RLP-PEB · RLP Physical Education B — Sport, Recreation, Dance and Lifetime Activity

Unit 1: Sport Skills and Strategy

Practice Workbook. The same problems, in the same order, as the Practice sections of the online lessons.

Name _____ Period _____

Lesson 1.1 — Sport Families — History, Rules, Scoring and Etiquette

FLUENCY

1. Define individual, dual and team sports, and classify each: disc golf, fencing, softball, table tennis, bowling, volleyball.

2. Put these events in order and give each year: Negro National League organized; Naismith writes basketball's rules; St. Louis Olympics; Negro Leagues Baseball Museum established; Naismith moves to the University of Kansas.

3. Explain tennis scoring for one game, including what happens at 40-40.

APPLICATION

4. Naismith's coaching record at Kansas was 55-60. (a) How many games did he coach? (b) What was his winning percentage, to the nearest tenth?

5. In volleyball, a set is first to 25, win by 2, with rally scoring. Is the set over at (a) 25-24, (b) 26-24, (c) 25-20? Explain.

6. Explain the difference between a time-based game and a point-target game, using basketball and tennis as examples.

7. Give two etiquette habits from tennis or golf and two from any sport, and name one that also prevents injury.

CHALLENGE

8. Use basketball's origin to explain the lesson's claim that "rules are invented to solve problems." What problem did Naismith solve, and which original detail is still a rule?

REVIEW

9. Review (PE A, Lesson 1.2): list three home safety habits for practicing a ball sport, drawing on this lesson and the safe-space check.

Lesson 1.2 — Activity Lab — A Home Sport Skill Circuit with Recorded Attempts

FLUENCY

1. Convert each to a success rate: (a) 6 of 10; (b) 21 of 30; (c) 17 of 20.
2. What is this course's working definition of a "consistent" skill, and why are two days required?
3. Name the three stages of learning and one sign of each.

APPLICATION

4. An example student, Andre, records serves. Round 1: 4/10, 5/10, 6/10. Round 2: 7/10, 8/10, 8/10. (a) Find each round's mean success rate. (b) By how many percentage points did he improve? (c) Has he shown consistency?

5. Explain the difference between blocked and varied practice and when the lesson recommends each.

6. An example 16-year-old's pulse after the footwork station is 41 beats in 15 seconds. (a) What is the heart rate? (b) Using the CDC formula, is that moderate or vigorous for her age?

7. List four practice rules from the lesson that make your circuit data trustworthy.

CHALLENGE

8. An example student's dribble data are 30-second counts of 38 and 52 on two attempts with many lost balls, while her wall pass rate is a steady 8/10 on two days. Which stage of learning is she probably in for each skill? Give evidence.

REVIEW

9. Review (Lesson 1.1): the circuit samples skills from individual, dual and team sports. Name one sport from each family that uses a skill in the circuit and say which skill.

Lesson 1.3 — Video Self-Analysis — Critical Elements, Error Detection and Correction

FLUENCY

1. Name the three phases physical educators use to group critical elements.
2. Give the follow-through critical element for (a) the basketball set shot and (b) the two-hand chest pass.
3. Define *knowledge of results* and *knowledge of performance*.

APPLICATION

4. State the three recording rules (angle, distance, speed) for video self-analysis.

5. An example student's soccer passes keep popping up off the ground. His video shows the plant foot well behind the ball and a floppy ankle at contact. Which is the root error, and what cue could he use?

6. An example student's underhand serves often go into the wall below the line. Her video shows her same-side foot forward and her weight staying on the back foot. List the correct preparation and follow-through elements.

7. Why do cues that point at an outcome outside the body often work better than body-part cues? Give one example of each kind.

CHALLENGE

8. An example student's set-shot video showed the elbow under the ball on 3 of 10 frames before his cue and 8 of 10 after; his makes went from 4/10 to 6/10. Calculate both changes in percentage points and explain why the portfolio wants both kinds of evidence.

REVIEW

9. Review (Lesson 1.2): after correcting with a cue, the student practices 3 sets of 10. Why must she keep the same distance and target when she records again?

Lesson 1.4 — Reading the Game — Rules of Play and Strategy from a Broadcast

FLUENCY

1. Define *strategy* and *tactic* and give one example of each.
2. List the four offensive and four defensive invasion-game principles from the lesson.
3. Explain the difference between man-to-man and zone defense.

APPLICATION

4. A team shoots 40% on threes and 55% on twos. Calculate points per attempt for each and say which shot pays better.

5. In 20 minutes of a broadcast, an example student tallies one side's 8 three-point attempts (3 made) and 12 two-point attempts (7 made). Find points per attempt for each type, to the nearest hundredth.

6. Explain how each rule shapes strategy: (a) soccer's offside rule; (b) volleyball's rally scoring.

7. List the strategic principles of net and wall games, and explain the pickleball "third shot" strategy.

CHALLENGE

8. The lesson says a team shooting 33% from three scores about the same per attempt as a team shooting 50% from two. Check the claim with arithmetic, and explain how the three-point line also helps a team's inside game.

REVIEW

9. Review (Lesson 1.1): classify tennis, pickleball, golf and soccer by sport family, and say which type of game each is in this lesson (invasion, net and wall, target).

10. Review (Lesson 1.2): a player makes 14 of 20 free throws in practice. What is the success rate, and is it at the course's consistency line?

Unit 1 checkpoint

1. Which sport is a dual sport?
   A. Soccer
   B. Badminton
   C. Golf
   D. Volleyball
2. The Negro National League was organized at the Paseo YMCA in Kansas City in _____.
3. True or false: Naismith's original peach baskets were nailed about 10 feet high, the same height as today's goals.

4. A student makes 8, 7 and 9 passes in three sets of 10. What is the success rate?
   A. 24%
   B. 70%
   C. 80%
   D. 90%

5. True or false: In the autonomous stage of learning, a skill runs almost automatically so attention can move to the game.

6. Repeating one skill many times in a row before moving on is called _____ practice.

7. Which is a preparation element of the underhand volleyball serve?
   A. Same-side foot forward
   B. Opposite foot forward, ball held low in front of the hitting shoulder
   C. Ball tossed high overhead
   D. Weight on the back foot at the finish

8. Which error should be corrected first in a video?
   A. The last one you saw
   B. The root error, usually the earliest in the movement
   C. Every error at once
   D. The one in the follow-through

9. A plan decided before or between plays is a strategy; a choice made in the moment to carry it out is a _____.

10. A team shoots 30% from three. How many points per three-point attempt is that?
    A. 0.6
    B. 0.9
    C. 1.0
    D. 3.0

11. True or false: In a zone defense, each defender guards one opposing player.