



San Marin Physical Education

Weekly Activity & Fitness Log

Name: _____
 Period: _____



For replacement cards or make up forms:
www.SanMarinPE.weebly.com



Week 10

Monday ☺ ☹ ☹	Warm-Up
Activity/Skill	
CV MS ME FX BC	
TN:	
Tuesday ☺ ☹ ☹	Warm-Up
Activity/Skill	
CV MS ME FX BC	
TN:	
Wednesday ☺ ☹ ☹	Warm-Up
Activity/Skill	
CV MS ME FX BC	
TN:	
Thursday ☺ ☹ ☹	Warm-Up
Activity/Skill	
CV MS ME FX BC	
TN:	
Friday ☺ ☹ ☹	Warm-Up
Activity/Skill	
CV MS ME FX BC	
TN:	

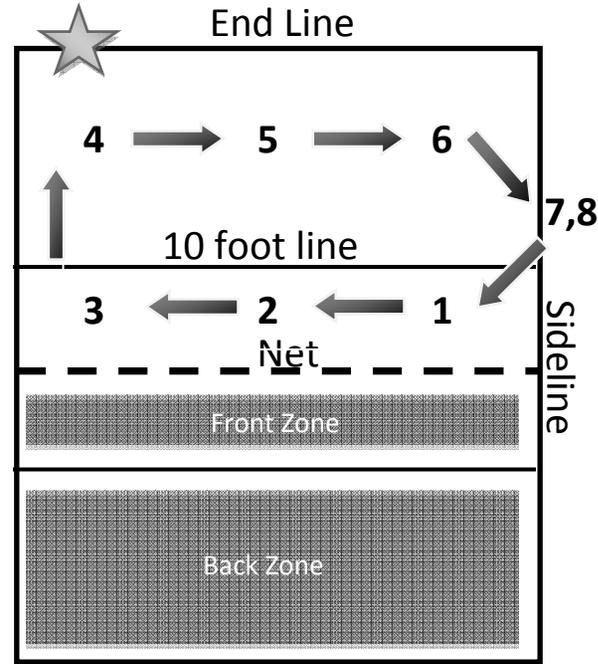
Cardiovascular Fitness

Exercise	Goal	Target Heart Rate Zone	
Time	PR?	HR	PEI
	<input type="checkbox"/> Y <input type="checkbox"/> N		

VOLLEYBALL RULES

- Server must serve from behind end line using an **underhand** motion.
- Team rotates each time that they **win the serve**.
 - When you get the serve back from the other team.
- Games are played to 11 with rally scoring.
- Players rotate in a **clockwise** manner.
- There is a maximum of three hits per side.
- A player may not hit the ball twice in succession.
- A ball (Including serve) may be played off of the net.
- Any time a player touches the net it is a violation and the other team gets the point.
- A ball hitting the boundary lines is inbounds.
- Back Row player cannot hit a ball in the front zone.

The Court



Serve from the STAR.
 If possible stand behind the light green line, if needed you may move up to dark green line.

**ROTATE EVERYTIME
 TIME YOU WIN A
 SIDEOUT.**

VOCABULARY

- ACE**-When a ball is served to the other team and no one touches it.
- DIG**-When a player makes a save from a very difficult spike.
- FOREARM PASS** -- usually the first play by a team; used to get the ball to the setter; performed with the forearms
- KILL**-When a team spikes the ball and it either ends in a point.
- BLOCKING** -- a defensive play; the action of stopping or slowing the returning spiked ball with hands above and near the net
- SET** -- a high pass (overhead pass) that is generally the second play by a team to relay the ball to the hitter
- SERVICE** -- putting the ball into play by the right back
- GAME POINT** -- the last point in the game
- ROTATION** -- the act of shifting positions in a clockwise direction after a side-out before the next person serves
- VIOLATION** -- a foul
- FOOT FAULT** -- stepping on or over the end line before or during the serve, or stepping completely over the center line
- SIDE-OUT** -- ending a team's right to serve following an infringement of a rule by the serving team

CANCER

- Is the uncontrollable _____ of _____ cells
- Cancer is the _____ leading cause of death in the United States.
- When diagnosed _____, many forms of cancer can be treated and even _____ through surgery, chemical therapy, radiation, or medication.
- We know that the death rate from all forms of cancer is lower in _____ people than in _____ people
- Cancers such as _____ cancer and _____ cancer, are considered hypokinetic conditions because people who are physically _____ are _____ likely to get them than people who are _____.
- Many of the _____ _____ for heart disease are also risk factors for cancer.
- It is not clear why physical activity helps _____ the risk of cancer, but one of the health benefits of activity is an _____ system that is more capable of fighting diseases that invade the body.

DIABETES

- A person has diabetes when their body cannot regulate _____ levels within their body.
- A person with diabetes will have excessively _____ blood sugar unless he or she gets medical assistance. Over time, diabetes can damage the blood vessels, _____, kidneys, and eyes.
- A very high level of sugar in the blood can cause _____ and _____.
- Type _____ diabetes is NOT a hypokinetic condition. It's often hereditary and accounts for about _____% of all diabetics. These diabetics take a hormone called _____, to help control blood sugar levels.
- The most common kind of diabetes—_____—is a HYPOKINETIC CONDITION because people who are physically _____ are less likely to have it.
- Active people are more likely to have blood with healthy sugar levels.
- Overfatness is a major _____ _____ for Type II diabetes.

OBESITY

- Obesity is when a person has a high _____ of body _____
- Obesity is often the result of _____
- Having too much body fat contributes to other diseases such as _____ and _____.
- Since 1980 the incidence of obesity among teens in the United States has increased from _____% to _____%

OSTEOPOROSIS

- Is when the structure of the _____ deteriorates and the bones become _____.
- Osteoporosis is most common among _____ people, but it has its beginnings in _____.
- You develop your greatest _____ _____ when you are young.
- Those who _____ regularly develop stronger _____ than those who are _____.
- It is especially important to do physical activities that cause you to bear weight, such as _____, and that stress the bones, such as _____ training.
- If you do the right kind of activity when you are _____, you will build a higher peak bone mass. As a result, if you lose bone mass as you get older, you will have stronger bones than if you hadn't _____ while young.
- Lack of _____ in the diet, especially when a person is young, contributes to osteoporosis.
- _____ are more likely to have osteoporosis than men because, as a result of hormonal changes that take place in women later in life, calcium absorption becomes less efficient.