continues to follow its path in the direction of the green as you finish off the swing. This is called the "follow-through."

8. Make every swing a full swing.

If a golf swing is properly done, it should look and feel smooth, effortless, and powerful, accomplished in a single smooth motion in the backswing, then a single smooth motion through the arc of the forward swing and into the follow-through.

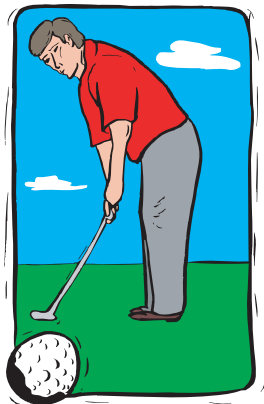


Strength doesn't necessarily mean a great deal in the game of golf. Having strong arms doesn't necessarily mean that the ball will travel a great distance when you hit it. To get the maximum distance when hitting a golf ball, you must coordinate the movements of your hips, torso, arms and wrists.

Think of your body as a whip, starting in the hips and ending in the head of the golf club. When the face of the club connects with the ball, that point of impact should be the point at which the swing has achieved its fastest motion and greatest energy. That energy is imparted to the ball by the face of the club. The greater the energy, the farther the ball will

go. The smoother and more coordinated the swing, the greater the energy.

## *PUTTING*



Putting is done when the ball is on the green and must now be hit into the hole. The ball may be near to, or far from the hole. Also, the green may slope off at an angle, may have rough and smooth grassy sections, and may be wet or dry. Each of these conditions will affect accurate putting.

When spectators are watching golfers on the putting green, they often think “It looks so easy!” However, this isn’t usually the case. Putting is often the critical factor in a golf game. Many a golfer has lost a tournament because his or her putting wasn’t precise enough.

Good putting requires a delicate touch and good judgment. There are many different styles of putting, and many different conditions on the putting green. But three things are necessary:

Keep your eye on the ball.

Keep your head absolutely still.

Move the putter along the line of the putt as if it were going through the ball.



## **EQUIPMENT AND CLOTHING**

Different golf clubs are designed to perform different tasks. Drivers are designed to hit the ball long distances, and are usually used on the teeing ground. Most drivers today are made of steel, titanium or a composite alloy with a graphite shaft. “Irons” (which are made of plated brass and/or steel, not iron) are usually used on the fairway. Putters are used on the green.

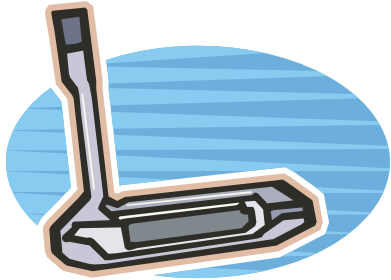
Golf clubs have varying degrees of angles on their faces. This angle is called “loft.” The angle is measured from the vertical. Hence:

A **wedge** has the greatest loft and a very severe angle, and is used to scoop a ball out of the sand.

A **nine iron** has a large loft or angle, so it can propel a ball upwards in an arc over obstacles.

The **five iron** has less loft and a shallower angle, and is commonly used to hit the ball on down the fairway toward the green.

A **driver** has little angle and loft, and is used to drive the ball from the tee down the fairway.



A **putter** has almost no angle, since it is used for short, precise shots on the green.

A professional golfer usually owns four different wood clubs and ten different iron clubs. An amateur, however, can usually play with about half that number. A good amateur bag could carry the following clubs: Driver, Five iron, Seven iron and Putter

Golf balls weigh slightly over an ounce in weight. They are made of rubber and silicone, and other synthetic materials. The surface of golf balls are covered with tiny round indentations, spaced at regular intervals. These indentations are aerodynamic, and give the ball accuracy in flight—a far cry from the old feather-stuffed balls first used in the game!



## **GOLF NOTES AND NEWS** (Information taken from a variety of sources including ESPN, NCAA, Wikipedia and newspapers)

One doesn't ordinarily associate golf with strong emotional experiences. Instead, golfers seem cool and detached as they walk the links. But while golf does not present the spectacle offered by football or basketball, the excitement is there, especially as demonstrated by the electrifying Tiger Woods.

If anyone had any doubts that Tiger Woods would be a star, the 1997 Masters turned those skeptics into believers. Woods, at age 21, destroyed the field of more seasoned competitors, winning golf's most prestigious tournament. In 1999 Tiger Woods nearly tripled David Duvall's existing winnings record, by bringing in a staggering 6.6 million dollars.

Tiger became the youngest player in 2000 to complete the Career Grand Slam. With his victory at the 2001 Masters, Tiger became the first golfer in history to hold all four major championship titles at the same time. In 2002 Tiger captured his second consecutive green jacket and third overall Masters.

After not winning a major tournament in either 2003 or 2004, and losing his number one ranking to Vijay Singh, Tiger Woods was experiencing his first real adversity of his career. People were beginning to question if he was still the dominant player that he had been. At the 2005 Masters Tiger proved that he was still the biggest star in the sport, and wouldn't be going away any time soon, by taking his fourth Masters' victory, the only player besides legends Jack Nicklaus and Arnold Palmer to do so.



Then in 2006, after losing his father to cancer earlier that year, Tiger missed the cut in the US Open. His heart and mind were not on the game of golf but in true Tiger fashion he came roaring back at the 2006 British Open, winning the tourney by two strokes for his eleventh major title. He also captured the PGA championship later that year.

The 2008 US Open marked Tiger's return from knee surgery, after eight weeks of playing no competitive golf. Woods limped his way around the course, and battled pain and a determined Rocco Mediate to capture his fourteenth major title.

In 2009 Tiger had first place finishes in many tournaments including: the Arnold Palmer Invitational, the Memorial Tournament, the AT&T National, the Buick Open, the Bridgestone Invitational, the BMW Championship and the FedEx Cup Championship.

As 2009 came to a close the golf world was shocked as Tiger, the greatest golfer of his generation and one of the best known athletes in the world, announced that he would take a break from the game to focus on his family. After an accident outside his home, he endured intense scrutiny of his personal life. In a statement posted on his website, Tiger noted he was "deeply aware of the disappointment and hurt" his actions had caused his family and vowed to try his best "to repair the damage" he might have done.

Tiger Woods returned to the professional golf tour with participation in the 2010 Masters Golf Tournament. While his presence made this Masters one of the most anticipated sports events of the year, it was Phil Mickelson who walked away wearing the green jacket.

### ***The 2011 Masters***

The 2011 Masters was won by the South African Charl Schwartzel but it will always be remembered for the sight of young Rory McIlroy head in hands and near to tears as his major championship dreams were swept away in the compelling theatre of an Augusta



afternoon.

The South African winner birdied his final four holes to shoot 66, six under par, and beat the field by two shots with a 14-under-par total of 274. The loser, 21-year-old McIlroy from Northern Ireland, signed for an eight-over-par 80 - a humiliating outcome for the man who began the final round with a four-shot advantage.



“It was my first experience of being in the lead going into the last day of a major and I felt as if I did OK on the front nine and I was still one shot ahead going into the 10th and then things went all pear-shaped after that,” McIlroy said. “I hit a bad tee shot on the 10th and unravelled after that.” He most certainly did, coming home in 43 blows to finish in a tie for 15th.

Such is the capriciousness of this game, and such is the lesson to be learned by those who forget that the ceremony comes only after the last shot is played. Assume nothing at this benighted place.

That much was evident precisely 27 minutes into McIlroy’s final round. That was how long it took for his lead to evaporate and his confidence to disappear.



A bogey at the 1st and a couple of loose shots at the 2nd opened a door for his pursuers and they rushed in. Schwartzel ultimately prevailed, although the outcome was magnificently uncertain until the very end. Those final four birdies were a champion’s effort from a worthy winner.

Schwartzel’s abilities have long been known to those inside the game. It would be hard for the wider world not to be aware of them after this unfaltering performance.

### *The U.S. Open*

McIlroy became the first start-to-finish winner at the U.S. Open since Woods in 2002. With his 16-under-par finish, he set 12 records, including the lowest score in the golf tournament’s 111-year history.

Woods, 35, withdrew from this year’s U.S. Open because of leg injuries. He hadn’t won a tournament since November 2009 and has fallen to No. 17 in the rankings after holding



the No. 1 spot for a record 281 weeks.

McIlroy, who earned a \$1.4 million purse for the win, has played seven tournaments in the U.S. this year after entering 16 in 2010.

In an interview during the trophy presentation, McIlroy expressed appreciation for the fans' support and said he may have to enter more tournaments in the U.S.

“It’s just been incredible the way people have supported me and cheered for me the whole week,” he said at a news conference that followed. “And to be able to have that when you come over here and feel like you’re one of their own is probably going to be pretty important in the next few years.”

### ***The Ladies Professional Golf Association (L.P.G.A.)***

Yani Tseng was clearly not satisfied with merely winning the L.P.G.A. Championship and, at 22, becoming the youngest to win four L.P.G.A. majors.



Once she made the turn with a 10-stroke lead, she set her sights on making a little more history.

“I was like, what’s a new goal for me?” Tseng said. “And that’s why I told myself I wanted to set a record, to make 20 under.”

She missed by one stroke in what was the only blemish in one of the most dominating performances to date from her.

In closing with a six-under 66 to finish at 19-under 269 for a 10-stroke victory at Locust Hill Country Club, Tseng matched the L.P.G.A. record low at a major, most recently by Cristie Kerr a year ago when she shot the same score to win the tournament by 12 strokes. Dottie Pepper (1999 Kraft Nabisco) and Karen Stupples (2004 Women’s British Open) also finished at 19 under.

Annika Sorenstam the face of women’s golf for a decade ended her Hall of Fame career at the conclusion of the 2008 season. Sorenstam’s numbers were staggering. She won

seventy-two L.P.G.A. tournaments and ranked third on the career list behind Kathy Whitworth (eighty-eight) and Mickey Wright (eighty-two). She won ten majors, eight L.P.G.A. Player of the Year awards, eight money-winning titles and six Vare Trophies for lowest scoring average.



Since her 1994 debut, she has won \$22,081,561, the most by any female professional. She averaged around 70 strokes a round and once shot a 59. In 2003, she was inducted into the L.P.G.A. and World Golf Tour Halls of Fame, a rare honor for an active player. Sorenstam retired at age 37. “I enjoyed playing golf at the top level,” she said. “I made this decision far back. I know what it’s like to be at the top.”

Check out the following websites for more information about this popular sport.

<http://www.golfweb.com>    <http://www.pga.com>    <http://www.lpga.com>

# STUDENT RESPONSE PACKET

## GOLF

NAME \_\_\_\_\_

DATE \_\_\_\_\_

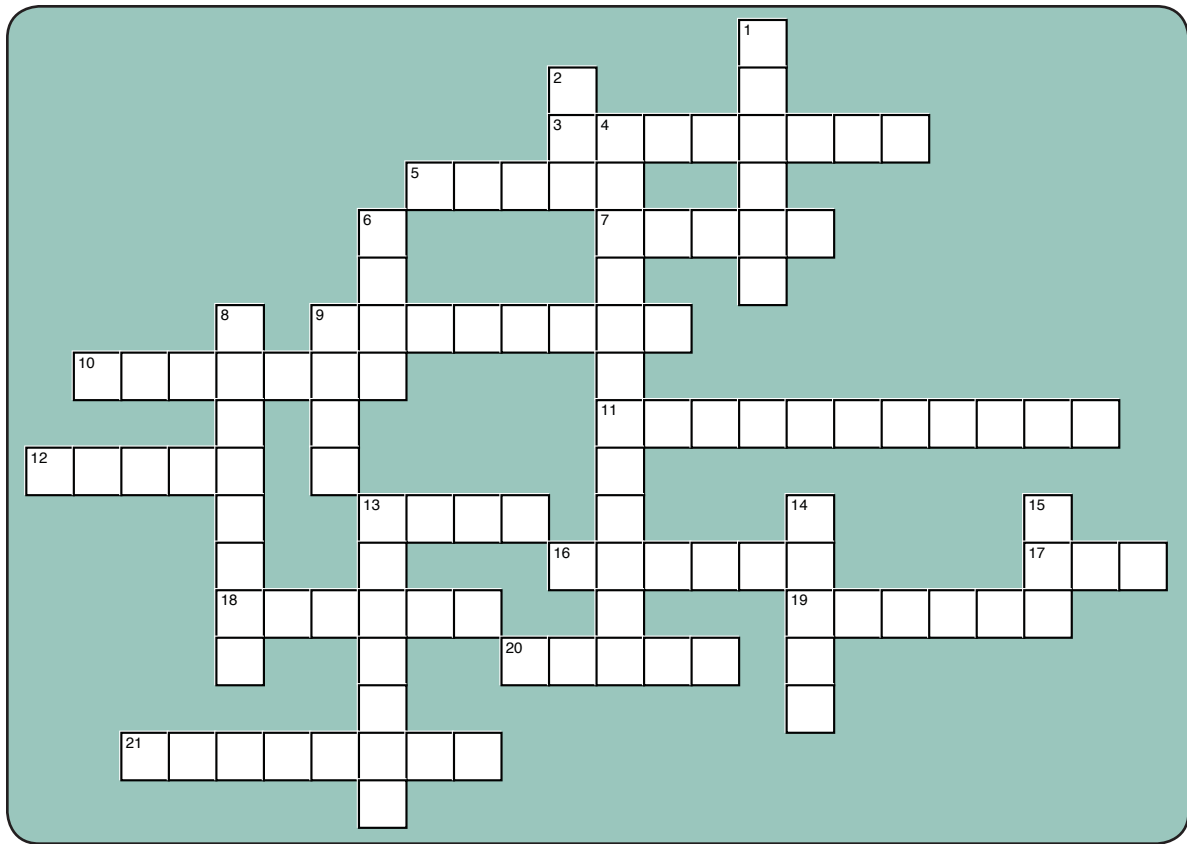
### WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of golf. 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 derived from playing golf?
2. Is golf really just “a rich person’s game?” Explain your answer.
3. What is a birdie? a bogie? an eagle?
4. What does it mean to say that a ball ends up “in the rough?”

5. Why does a professional golfer usually own many types of clubs?
  
6. Name three types of grips in golf.
  
7. Name six steps in making a smooth swing.
  
8. What two things are fundamental to good putting?
  
9. How should you warn other players of an approaching ball?
  
10. What should you do after you step out of a sand trap?

Name: \_\_\_\_\_ Date: \_\_\_\_\_



**Across:**

3. Usual number of holes on golf courses
5. The hole is located here
7. The youngest player to complete the Career Grand Slam
9. A fifteenth century English name for golf balls
10. The first US Open was held in this town
11. Type of grip where fingers of one hand are on top of fingers of the other
12. Hitting a ball into a hole one stroke over par
13. The highest par rating on a hole
16. Hitting a ball into a hole one stroke under par
17. Hitting a ball into a hole with one stroke
18. The L in LPGA
19. Club normally used to hit the ball off the tee
20. Hitting a ball into a hole two strokes under par
21. Where legend says golf was invented

**Down:**

1. This club is used on the green
2. Name of gadget on which the golf ball is placed
4. Type of grip where fingers are entwined
6. The first US \_\_\_\_\_ tournament was held in 1895
8. This grip reminds one of holding a bat
9. The number of clubs in a good amateur golf bag
13. The area between the tee and the green
14. The club with the greatest loft
15. Designated strokes for a particular hole

Name: \_\_\_\_\_ Date: \_\_\_\_\_



Find these words in the above puzzle. Circle the words.

- |          |           |         |
|----------|-----------|---------|
| Golf     | Green     | Woods   |
| Scotland | Sorenstam | Grip    |
| Feathery | Par       | Swing   |
| America  | Birdie    | Putting |
| Purse    | Bogie     | Wedge   |
| Tees     | Eagle     | Iron    |
| Clubs    | Ace       | Driver  |
| Fairway  | Rough     | Masters |
|          | Mickelson |         |

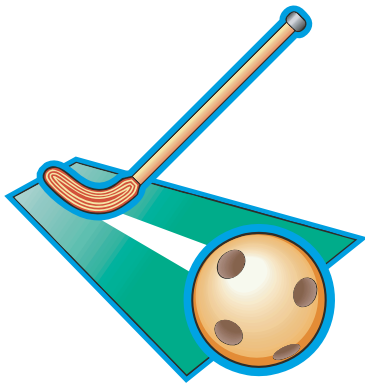


## INSTRUCTIONS

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

Field hockey is a demanding, vigorous sport that is growing in popularity. It combines intense physical activity and highly coordinated team play, and has the potential for great spectator appeal. It has been somewhat slow to become popular at the high school and college level because of the expensive special equipment required.

## HISTORY OF THE GAME

Hockey is thought to date back as far as ancient Greece. There is even evidence that the Aztecs played some version of hockey. Arabs, Persians and Romans all had their own version of the game.

Some believe that the word “hockey” comes from the French “hocquet,” a shepherd’s crook. Whatever its origin, the sport has been around for centuries; in fact, it is one of the oldest known sports.

By the late nineteenth century, hockey began to be played in English schools. In 1886, the Hockey Association of London was founded. British soldiers then took the game to India and the Far East. Indians were competing and winning international competitions by 1928—the year when India won the Olympic Games in field hockey. India, in fact, remained undefeated for twenty years until Pakistan emerged as a strong competitor. Field hockey was first introduced into the United States in 1901 by an Englishwoman named Constance Applebee who taught the game to her classmates at Harvard. She was

then invited to many women's colleges to demonstrate the game.

The World Hockey Cup was inaugurated in 1971. Today, the Asian Cup, the Asian Games, the European Cup and the Pan-American Games all are major international hockey events. Field hockey has been an Olympic men's event since 1908 and a women's event since 1980.

## HOW THE GAME IS PLAYED

In the game of field hockey, eleven players on each team play on a rectangular grass-covered field 100 yards long and 60 yards wide. The object of the game is for both teams to move the ball into the goal cage to score as many points as possible over their opponents.

The center pass is a method for putting the ball in play at the start of the game, following halftime and after each goal. The term "bully" refers to a method used by two opposing players to restart play.

Once the ball is in play, it must be hit or touched by an attacking player's stick within the striking circle of the goal cage so that the attacking team can score a goal or one point.

Only the goalkeeper can use his or her feet or body or the stick to stop a ball. Other players can use only the flat surface of the stick to move the ball. However, they can stop the ball with their hands. The stick can never be raised above shoulder level (see section on "Fouls" below).



Five forwards, three halfbacks, two fullbacks and a goalkeeper make up the team. A game is made up of two 35 minute halves. There is one five-minute break with time out called only for an injury.

## FOULS

Various types of fouls occur in field hockey. Fouls are called by one of the two umpires who are positioned on the two halves of the field. Most fouls are penalized by allowing the opposing team a free hit.

Here are some of the most common reasons for fouls:

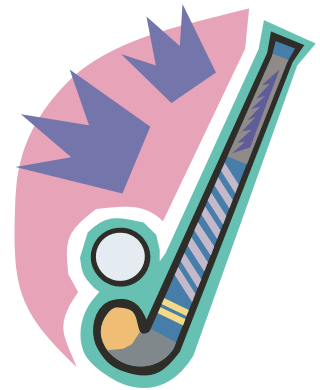
1. Raising the stick above the shoulder during a game.
2. Advancing the ball with the hand (as opposed to stopping it, which is legal).
3. Hooking or grabbing an opponent's stick with another stick.
4. Undercutting, or causing the ball to rise so high that it becomes dangerous to others.
5. Coming between the opponent and the ball by putting a stick or some body part between the opponent and the ball (the obstruction rule).

## PLAYING TECHNIQUES

### *ATTACKING SKILLS*

When a team has control of the ball, many different techniques can be used to the offensive team's advantage. Six major techniques are as follows:

1. The **Drive**. This is a method of passing the ball to a teammate. The stick is lifted waist-high while on the downswing, and the left arm pulls the stick as the right arm pushes it. This move is usually spontaneous and is done on the run or is "walked into." There's usually no time to prepare to hit.
2. The **Dribble**. This move is made by gently tapping the ball along. While it looks and sounds easy, it takes practice to do it correctly. The stick is carried to the right-hand side of the player's body with the elbows slightly bent. The player who is dribbling should keep his/her eyes on the ball and on the other players on both teams.
3. The **Scoop**. This technique often accompanies the dribble. It allows the player to scoop the ball far enough off the ground to clear the opponent's stick. It requires little backswing and little, if any, follow-through. It should



be a gentle, lifting motion resulting in a reaching stroke. The ball is ahead of the supporting foot as the player reaches for the ball with the stick.

4. The **Flick**. This is also a reaching stroke with the ball ahead of the forward or supporting foot. This move puts a spin on the ball and can make it travel a considerable distance. However, the negative side of this move is that a spin can make it as difficult for a teammate to receive the ball as for an opponent to block it.
5. The **Push**. This move is used for short passes. There is no backswing on this move and both arms are working in the same motion. The move must be made quickly because as the player pushes the ball, the player's weight moves onto the toes of the forward foot.
6. The **Dodge**. "Dodging" is a general term applying to moves that are not passed and not used for shooting. The dodge is a method of avoiding or escaping an opponent while the player continues with the ball.



## *SCORING GOALS*

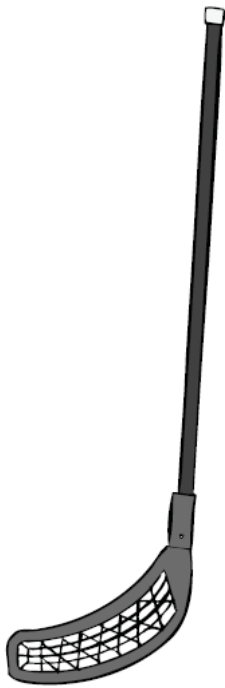
Being in good physical condition and having a good grasp of the game are of prime importance in field hockey. However, an aggressive player also wants to make the most goals possible. Field hockey participants eventually learn that being persistent on the field wins games. In addition, it helps to observe these tips:

1. Make your attempt at the goal cage from a distance that's not too far away from the cage.
2. Aim at a specific spot in the goal cage, not just in the general direction of the goal.
3. Aim for the area left open by the goalkeeper. Remember: the goalie cannot be everywhere at once!
4. If it's not possible to attempt a goal, pass the ball to a teammate.

## **EQUIPMENT AND CLOTHING**

One reason for the slowness with which field hockey has caught on at the high school

level is the expense of furnishing the necessary equipment. Players need not only special clothing and equipment, but also a specific type of goal cage.



The hockey stick is usually 36 inches long and weighs from 12 to 28 pounds. The weight of the stick increases as the length increases. Only the flat side (left side) of the stick can be used to strike the ball.

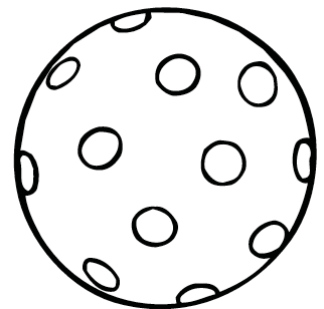
Sticks require careful treatment in order to make them last. They need an occasional sandpapering and rubbing with wax to keep them from splintering.

Today, balls are made of leather or plastic and can be any solid color as long as the color contrasts with the playing surface. (instead of the older cricket balls).

Beginners can use tennis shoes to play field hockey. However, more advanced players and professionals use rubber-cleated hockey shoes. The cleats help players to stop, start and maintain balance on wet, mushy fields.

The goalie wears the heaviest, most cumbersome uniform of anyone on a hockey team. He or she wears protective padding and padded gloves to stop the sting of a fast ball. Goalies also wear shin pads (as should other members of the team).

The goal cages are also vital pieces of equipment in this game. They are four feet deep and four yards wide by seven feet high. Although older cages were difficult to set up and take down, modern goal cages are made of lightweight aluminum and are portable.



## **FIELD HOCKEY NOTES AND NEWS** (Information taken from a variety of sources including ESPN, NCAA, Wikipedia and newspapers)

Field hockey has never had the popularity in North America that it enjoys in other countries. In India, for example, field hockey is the most popular sport in the country. Popularity is sometimes a guide for predicting performance.

As the National Governing Body for the sport, the United States Field Hockey Association prepares teams for participation in the Olympic Games, Pan American Games,



World Cup and many other international competitions. The U.S. Field Hockey elite team programs include both national and age group squads for both men and women.

### 2008 Olympics at Beijing, China

	<u>Men's Team:</u>	<u>Women's Team:</u>
Gold Medal	Germany	Netherlands
Silver Medal	Spain	China
Bronze Medal	Australia	Argentina



### 2010 NCAA Championship

When asked to describe the shot she took that gave Maryland the 2010 NCAA Division I women's field hockey national championship, Megan Frazer hesitated and then giggled. The reason - she just couldn't remember very much about it.

But one thing Frazer knew for sure was that her shot went in to give No. 1 Maryland a come-from-behind 3-2 victory over No. 2 North Carolina with two minutes, 10 seconds left in the second period of sudden-death overtime before an overflow crowd at Maryland's Field Hockey and Lacrosse Complex.



Maryland (23-1) now has won four national titles in the last six seasons. North Carolina (22-3) won it the two years that the Terrapins didn't. The Terrapins now have won seven national titles, and the Tar Heels also were trying for their seventh.



North Carolina captured the crown last year, beating Maryland 3-2 on a goal with 11.9 seconds left in regulation, and the Terrapins have very sharp memories of what happened that day in Winston-Salem, N.C.



“I just have a picture in my mind of them winning last year,” Frazer said. “I just wanted it to be us so much this year. And we did it.”

North Carolina coach Karen Shelton said she hoped her team would make it to the end of overtime when the game would’ve gone to penalty strokes.

“I thought both teams fought extremely hard,” Shelton said. “We just fell a little bit short at the end. Congratulations to Maryland.”

Please note that Field Hockey, at the collegiate level, is only a female sport.

Field hockey is exciting to play and watch. Take advantage of opportunities to do both. Find out why other countries are so involved in this sport. Visit these web sites to learn more:

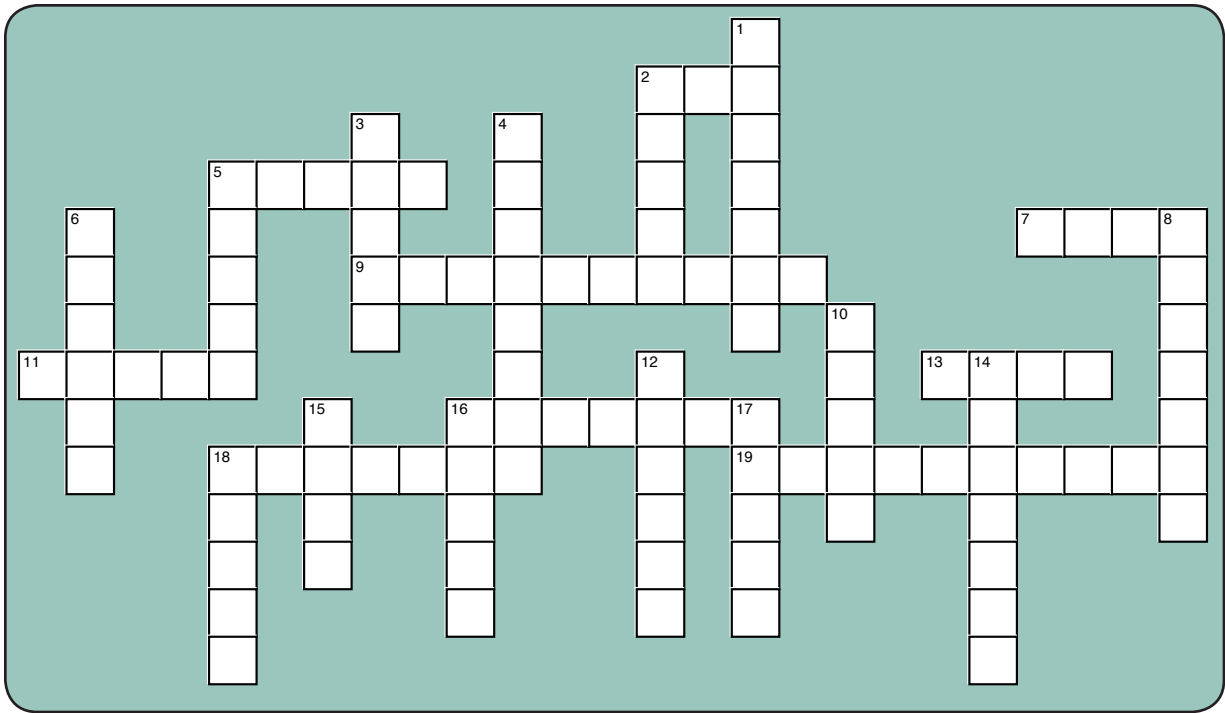
<http://www.ncaasports.com/fieldhockey>  
<http://www.fieldhockey.com/>  
<http://www.usfieldhockey.com>





5. Name five common reasons for a foul in hockey.
  
6. Why has hockey been somewhat slow to catch on at the high school level?
  
7. Name at least three attacking skills that a hockey player should know.
  
8. What is a “scoop”? a “dodge”?
  
9. What should a player do when it is impossible for him or her to attempt a goal?
  
10. Where should a player’s attempt at a goal cage be aimed?

Name: \_\_\_\_\_ Date: \_\_\_\_\_



**Across:**

2. Number of fullbacks on a field hockey team
5. Lifting the ball off the ground
7. Method of making short passes
9. This team member can use feet, arms and body to stop the ball
11. A method by two players to re-start play
13. Advancing the ball with the hand is one
16. At the college level, field hockey is only for this group
18. Moving the ball short distances
19. The number of minutes in a half

**Down:**

1. French word for shepherd's crook
2. There are this many halfbacks on a team
3. Move that does not included either passing or shooting
4. She taught field hockey to her students at Harvard in 1901
5. Width in yards of a field hockey field
6. Time out is called in case of one of these
8. Length in yards in a field hockey field
10. Field Hockey is the most popular sport in this country
12. Number of players on a hockey team
14. The USFHA prepares teams to play in these games
15. Number of forwards on a hockey team
16. Putting spin on the ball
17. Players use this important piece of equipment
18. Passing the ball to a teammate

Name: \_\_\_\_\_ Date: \_\_\_\_\_



Find these words in the above puzzle. Circle the words.

Hockey

Halfback

Scoop

Greece

Fullback

Flick

Hocquet

Umpires

Push

Englishwoman

Hooking

Dodge

Bully

Grabbing

Cage

Goalkeeper

Undercutting

India

Fouls

Techniques

Forward

Ball

Drive

Terrapins

Dribble

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## INTRODUCTION

Baseball is probably the one sport which is most clearly identified with “being American.” Former President Herbert Hoover once stated that baseball is the greatest of all team sports. For the past 150 years, baseball has become so intertwined in all aspects of American daily life that the baseball strike of 1994 seemed almost unthinkable. Who could imagine summer without hot dogs and soft drinks at the ball park or a warm summer evening spent cheering a favorite team to victory?



## HISTORY OF THE GAME

Baseball, however “American” it may seem to us today, did not originate in America. It probably began in England with a game called “rounders.” The term “baseball” dates from 1744, when a book on sports described and illustrated a batter holding a bat with a catcher in position behind the batter and a pitcher ready to throw a ball. This English book was reprinted in America around 1762.

In 1845, an American amateur baseball player named Alexander Cartwright, along with other early baseball players, wrote the rules of the game. Many of these rules are still in effect today.

Baseball came to be dominated by professional players some time around 1869, when the first professional team, the Cincinnati Red Stockings, was organized. Later, many



regional leagues were started, then dissolved. At this point in history, baseball was not a very lucrative business, and few teams were able to make money. In the late 1880s, the National League attempted to limit the salary that players could accept to a maximum of \$2,000.

During the early period of league formation, rules for transferring players from one league to another were created. There were also strict rules for recruiting minor league players for the major leagues. At present, all major league teams maintain minor league teams called “farm clubs” where players are trained and eventually transferred to a major league.

In 1903, the first World Series was held. It was held every year since until the baseball strike of 1994. Today, baseball, despite the impact of the strike, continues to be a highly-organized and lucrative sport. The salaries of baseball players are the highest of all athletes who play team sports.

## **HOW THE GAME IS PLAYED**

### *THE RULES OF THE GAME*

In baseball, two teams of nine players compete with one another on a baseball “diamond” which in reality is a square field. The teams are comprised of a pitcher, catcher, a first, second and third baseman, a shortstop, and left, center and right fielders.

A catcher squats behind the batter and signals the pitcher as to what type of ball to throw. Each game is made up of nine innings. If the home team is ahead (that is, if it has scored more runs) at the end of the middle of the ninth inning, the home team wins.

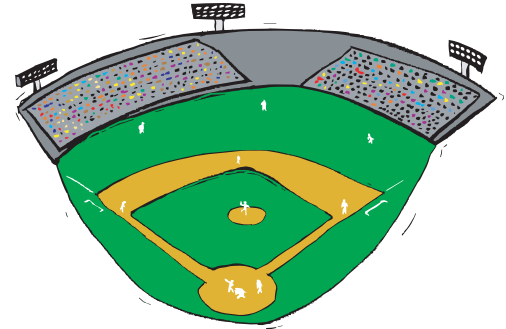


The baseball field has four bases which are spaced ninety feet apart from each other. The batter’s box, the area where the batter stands, is located 60 feet and six inches from the pitcher’s mound. The two foul lines run the length of the field and define the playing area.

The batter’s objective is to get a hit. Once the ball is hit, the batter (now called the “runner”) must get to first base before the ball is caught by the first baseman. Once the ball is caught, the runner is tagged or the first baseman touches first base before the runner touches it. If the batter can get to first base safely, it is called a “single.”

A “double” occurs if the batter can run to second base, and a triple occurs when a batter makes it to third base. A home run means that the batter runs around all the bases and reaches home plate ahead of the ball. The batter can also hit a home run by hitting the ball over a wall or fence in the outfield.

The defensive team in the field tries to keep the offensive team’s batters from scoring. One way of getting a batter out is to pitch three strikes. A strike occurs when the batter swings and misses or doesn’t try to hit a ball that is pitched within the strike zone. If a batter already has two strikes and hits a ball into foul territory, the foul does not count as a strike. A foul ball counts as a strike under all other conditions.



If a pitcher throws a ball that does not cross home plate between the batter’s armpits and knees (the strike zone), the pitch is “a ball.” When a pitcher throws four balls to any one batter, the batter is able to go to first base without having to hit the ball—technically called “a walk.”

Once the ball is hit and is in the air, the players in the field attempt to catch the ball before it hits the ground. If a fly or line ball is caught, the batter is automatically out. A ground ball, when caught, is thrown to a base in order to get the runner out.



Baseball players can also slide into a base to keep from being tagged out. Sliding is more difficult than it appears to be and requires practice to be done properly. The body falls to the ground in a controlled manner by a fall backward on the outer surface of the knee and lower leg, or just by diving head first.

All games have at least one umpire to call balls and strikes. Major league games have four umpires, one at each base.

## *THE PITCHER*

The pitcher is considered the most important defensive player on a team. This position is the most physically demanding spot on the team as well as the position with the most control over the game. A pitcher needs excellent control over the ball in order to throw the ball where he or she aims it. Pitchers have been known to throw the ball 100 miles

per hour.

Various styles of throwing the ball may be used to achieve different results. For example, a curve ball swerves from a straight line to the left or right, depending on which arm the pitcher is using. A fast ball is just that—a ball thrown extremely fast. A “slider” is a cross between a fast ball and a curve ball and seems to “slide” away from the batter.



## *OUTFIELDERS AND INFELDERS*

Long or high balls, or ground balls that go past the infield, are caught by one of the three outfielders. Outfielders must have superior throwing ability. The center fielder is generally the fastest of the three outfielders since he or she has the most area to cover. Center fielders must also have a “strong arm,” as they must throw balls to third base and home plate. Some of the most famous names in baseball were outfielders—among them Babe Ruth, Ty Cobb, Joe DiMaggio, Ted Williams and Mickey Mantle.



The job of the infielder, the player who is on the bases and the shortstop, is to try to prevent balls from going into the outfield. These players also attempt to throw or tag out the batter once a ball has been hit. In particular, the shortstop has the most demanding position and must have a strong throwing arm and quick reactions.

The history of baseball is full of famous infielders, including Lou Gehrig, Rogers Hornsby, Jackie Robinson and Ernie Banks.

## *THE CATCHER*

The position of catcher is considered to be very important. The catcher is the “brains” or strategy planner for the game. His or her judgment in choosing pitches can determine the best defensive play for the rest of the team.

The catcher is thought by many to be the hardest-working member of a team. He or she has to know all the weaknesses and strengths of the pitchers. He or she covers third or first base when the third or first baseman must move to field a hit ball, and wears more equipment than any other player.



## *DESIGNATED HITTER*

A tenth starting player in the American League, minor leagues and many amateur leagues is a player used only to bat. This player has no defensive role and bats instead of the weakest hitter (usually the pitcher).



## *KEEPING SCORE IN BASEBALL*

The box score (records of both individual players and games) is kept by an official scorer. Also, newspapers and baseball clubs keep detailed records of the players' batting averages, fielding averages and pitching records.

Batting averages are calculated by taking the number of hits and dividing that figure by the number of times a player is at bat. If a batter "walks," it is not counted as a time at bat. Nor is it counted as a hit. Fielding averages are figured by taking the total put-outs (getting a player "out") and assists (helping to get a player "out") and dividing them by the total number of put-outs, assists and errors.

An error occurs when a player gets to first base because the defensive player did not catch the ball or, having caught the ball, threw it poorly to another player.

Pitching records indicate the number of games won and lost and earned-run averages (total earned runs allowed, divided by the number of innings pitched, then multiplied by nine).

## **PLAYING TECHNIQUES**

### *THROWS IN BASEBALL*

Developing a good throwing technique is an important skill in baseball. Throwing is the most complicated of all the baseball skills to execute effectively. It calls for speed, accuracy and long hours of practice. Good throwing takes into account the following steps:

The first step in learning a correct throwing technique is a proper grip. The player should grip the ball by placing the index and middle fingers over one of the four long seams on the baseball. The inner side of the thumb is placed on the underside of the ball in line with the middle finger. The ball and the point where the index finger and thumb meet should form a "V" shape. The ball is held loosely, almost in the fingertips.

Learn the proper stance for throwing. As the player prepares to throw the ball, his or her elbow should be up, shoulders level, and wrist cocked with fingers behind and on top of the ball. As the ball is released from a point over and in front of the player's head, the player's fingers should be behind the ball.



Remember that a player's arm does not work alone in throwing the ball. The player's entire body needs to be propelled forward in order to build arm speed for the throw. The player needs to take an exaggeratedly long step forward toward the target. The length of that step, however, depends on how far the ball has to travel. For example, an outfielder's step will be long because he has to throw the ball up to 300 feet away.

Follow-through is important! The technique of throwing does not end when the ball is released from the hand. If there is no follow-through, the ball will lose a great deal of speed and accuracy. The throwing arm should continue to move downward across the front of the body and behind the left hip if the right arm is being used. Both feet should be parallel to the target and pointing toward it.

Players need to take special care of their arms because of the intense workout the arm gets in a game of baseball. Warm-up exercises should always be done before practice or a game. Many players ruin their chances at a pro or amateur career in baseball by abusing their arms. Watch that arm—it is your most valuable asset in the years of baseball playing ahead of you!

## EQUIPMENT AND CLOTHING

Baseball is played with very simple equipment—a ball, a bat and a glove. Bats are no more than 2-3/4 inches in diameter and 42 inches long. They can be of any weight. The baseball itself weighs about five ounces and is covered with two strips of white horsehide stitched together with a small inner core of cork or rubber.



All players on a team use gloves. A standard baseball glove may not exceed 12 inches in length and 8 inches in width. The first baseman and catcher usually wear gloves that are thicker than those of the other players.



## BASEBALL NOTES AND NEWS (Information taken from a variety of sources including ESPN, NCAA, Wikipedia and newspapers)

### *Excitement with the 2010 Season*

Stephen Strasburg made his major-league debut on June 8, 2010, against the Pittsburgh Pirates. A Sports Illustrated columnist termed it “the most hyped pitching debut the game has ever seen.” Strasburg picked up the win in his debut, pitching seven innings, allowing two earned runs and no walks and striking out 14, setting a new team strikeout record. Further, he was the first pitcher in history to strike out at least eleven batters without issuing any walks in his pro debut, while falling just one strikeout short of the all-time record for a pitcher’s debut - Karl Spooner (1954) and J. R. Richard (1971) both struck out 15, but each took nine innings to do it, and each walked three. Strasburg’s first career strikeout was of Lastings Milledge. He struck out every batter in the Pirates’ lineup at least once, including the last seven batters he faced - also a Nationals record. He threw 34 of his 94 pitches at 98 miles per hour (158 km/h) or faster, including two that clocked 100 miles per hour (160 km/h).



In his second start, against the Cleveland Indians, he struck out 8 in 5 innings, including the first two batters he faced. His nine consecutive strikeouts was just one short of the all time record (Tom Seaver, 1970, and Eric Gagne, 2003, each struck out ten consecutive batters) and the second most number of strikeouts for a pitcher’s first two starts (Karl Spooner struck out 27 in 1954, and Cliff Melton struck out 22 in 1937). As an example of the continuing publicity over Strasburg, TBS, a national network, dropped their coverage of a game between the two-time defending National League champion Philadelphia Phillies against the Boston Red Sox in order to cover the Nationals-Indians game, a game that featured two teams in last place in their respective divisions. His first two starts culminated in his winning the National League Player of the Week (for the week of June 7, 2010, through June 13, 2010) and being featured in the cover story of the subsequent issue of Sports Illustrated.

In his third start against the Chicago White Sox, Strasburg earned a no decision, working



7 innings striking out 10 and walking none. The righthander set a Major League record for most strikeouts in his first three starts with 32, breaking the record set by J.R. Richard in 1971, who struck out 29 in his first three starts. The game was broadcast nationally and featured a sellout crowd.

### *2010 World Series*

In November, 2010, the San Francisco Giants beat the Texas Rangers 3-1 in Game 5 in their first World Series win since 1954.

Giants fans in San Francisco responded – both joyfully and destructively – with the release of 56 years of bottled up frustration.



“Five decades of pent-up hope passed through generations that erupted in horn-honking, stranger-kissing, heart-pumping delirium following the final game of the series. There were tears of joy and surprise as fathers hugged sons and mothers whispered in children’s ears that they would never, never forget this day,” reported The San Francisco Chronicle.

In 1958, the team moved from New York to San Francisco. The Giants had been to the World Series three times – in 1962, 1989, and 2002 – and lost. But this time their pitching and their batting beat the Texas Rangers.

Giants’ shortstop Edgar Renteria, with a seventh-inning home run off Texas Rangers’ star pitcher Cliff Lee, was selected as Most Valuable Player for hitting two home runs, six RBIs, and scoring six runs during the series.

“They just out-pitched us the whole series,” Lee said. “Their pitchers did an unbelievable job.”

Giants’ pitcher Tim Lincecum was also given praise, striking out 10 over eight innings. “That’s unbelievable,” fellow starter Matt Cain said on the MLB website, “he did such a tremendous job.”

But there was a dark side to the celebrations in San Francisco and the social media outlets

lit up the Internet, including two Twitter hashtags (#SFRiots and #SFRiot) as well as the Giants own Facebook wall, with reporting on the riots.

There was a run on fake beards purchased by fans to honor some of their favorite players.



Baseball is also an Olympic sport. The 2008 Olympic results at Beijing were:

Gold: Korea

Silver: Cuba

Bronze: United States

For more information visit these web sites to stay informed about baseball:

<http://sports.espn.go.com/mlb/index>

<http://www.majorleaguebaseball.com/>

<http://www.baseball.com/>

# STUDENT RESPONSE PACKET

## BASEBALL

NAME \_\_\_\_\_

DATE \_\_\_\_\_

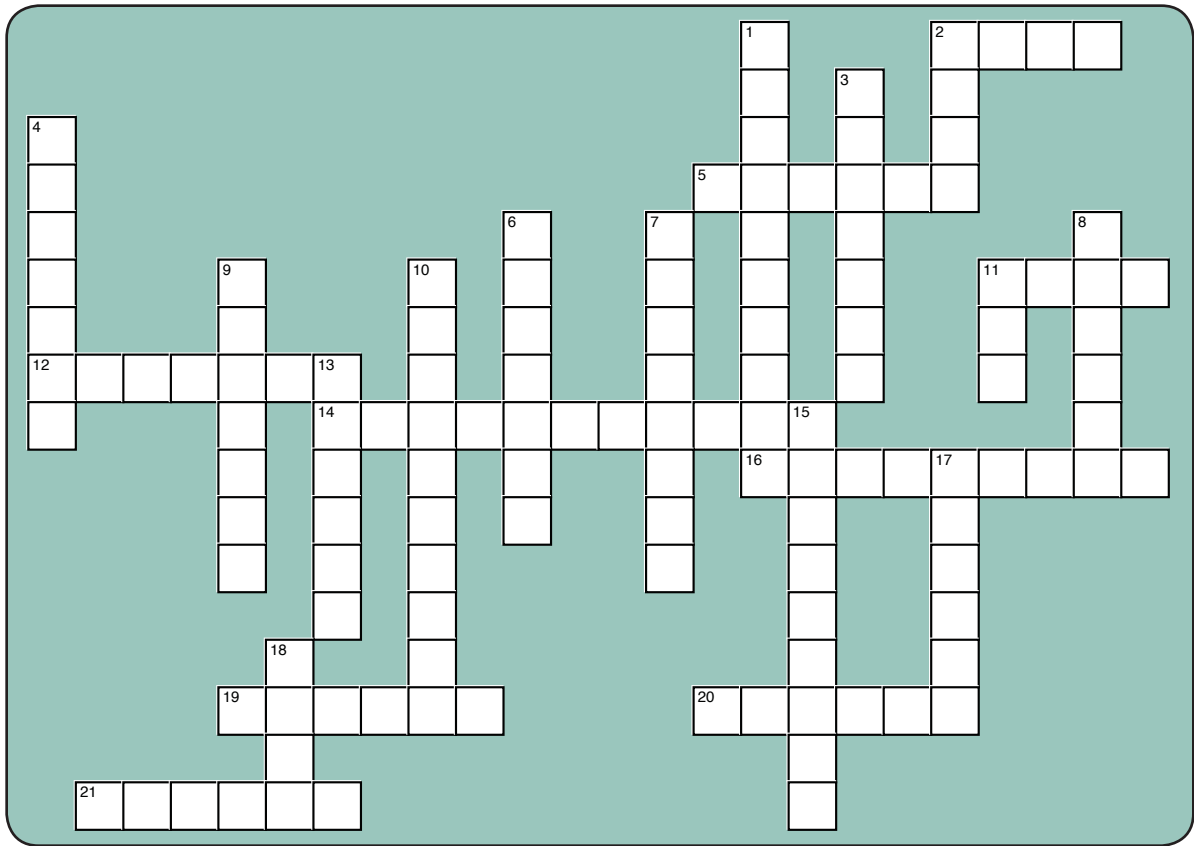
### WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of baseball. 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. Baseball is often identified as the great American sport, yet it didn't begin in America. How and where did this game originate?
2. What are some of the physical benefits to be gained from playing baseball?
3. What are "farm teams" and how are they used?
4. How many people make up a typical baseball team and what positions do they play?

5. What is a “single”? a “double”?
  
6. When does a “ball” occur?
  
7. How is a good slide into a base performed?
  
8. Why is the pitcher considered the most important defensive player on the team?
  
9. Name at least four factors involved in performing a good throw.
  
10. What would be the effects of a baseball strike?

Name: \_\_\_\_\_ Date: \_\_\_\_\_



**Across**

- 2. Another word for a minor league team
- 5. This player takes a position in the batter's box
- 11. If the ball is not pitched in the strike zone and the batter does not swing, it is called this
- 12. Baseball was "born" in this country
- 14. They are the players who are responsible for catching long fly balls
- 16. The most hyped pitching debut the game has ever seen
- 19. The distance in feet between the bases
- 20. A hit that gets the batter to first base safely
- 21. This president said baseball was the greatest of all team sports

**Down**

- 1. They are the players who try to prevent the ball from going into the outfield
- 2. The number of bases
- 3. Most consider him to be the most important defensive player
- 4. The player who gives signals to the pitcher to tell him what type of pitch to throw
- 6. A method of touching the base by being on the ground
- 7. What baseball used to be called in England
- 8. A cross between a fast ball and a curve ball
- 9. Nickname for a baseball field
- 10. Wrote the rules of baseball in 1845
- 11. The batter stands in it. It is 60 feet 6 inches from the pitcher
- 13. A hit that gets the batter to second base safely
- 15. The first pro baseball team was the Cincinnati Red \_\_\_\_\_
- 17. When the batter swings at a pitch and misses it
- 18. Weight in ounces of a baseball

Name: \_\_\_\_\_ Date: \_\_\_\_\_

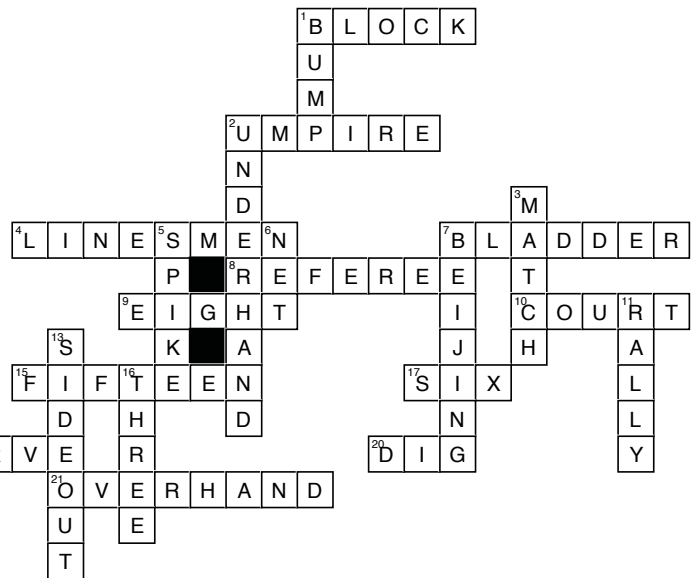


Find these words in the above puzzle. Circle the words.

- |            |         |         |
|------------|---------|---------|
| Baseball   | Base    | Strike  |
| American   | Pitcher | Walk    |
| Hoover     | Fielder | Catcher |
| England    | Inning  | Slide   |
| Rounders   | RBI     | Mantle  |
| Bat        | Single  | Ruth    |
| Phillies   | Batter  | Players |
| Cartwright | Double  | Runner  |



# Physical Education 1 Answers



1. Why is volleyball considered to be such a good aerobic exercise?  
Volleyball is fast-paced with constant jumping and running.

2. How many total points can be scored in a game of volleyball?  
The total number of points in rally scoring is 25 with a 2 point advantage needed. Ties in this game are played to 15 and a 2 point advantage necessary. With traditional scoring, 15 is the total points needed to win a game with a 2 point advantage required.
3. What is the only move in volleyball where a player's hands are allowed above the net?  
The block.

4. What clothing is typically worn for playing volleyball?  
When played indoors, sportswear and gym shoes are worn. When played on a beach, attire ranges from gym clothes to swimsuits.
5. What is "the ready position" in volleyball and how is it used?  
A position where the knees are slightly bent with hands at waist level and elbows near the body.

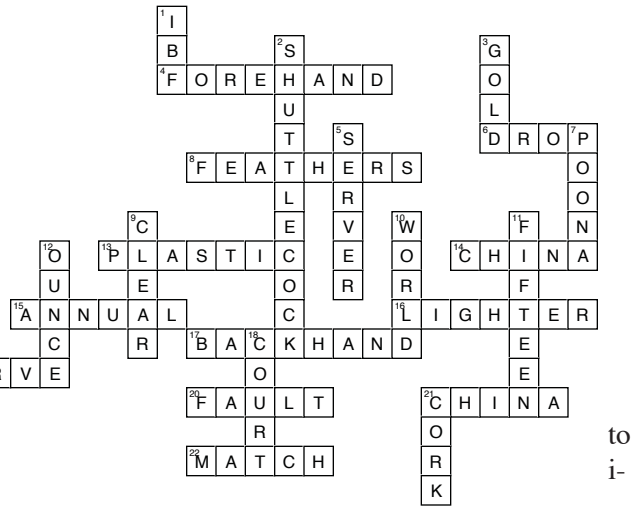
6. What is an overhand serve?  
This is the most popular and effective serve. The ball is thrown into the air and the server hits it over his or her head.
7. What is an underhand serve?  
This is a good beginner serve. The ball is lightly tossed into the air with one hand and hit by the heel of the other hand.

8. What is a pass and how is it used?  
A pass is made to a player on the same team and is often made to set up a spike.

9. How is a spike ball hit?  
A spike ball is hit with the heel of the hand. It is a powerful hit with no arc. The player's hand is above the net when the spiked ball is hit.

10. How is a block used?  
This move is used chiefly to stop spiked balls. Timing is important in blocking.

# Physical Education 2 Answers



1. Why is badminton a good game help maintain and improve physical fitness?

This game demands intense concentration and players must jump, run, turn and twist. Badminton provides good aerobic exercise.

2. What equipment is needed to play badminton?  
Badminton requires a racquet and shuttlecock.

3. Who can make points in a badminton game?  
The server is the only player who can make points in traditional scoring. In rally point scoring a point is attached to every service.

4. How is a badminton game won?  
With traditional scoring for the males, the side first to accumulate 15 points wins the game. For women, it's 11 points. In rally point scoring, players play until one side has 25 points.

5. Describe a forehand shot.  
The basic forehand shot is similar to throwing a ball - the hand flexes at the wrist.

6. What is a smash shot?  
This shot is the ultimate "attacking" shot and requires a powerful arm stroke.

7. What is a drop? a backhand drop?  
The drop is a controlled smash shot. A backhand drop is played the same as the clear and smash shot.

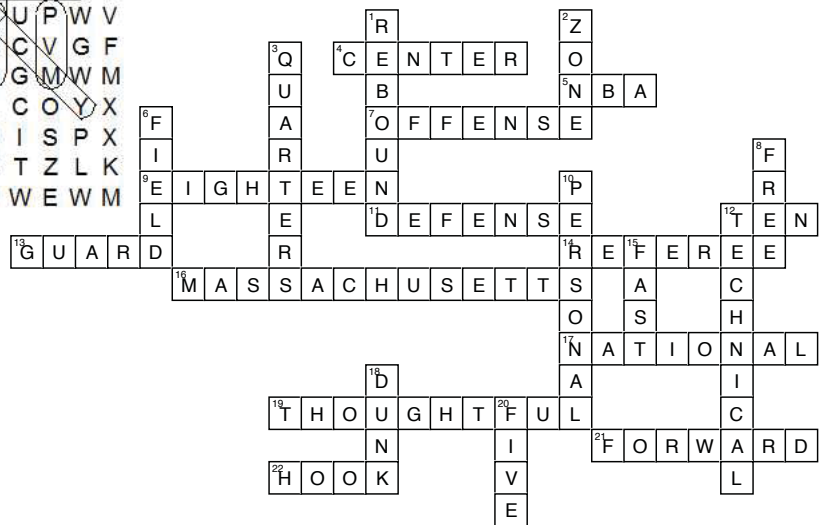
8. When is a forehand drive used?  
This shot is used when the shuttle is too low to smash.

9. What is especially tricky about the forehand underarm clear?  
This shot is like hitting a high serve, only it is hit lower. The player lunges forward with front knee bent and he or she leans toward the shuttle.

10. Give a brief history of badminton.  
Badminton started in China centuries ago but the game as we know it was first played in England in 1873. The first international competition was played in 1903. Today more than 155 countries participate in international competition.



# Physical Education 4 Answers



1. What are some of the physical benefits of playing basketball?  
There are cardiovascular benefits from playing this sport because the game requires much running and jumping.
2. True or False: More people watch basketball than any other sport in the United States.  
True.
3. What is the object in any game of basketball?  
Players try to score points for their team while preventing opponents from making baskets.
4. What comprises a team in basketball? How many players and what positions?  
There are five players - a center, two forwards and two guards.
5. How does any game of basketball begin?  
The game begins with a jump ball.
6. What is a field goal?  
A field goal is when the ball is put into the basket during the course of the active game. It can be worth either two or three points.
7. Name at least three types of shots.  
One-handed shot, hook shot, two-handed shot, jump shot, lay-up, tip-in, free-throw, and dunk.
8. Name at least three types of passes.  
Two-handed chest pass, two-handed overhead pass, one-handed overhead pass, one-handed underhand pass and bounce pass.
9. Name two defense techniques.  
Two defense techniques include the zone and the player-to-player defense.
10. What is the difference between a fast-break and a slow-break offensive style?  
A fast-break offense includes quick passes from the rebounder to the guards who typically run from defensive positions to offensive positions as soon as their opponents shoot the ball. A slow-break offense gives the offense time to set up and run their planned plays.



# Physical Education 5 Answers

1. What are the physical benefits of bowling?  
Bowling provides moderate exercise benefits - muscles are stretched in the arms, legs and back.
2. What basic equipment is needed for bowling?  
A bowling ball and bowling shoes are the essential pieces of equipment needed to bowl.
3. What factors are important in selecting a bowling ball?  
Weight, span and pitch must be considered in selecting a bowling ball.

4. Describe the stages in a four-step delivery.  
Bend forward, move the right foot forward, hold the ball forward and to the right, swing arm back and fully release.

5. What is meant by "follow-through" in bowling?  
When the ball is released, the thumb comes out first, followed by the other fingers. The arm is in a forward position and rising.

6. What are the four basic shots in bowling?  
Straight ball, hook ball, curve ball, backup ball.

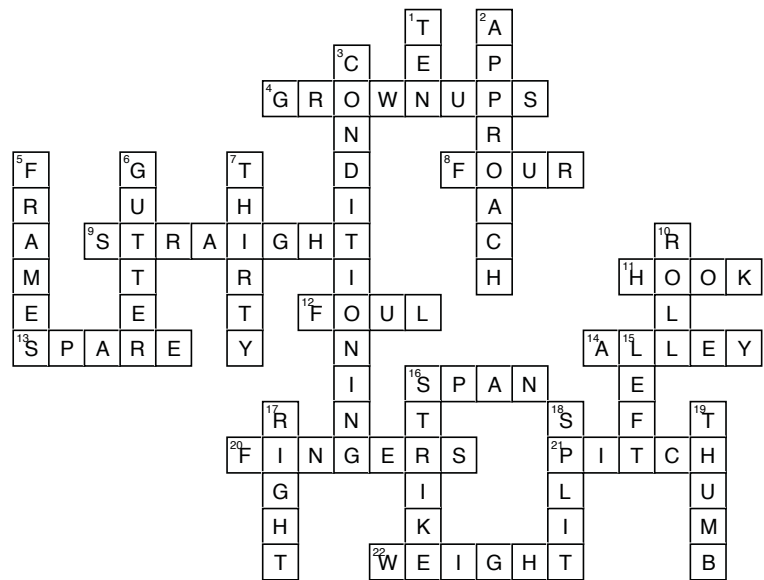
7. What is a split ball?  
A split ball occurs when the headpin is down and the remaining pins have another pin down immediately ahead of or between them.

8. What constitutes a foul in bowling?  
A foul occurs when a player's foot goes beyond the foul line.

9. How many times does each player get to bowl in a typical game?  
Usually, a player will bowl twenty times during the game. This number can be more or less depending on the number of strikes and spares achieved.

10. How many frames are there per game? How many possible points can a bowler make? What would be a good score in bowling for a beginning bowler?

There are ten frames for each game. A perfect score would be 300 points. A score of 120 would be good for a beginning bowler.



# Physical Education 6 Answers

1. What are the physical benefits of playing soccer?

The player's arms, legs, heart and lungs all get a good workout during the average soccer game.

2. True or False: Soccer players are allowed to touch and carry the ball in the hands.

False. The arms and hands are not used in soccer.

3. How long is the average soccer game?

A soccer game is usually two 45 minute periods long.

4. Describe an overhead kick in soccer.

This is a kick to send the ball in the opposite direction from the one in which the player is facing.

5. What does it mean for a player to "trap" the ball?

Trapping the ball means that a player attempts to control a ball by stopping it or changing its direction.

6. When should the technique of "heading" be used?

Hitting the ball with the flat part of the forehead is called heading. It is used when the ball is too high to reach with any other part of the body.

7. What actions in a soccer game might result in a foul being called?

Fouls are given for such actions as kicking an opponent, striking or pushing an opponent and touching the ball with the hands or the arms.

8. Describe the makeup of a typical soccer team.

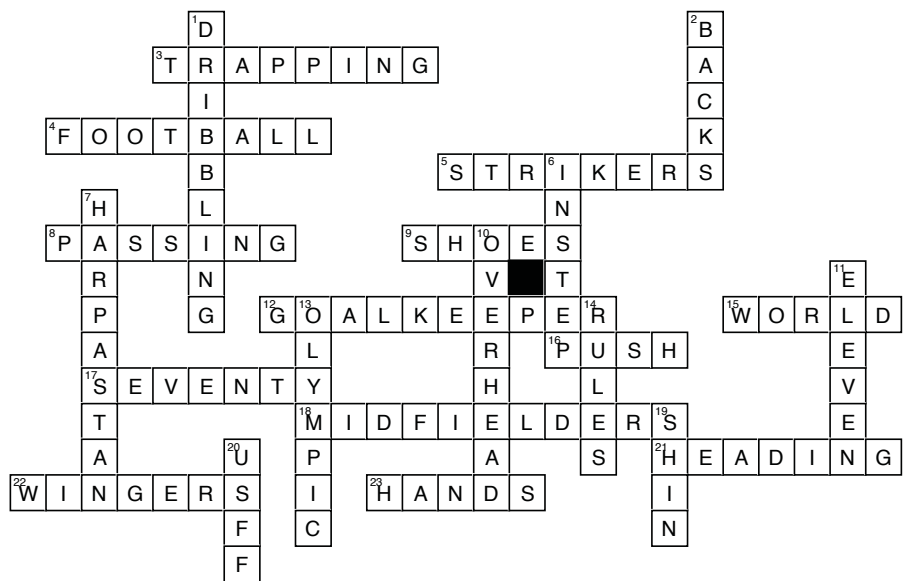
A soccer team is composed of eleven persons including one goalkeeper, two backs, three midfielders, three strikers and two wingers.

9. Which soccer players on a team are usually considered to be the best all-around players?

The strikers are considered to be the best all-around players.

10. How do you make a goal in soccer?

A goal is made by kicking or heading the ball into the goal net.





# Physical Education 7 Answers

1. What are the physical benefits to be derived from archery?

Archery improves finger dexterity and develops arm strength.

2. 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.

3. 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.

4. 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.

5. 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.

6. 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.

7. 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.

8. Should you ever shoot an arrow straight up into the air? Explain.

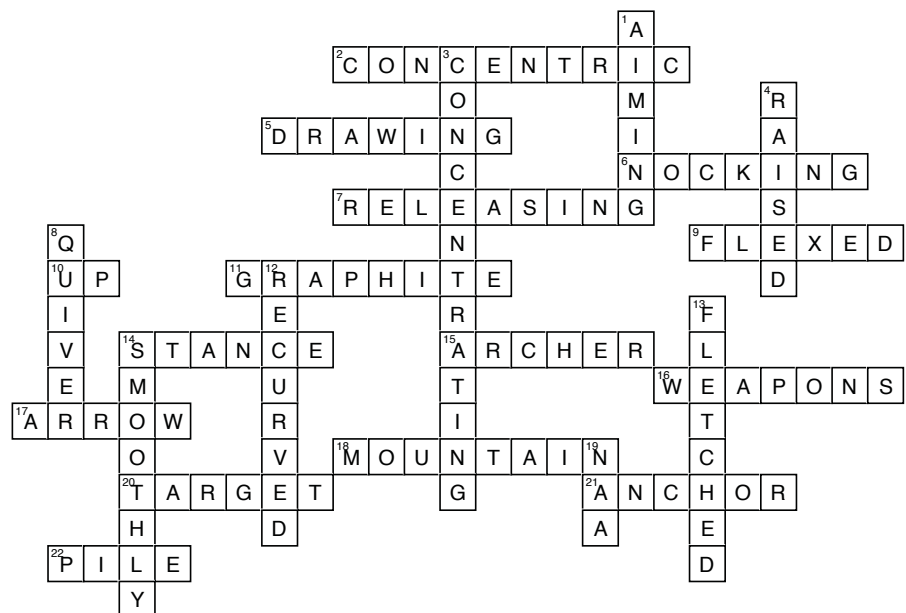
No. Arrows shot straight up can come straight down. This is dangerous.

9. Why is concentration so important in archery?

The ability to concentrate in archery often makes the difference between excellent and average performance.

10. 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



1. 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.

2. 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,

3. 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 high school 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.

4. How are wrestlers grouped?

Typically, wrestlers are grouped by weight.

5. What is a "takedown" in wrestling?

A takedown is when one wrestler gains control over another wrestler by bringing him or her down.

6. 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.

7. What is a "predicament?"

A predicament is a two-point move that occurs when one wrestler controls the other.

8. What is a "reversal?"

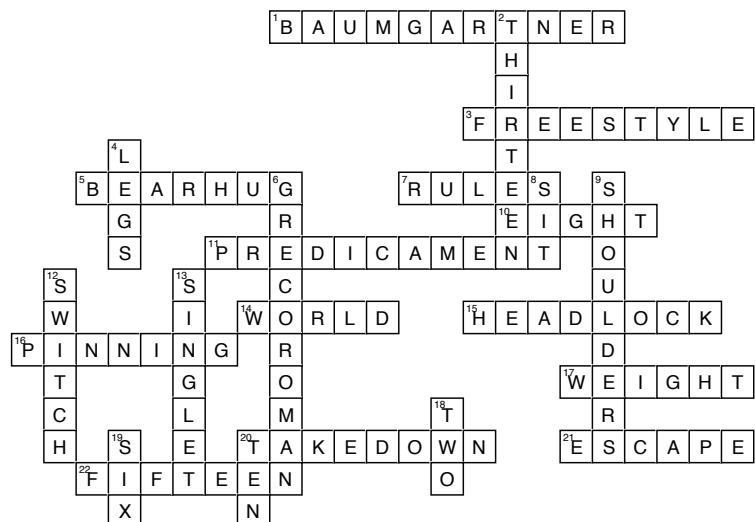
If a wrestler frees himself or herself from the opponent's control and then gains control of the opponent, a reversal has taken place.

9. 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.

10. What two types of takedowns rely especially on strength?

Two takedowns that rely on strength are the bearhug and the headlock.



# Physical Education 9 Answers

1. What physical benefits can be derived from playing golf?  
Golfers who walk the course get some cardiovascular benefit from this light form of exercising. Golf helps keep one's body limber and toned.

2. Is golf really just "a rich person's game?" Explain your answer.

There are inexpensive golf clubs that can be purchased and many public courses can be played for a reasonable fee. Of course, Country Club golf can be very expensive.

3. What is a birdie? a bogie? an eagle?

Hitting the ball into the hole one stroke under par is a birdie. A bogie is when a player hits the ball into the hole in one stroke over par. When a player hits the ball into the hole with two strokes under par it is called an eagle.

4. What does it mean to say that a ball ends up "in the rough?"

The rough is an area off the fairway where there may be tall grass, trees, or shrubs.

5. Why does a professional golfer usually own many types of clubs?

Professional golfers want their shots to be very precise. Each club has a different angle and therefore, does a different job if hit properly.

6. Name three types of grips in golf.

The three grips are: interlocking, overlapping and the baseball.

7. Name six steps in making a smooth swing.

The six steps include: addressing the ball, full backswing, keep your eye on the ball, rotate hips on downward swing, follow-through after hitting the ball, and make every swing a full swing.

8. Name two things that are fundamental to good putting?

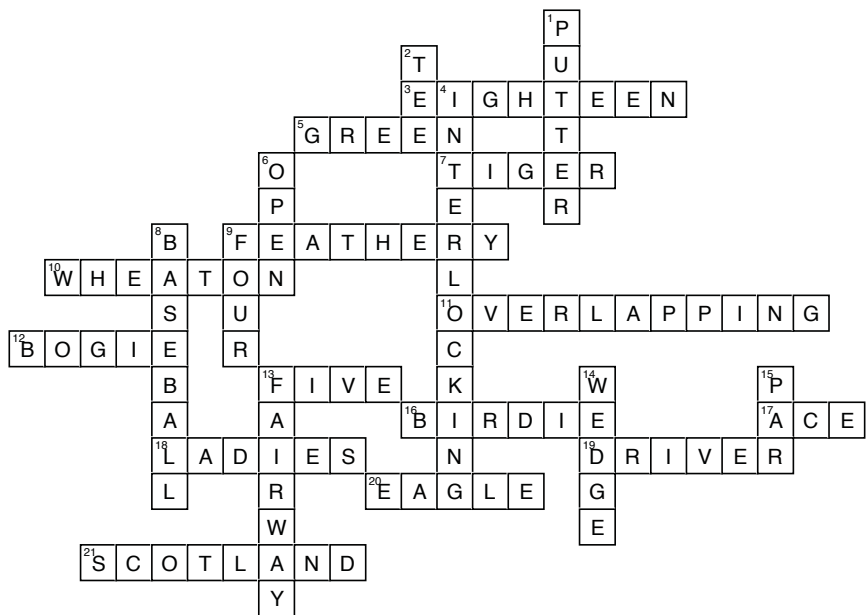
The answer should include two of these three: keep your eye on the ball, keep your head still, and follow through.

9. How should you warn other players of an approaching ball?

If your ball heads toward another player you should yell "fore!" to warn him or her.

10. What should you do after you step out of a sand trap?

You should rake a sand trap smooth after stepping out of it.





# Physical Education 10 Answers



1. What are the physical benefits to be gained from playing field hockey?

Field hockey is a physically demanding sport. Vigorous play can have a positive effect on one's cardiovascular system.

2. How many persons comprise a hockey team?

What positions do they play?

A hockey team has eleven players. Five forwards, three halfbacks, two fullbacks, and a goalkeeper make up the team.

3. What does the term "bully" mean?

The term "bully" in hockey describes a method used by two opposing players to restart play.

4. True or False: All the players on a hockey team can use their feet or bodies or the stick to stop a ball.

False. Only the goalkeeper can use his or her feet or body or stick to stop a ball.

5. Name five common reasons for a foul in hockey.

Five fouls are: raising the stick above the shoulder, advancing the ball with the hand, hooking or grabbing an opponent's stick with another stick, undercutting or causing the ball to rise too high in the air, and obstructing by putting a stick or body part between the opponent and the ball.

6. Why has hockey been somewhat slow to catch on at the high school level?

One reason for the slowness is the expense of purchasing the required equipment.

7. Name at least three attacking skills that a hockey player should know.

Any three of the following: the drive, the dribble, the scoop, the flick, the push, the dodge.

8. What is "a scoop?" and what is a "dodge?"

The scoop allows the player to scoop the ball far enough off the ground to clear the opponent's stick.

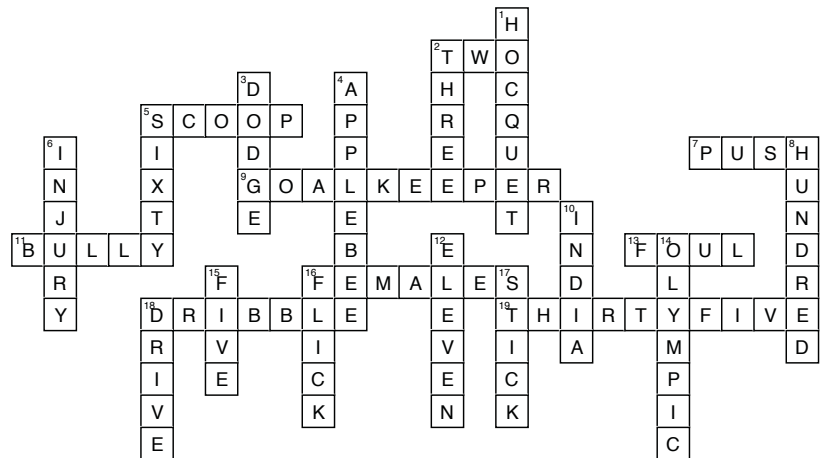
A dodge is a maneuver to avoid the opponent while keeping possession of the ball.

9. What should a player do when it is impossible for him or her to attempt a goal?

If it is not possible to attempt a goal, the ball should be passed to a teammate.

10. Where should a player's attempt at a goal cage be aimed?

A player should aim at a specific spot in the goal cage - preferably an area left unguarded.



# Physical Education 11 Answers

- Baseball is often identified as the great American sport, yet it didn't begin in America. How and where did this game originate?

It probably began in England around 1744.

- What are some of the physical benefits to be derived from playing baseball?  
The physical benefits include exercise of the upper body - throwing and hitting, of the lower body - running, and development of hand-eye coordination.

- What are "farm teams" and how are they used?  
Farm teams are run by major league teams to help train players for the big leagues.

- How many people make up a typical baseball team and what positions do they play?

9 or 10. Pitcher, catcher, first baseman, second baseman, short stop, third baseman, left fielder, right fielder, center fielder, and, in some leagues, designated hitter.

- What is a "single?" "a double?"  
A single is a hit where the batter makes it to first base and no further. A double is a hit where the batter makes it to second base and no further.

- When does "a ball" occur?  
When a thrown ball is out of the strike zone and the batter does not swing it is called a ball.

- How is a good slide into a base executed?

The body falls to the ground in a controlled manner by a fall backward on the outer surface of the knee and lower leg.

- Why is the pitcher considered the most important defensive player on a team?

The pitcher is the one who will either strike the batter out or permit the batter to get a hit. By preventing hits, a pitcher can dominate the game.

- Name at least four factors involved in executing a good throw:

First you need a good grip, second you need to use the proper stance, third the player's entire body must be used in the throw, and fourth, the arm must follow through once the ball is thrown.

- What would be the effects of a baseball strike?

Some of the effects include decreased fan attendance at games and a loss of interest by many. Answers will vary.

