

**Millard Public Schools Middle Level
Physical Education Assessment
7th Grade Assessment
Review**

IN CLASS PORTION:

Recreational (noncompetitive) activities examples:

High	Moderate	Low
Aerobics/aquarobics	Badminton	Bowling
Basketball	Baseball/softball	Brisk walking
- Full court	Biking	Golf
- Half court	Cricket (outdoor/indoor)	Frisbee
Field hockey	Dancing (dance classes, formal ballroom)	Horseback riding
Ice hockey	Dancing (social, disco, etc.)	Horseshoes
Ice/snow sports (snow skiing etc.)	Hiking	Orienteering
Jogging/powerwalking/running	Martial arts (eastern-judo, karate etc.)	Scuba diving
Racquetball/squash	Motorcycling	Shuffleboard
Rock climbing	Pickleball	Skating
Roller sports (skateboarding etc.)	Rock climbing	Snorkeling
Rowing	Sailing	Waterskiing/jet skiing/powerboating
Running	Surf sports (surfing, wind surfing etc.)	Weights (non-free weights)
Skiing (downhill)	Swimming (lap)	
Skiing (cross-country)	Table tennis	
Soccer	Tennis (doubles)	
Tennis (singles)	Treadmill/stationary bicycle	
Touch (flag) football	Underwater activities (scuba, snorkelling)	
Triathlon	Weightlifting (free weights)	
Volleyball	Yachting	
Windsurfing		

Aerobic exercise

Aerobic exercise is activity for which the body is able to supply adequate oxygen to sustain performance for long periods.

Anaerobic exercise

Anaerobic exercise is performed at an intensity so great that the body's demand for oxygen exceeds its ability to supply it. Anaerobic activity is short in duration and high in intensity.

Aerobic activities include:

- Brisk walking
- Jogging
- Bicycling
- Swimming
- Jump rope
- Aerobic dancing
- Aerobic classes
- Racket sports Soccer
- Basketball
- Rowing
- Ice or roller skating
- Cross-country or downhill skiing
- Using aerobic equipment (i.e., treadmill, stationary bike)

Anaerobic activities include:

- Racquetball
- Downhill skiing
- Weight lifting
- Sprinting
- Softball
- Soccer
- Football
- Baseball
- Tennis
- Curl-ups

Find your Max Heart Rate:

Age: _____

220

- _____

Max HR: _____

Find your Target Heart Rate

Max HR: _____

x .6

x .8

Range: bmp

Five components of physical fitness:

Muscle Strength:

The ability to exert maximum force, such as lifting the heaviest weight you can budge, one time. It is possible to have muscular strength in one area, say your arms, while lacking strength in another area such as your legs. To improve your muscle strength, try strengthening activities such as lifting weights, plyometrics, jumping, pushups, therabands, etc, etc. The benefits of strength training increases range of joint movement, increases muscle mass, strengthens bones, muscles, tendons, ligaments, increases bone density, improves your ability to do everyday chores and activities, improves health and fitness, helps prevent accidents, injuries, and sickness, and speeds rehabilitation when you do get hurt.

Muscular Endurance

Muscular Endurance is the ability to hold a particular position for a sustained period of time or repeat a movement many times. This could be the capability required to hold a two-pound weight above your head for five minutes or the effort required to lift that weight 20 consecutive times. To improve your muscle endurance, try cardio respiratory activities such as walking, jogging, bicycling, or dancing. People with adequate muscular endurance are less apt to have backaches or muscle soreness and/or injury. Good endurance also makes it easier for a person to have good posture.

Aerobic Endurance

Aerobic endurance is the ability to do moderately strenuous activity over a period of time. It reflects how well your heart and lungs work together to supply oxygen to your body during exertion and exercise. To improve your aerobic endurance, try activities that keep your heart rate elevated at a safe level for a sustained length of time such as walking, swimming, or bicycling. Participating in a cardiovascular conditioning program can help the participant to: lower blood pressure, increase HDL cholesterol, decrease total cholesterol, decrease body fat due to utilizing fat as energy, increase heart function and its ability to pump more blood, decrease stress reactions and anxiety, reduce glucose-stimulated insulin, increase oxygen output to body, decrease resting heart rate, increase cardiac output, increase aerobic work capacity.

Body Composition

The proportion of fat in your body compared to your bone and muscle. It does not refer to your weight in pounds or your figure. A person's total body weight (what you see on the bathroom scale) may not change over time. But the bathroom scale does not assess how much of that body weight is fat and how much is lean mass (muscle, bone, tendons, and ligaments). Body composition is important to consider for health and managing your weight! Research has shown that excessive fatness (above 25% fat for boys and above 32% for girls) is associated with higher cardiovascular risk factors. If you have too much fat -- especially if a lot of it is at your waist -- you're at higher risk for such health problems as high blood pressure, high blood cholesterol and diabetes. That increases your risk for heart disease and stroke

Flexibility

Flexibility is the ability to move a joint through its full range of motion; the elasticity of the muscle. This is how limber or supple you are. Good flexibility in the joints can help prevent injuries through all stages of life. If you want to improve your flexibility, try activities that lengthen the muscles such as swimming or a basic stretching program. Flexibility can help prevent injuries because tight muscles can cause people to stress their joints and tendons. Flexibility also enhances balance and posture, and is important for everyday activities such as getting out of a car reaching behind you.

TAKE HOME PORTION:

What Is Sportsmanship?

Sportsmanship is defined as:

- playing fair
- following the rules of the game
- respecting the judgment of referees and officials
- treating opponents with respect

Some people define good sportsmanship as the "golden rule" of sports - in other words, treating the people you play with and against as you'd like to be treated yourself. Good sportsmanship occurs when teammates, opponents, coaches, and officials treat each other with respect. Kids need to come to understanding that the real winners in sports are those who know how to persevere and to behave with dignity - whether they win or lose a game.

Good sportsmanship starts with something as simple as shaking hands with opponents before a game and includes acknowledging good plays made by others and accepting bad calls gracefully. Displaying good sportsmanship isn't always easy: It can be tough to congratulate the opposing team after losing a close or important game. But sportsmanship isn't just reserved for the people on the field. Cheerleaders, fans, and parents also need to be aware of how they behave during competition. Sportsmanship is a style and an attitude, and it can have a positive influence on everyone around you.

Sportsmanship off the Field

Learning good sportsmanship means finding that the positive attitude learned on the field carries over into other areas of life. At school, for example, you're able to appreciate the contributions made by classmates and know how to work as part of a team to complete a project. You may enjoy more success at work as well, because a big part of learning good sportsmanship is learning to be respectful of others, including customers and coworkers.

You will need to **explain the rules for an official sport** which includes physical activity. Be complete enough so if someone knows nothing about the game, they would be able to play by reading your instructions. **Pictures and diagrams** could be very helpful.

This is what you will need to cover in your explanation:

1. What is the object, or the goal of each team/player?
2. What are the rules of the game? Violations?
3. How is advancement made?
4. How many players can play?
5. How the game is started.
6. How long is the game?
7. What skills are used in the game?
8. What kind of equipment and playing area is needed?
9. Diagrams and pictures

WEEKLY ROUTINES:

In order to maintain a healthy heart and lifestyle, it is necessary to include a steady diet of exercise that is safe and appropriate for each age group.

13 YEAR OLD WEEKLY WORK OUT ROUTINE

MON	TUES	WED	THUR	FRI	SAT	SUN
Track Sit-ups Push-ups Run sprints Basketball Knockout	Track Shoot hoops Knockout	Track Sit-ups Push-ups Run sprints Basketball Knockout	Track meet Knockout	Track Sit-ups Push-ups Run sprints Basketball Knockout	Table tennis	Mow lawn Ride bike Frisbee

35 YEAR OLD WEEKLY WORK OUT ROUTINE

MON	TUES	WED	THUR	FRI	SAT	SUN
Running	Weight training	Swim laps	Weight training	Running	Mow lawn Go for walk	Basketball

60 YEAR OLD WEEKLY WORK OUT ROUTINE

MON	TUES	WED	THUR	FRI	SAT	SUN
Walk	Yoga Weight training	Walk	Yoga Weight training	Walk	Karate	Golf Mow lawn