**General PE/Team Sports/Lifetime Sports**

**Final Exam Study Guide**

**Basketball**

* **Know history- who invented basketball, what was used as the first basketball and basket**
* **Know dimensions- the regulation height of a basketball rim**
* **Know the following definitions- fast break, box out, traveling, double dribble, pump fake, blocking foul, charging foul, holding foul, turnover, free throw, pivoting**
* **Know officiating- how the officials signal blocking and charging fouls**

**Volleyball**

* **Know the following definitions- rally scoring, block, pass, spike, set, dig**
* **Know the rules of the game- how many times the ball can be touched on one side of the net, a ball that touches the line is ruled in or out, can a ball be touched twice consecutively by a player that just executed a block, what are the 3 ways the a player may choose to serve the ball**
* **Know tactics- the typical order of offensive hits (bump, set, spike)**

**Ultimate Frisbee**

* **Know the rules of the game- can players run with the Frisbee, can players move their pivot foot while holding the Frisbee, how many players play on a team in a regulation ultimate Frisbee game, how many seconds can you hold the Frisbee if you are being guarded, how many people may guard the person with the Frisbee, how points are scored, how the Frisbee is advance down the field, is it a contact sport, examples of turnovers**
* **Know the following definitions- pull, stall, end zone, interception, block, drop**

**Badminton**

* **Know the rules of the game- when points can be scored, when is a birdie considered to be out of bounds, can a player reach over the net to contact the birdie, what is a legal service, what is the correct service procedure/rotation, can the player’s body or racket touch the net during a rally, can the birdie touch the net during a rally**
* **Know the following definitions- side to side formation, smash, clear, drive, drop shot**