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

Unit 4: Aquatics or Gymnastics, Inclusion and Careers

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

Name _____ Period _____

Lesson 4.1 — Gymnastics and Aquatics — History, Rules, Terms and Etiquette

FLUENCY

1. Who is called the "father of gymnastics," where and when did his movement start, and name three apparatus it led to.

2. List the men's six and women's four artistic gymnastics apparatus.

3. Give the stroke order for (a) the individual medley and (b) the medley relay, and explain why they differ.

APPLICATION

4. A gymnast's D score is 4.2. Her execution deductions are 0.3 for bent knees, 0.5 for a step and 0.5 for a wobble. What is her E score and her final score?

5. Define these gymnastics terms: tuck, pike, straddle, scale, relevé, spotting.

6. Explain the Missouri connection to gymnastics history through the Turners and the 1904 Games.

7. List four pool etiquette and safety rules from the lesson.

CHALLENGE

8. Men's gymnastics was in the 1896 Olympics, and women's individual and apparatus events arrived in 1952. How many years apart is that? Name two gymnastics etiquette rules a gymnast follows at every competition.

REVIEW

9. Review (Lesson 1.1): the 1904 St. Louis Olympics appear in Units 1 and 4. Give one "first" from each lesson's description of those Games.

Lesson 4.2 — Floor Gymnastics Lab — Balances, Holds and Controlled Transitions

FLUENCY

1. Give the target hold time for each element: relevé balance, stork stand, front scale, tuck sit, V-sit, side plank, kneeling scale.

2. Define *controlled transition* and give two examples from the lesson.

3. Which kinds of skills are excluded from this course's floor work, and why?

APPLICATION

4. An example student's attempt log for the side plank (left): Day 1 holds of 14 s, 9 s and 12 s; Day 2 holds of 15 s, 13 s and 11 s; target 10 s. Find each day's success rate and decide whether the element is consistent.

5. A student scores 0 of 3 on the front scale. What should she do next, according to the lab?

6. Explain how the warm-up, the surface and the clear space each help prevent injury in the lab.

7. On the optional aquatics route, an example swimmer counts 18, 17, 17 and 16 strokes on four 25-yard lengths. (a) What total distance did she swim? (b) What was her mean stroke count? (c) What does the falling count suggest?

CHALLENGE

8. List the safety conditions for the optional aquatics route.

REVIEW

9. Review (Lesson 1.2): this lab uses 3 of 3 on two days as consistency, while the sport circuit used 8 of 10 on two days. Convert both to percentages and explain why both require two days.

Lesson 4.3 — Technique Studio — Balance Physics, Stroke Mechanics and Water Safety

FLUENCY

1. Define *center of gravity* and *base of support*, and state the rule that connects them.
2. List the four balance principles from the lesson.
3. Name the four phases of a freestyle arm stroke.

APPLICATION

4. For each, name the balance principle used: (a) a side plank on knees instead of feet; (b) bending the standing knee slightly in a scale; (c) eyes fixed on a spot 1 meter ahead; (d) arms reaching out as the leg rises.

5. Gymnast A tries a harder balance (D 4.8) and falls and wobbles, losing 2.5 in execution. Gymnast B does an easier version (D 4.2) and loses 1.1. Calculate both final scores and state the strategy lesson.

6. An example swimmer lifts her head forward to breathe and kicks from bent knees. Name both errors and the corrections.

7. Describe the breaststroke timing and the whip kick.

CHALLENGE

8. Using the worked example of Jordan's front scale, explain the record-compare-correct-record cycle and the physics behind his correction.

REVIEW

9. Review (Lesson 2.4): a strong swimmer sees someone struggling in a lake. What does the lesson say to do, and why is swimming skill not a reason to go in?

10. Review (Lesson 4.2): which balance principle explains why the easier side plank (on knees) is steadier than the full version?

Lesson 4.4 — Everyone Plays — Inclusion, Adapted Sport and Careers in Physical Education

FLUENCY

1. Name the two sides of inclusion and give two examples of each.

2. Give the founding facts: (a) Special Olympics; (b) Special Olympics Missouri; (c) the first Paralympic Games.

3. Classify each adaptation by its STEP letter: (a) a lower net; (b) a beeper ball; (c) allowing two bounces; (d) a buddy who cues; (e) a lighter racket; (f) walking instead of running.

APPLICATION

4. Using the BLS table, how much more is the median pay of a physical therapist than that of a fitness trainer? Which two occupations require only a high school diploma?

5. Athletic trainers are projected to grow 13% from 2025 to 2035. If a region had 500 athletic-trainer jobs in 2025, about how many would it have in 2035 at that rate? What education does the job typically require?

6. Explain what *median pay* means and why it is used instead of the highest salary.

7. Plan an inclusive backyard volleyball game for an example family that includes a younger cousin who is blind and an aunt who prefers modest athletic wear for religious reasons. Use at least two STEP changes and one background strategy.

CHALLENGE

8. Explain how Paralympic classification and Special Olympics Unified Sports each make competition fair or inclusive, and why the pickleball two-bounce rule for wheelchair players is an example of a Task change.

REVIEW

9. Review (Lesson 3.4): the STEP tool first appeared in the dance unit. Give one dance example and one sport example of a Space change.

10. Review (Lesson 4.1): which 1904 St. Louis athlete is an early example of adapted performance, and what did he achieve?

Unit 4 checkpoint

1. In a gymnastics score, which part starts at 10 and loses points for errors?
   A. The D score
   B. The E score
   C. Both
   D. Neither
2. In the individual medley the order is butterfly, backstroke, _____, freestyle.
3. True or false: In circle swimming you stay to the right of the black line and pass only at the wall.

4. Which record shows consistent competency in the stork stand?
   A. One 30-second hold
   B. 3 of 3 successful 10-second holds on each of two days
   C. 2 of 3 on one day
   D. A drawing of the position

5. True or false: Handstands against a wall are part of this course's floor sequence.

6. Which change makes a balance more stable?
   A. Narrowing the base of support
   B. Raising the center of gravity
   C. Bending the standing knee slightly
   D. Looking around the room

7. The four phases of a freestyle arm stroke are catch, pull, push and _____.

8. A gymnast has D 4.0 and 1.5 in execution deductions. What is the final score?
   A. 5.5
   B. 11.5
   C. 12.5
   D. 14.0

9. Explaining the rules by demonstration and in Spanish is which kind of inclusion strategy?
   A. A Space change
   B. An Equipment change
   C. A People or background strategy
   D. A scoring rule

10. The first Paralympic Games were held in Rome in _____.

11. True or false: According to the BLS table, physical therapists typically need a Doctor of Physical Therapy degree.

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