

PHYSICAL EDUCATION I

WEIGHT TRAINING/RELAYS/GAMES

STUDY GUIDE

FLICKER BALL

The game is started by throwing to the other team.

You may run with the ball until you are tagged.

After being tagged, you must stop immediately and pass the ball to a teammate.

If the ball is dropped or intercepted the opposing team gets control of the ball.

A point is scored if the ball is thrown at the basket and it hits the backboard.

Two points are scored if the ball is thrown at the basket and it hits the rim.

Three points are scored if the ball is thrown at the basket and it goes through the basket.

RELAYS

Consisted of teams from 4-7 and were played cross court on the basketball court.

Items used during relays were hula hoops and Frisbees.

Everyone on a relay team must be sitting in order for the relay team to be finished.

WEIGHT TRAINING

In recent years the effectiveness of a carefully planned weight-training program as a method for improving body development and sports performance has become increasingly necessary. Much can be gained from intelligent use of weight training principles.

Principle 1: RESISTING MOVEMENTS

- Weight training involves adding resistance to natural body movement. Example: Reach for an object on a high shelf (natural movement). Now lift a bag of sugar to the shelf (that's adding resistance).

Principle 2: OVERLOAD

- The weight-training program must overload muscles. Working the muscle harder than they are used to being worked in everyday activities. Example: Applying enough resistance (weight) to reach the muscle's capacity. The tenth "rep" should exhaust the muscle's capacity.

Principle 3: PROGRESSIVE RESISTANCE

- As the muscle increases in strength, resistance must be increased. Example: Adding more weight to the lift when one is able to complete ten reps without difficulty. **THIS IS THE PROGRAM WE USE IN OUR CLASS.**

Principle 4: REST BETWEEN WORKOUTS

- The muscles need time between training sessions to replenish energy reserves and mend or build tissues. Example: Rest one day (24 hours) between workouts that

Terminology:

- **Rep - a repetition; one complete exercise movement**
- **Set - groups of reps; example: 10 reps equals one set**
- **Full range of motion - the limits a muscle has to be stretched and contracted**

Basic Safety Rules:

- **SUPERVISION** reduces the risk of accidents happening during the weight lifting experience. A supervisor can recognize potential problems before an injury can occur. He / she will also correct improper technique so improvement can be observed. **Do not sacrifice proper technique for lifting too heavy!!!!**
- **WARM-UPS** like stretching and / or jogging will raise the temperature of the muscles to prevent injuries. They also increase the synovial fluid in the joints and route more blood to the muscles. This is very beneficial to the lifter.
- **SPOTTERS** should be used in the weight room. The use of spotters encourages the proper technique and helps partners get past "sticking points."

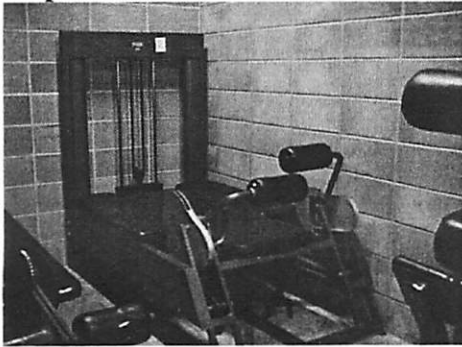
Courtesy Rules:

- **Don't dominate the equipment or socialize.**
- **Always return the weights to their proper places when you are finished.**
- **Help your partner when they are at a "sticking point."**

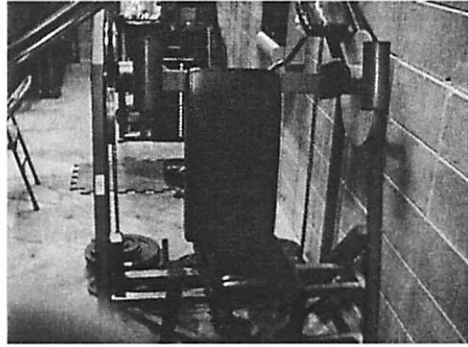
A weight training fallacy:

The weight-training unit can bring many benefits to all students, both male and female. Both sexes can gain strength and tone muscles to have a more fit body. The common belief that females will become big and masculine looking because they lift weights should be ignored. This cannot physically happen because of the hormonal differences between males and females.

Hip Flexor Machine



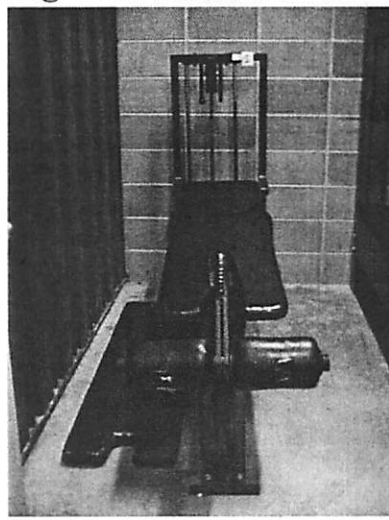
Pull Over Machine



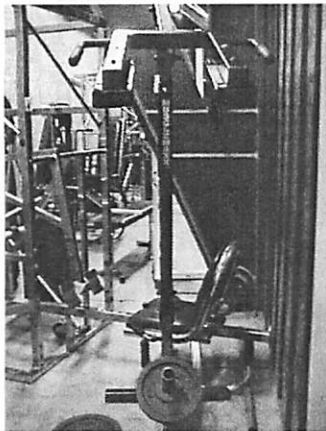
Lower Back Machine



Leg Curl Machine



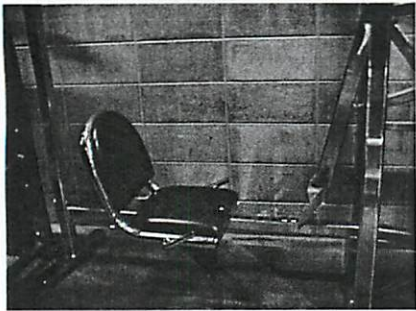
Toe/Calf Raises



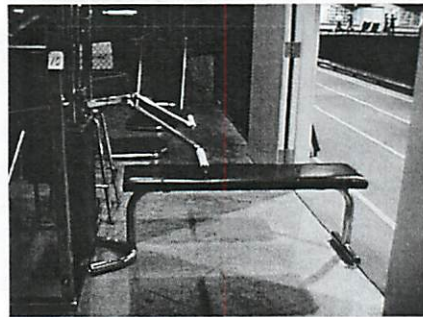
Lat Pull Downs



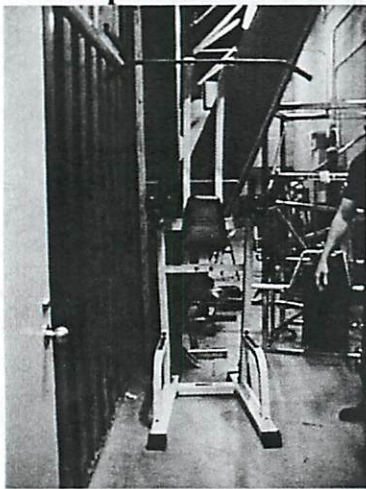
Leg Press Machine



Bench Press



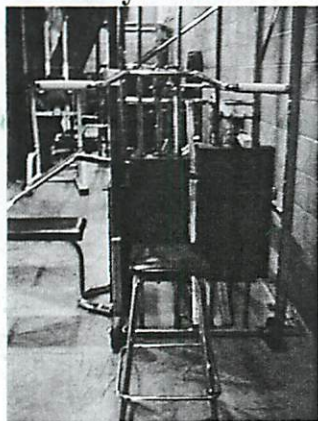
Pull Ups/Flexed Arm Hang/Leg Lifts



Leg Extension Machine



Military Press



Tricep Ext./Bicep Curls

