* 1. Questions of the Week

**Quarter 4**

**Week of 4/1/19 Fitness Gram** - In paragraph form and complete sentences, please explain your goals for each Fitness Gram test.

**Week of 4/08/19 – Improving Fitness** – Write a paragraph on some ways you can increase the amount of walking you do in your everyday life.

**Week of 4/15/19 – Fitness Room**- What are your three favorite weight or cardio machines in the fitness room? What muscle groups do they work? Why do you like them? Please answer in paragraph form. **Due on Thur.**

**Week of 4/22/19 – Softball-** Using complete sentences, write a paragraph explaining the infield fly rule in softball.

**Week of 4/29/19 –** Write a paragraph explaining your three favorite P.E. activities, and one activity you would like to see added to the curriculum.

**Quarter 3**

**Week of 1/21/19 - Basketball -** Using the study guide, please list and define six penalties and / or violations.

**Week of 1/28/19 – Fitness Room**- Using the study guide please list and define the six components of Skill Related Fitness.

**Week of 2/4/19 – Pickle-Ball**- Using the study guide and complete sentences, define the following vocabulary words: Double Bounce Rule, Non-Volley Zone, Volley, Serve Position, and Back Court.

**Week of 2/11/19 - Research**: Write a paragraph on the history of basketball. Please use complete sentences and cite your source for the paragraph.

**Week of 2/18/19 - Research**: Write a paragraph on the history of pickle-ball. Please use complete sentences and cite your source for the paragraph.

**Quarter 2**

**Week of 11/5/18 - Volleyball** – Using complete sentences, please define the following terms: Sideout, Forearm Pass, Set, Spike, and Overhand Serve.

**Per. 5 Basketball** - Using the study guide and complete sentences, define the following violations: 5 second, 3 second, 10 second, back court, double dribble, and traveling.

**Week of 11/12/18** – What are you thankful for? Minimum of 3 things. Please write your answer in paragraph form

**Week of 11/26/18 - Floor Hockey**- Using the study guide and complete sentences, define the following vocab words: slashing, goal box, high sticking, face off, and roughing foul

**Week of 12/3/18 -** **Fitness Room**- Explain in a paragraph and complete sentences, the F.I.T.T. principles of fitness.

**Week of 12/10/18 –** NO QUESTION **– Volleyball (Basketball for per 5), Floor Hockey, and Fitness Room ASSESSMENTS DUE 12/14**

**Week of 12/17/18 -** Explain three physical activities you will participate in over winter break. Please use paragraph form.

**Quarter 1**

**Week of 9/3/18** - Analyze the P.E. Information Packet Online: What are the four parts of the proper SHJH PE Uniform? Please write your answer in paragraph form.

**Week of 9/10/18** - Using complete sentences please complete all parts of the following questions: Describe the five Fitness Gram fitness tests, and the muscle groups that they work.

**Week of 9/17/18 - Football** – Analyze the online football study guide, and list and explain three football penalties. Please use complete sentence structure when explaining your answer.

**Week of 9/24/18 - Soccer -** Using the online soccer study guide, please define the following terms in complete sentences: Corner Kick, Goal Kick, Penalty Kick, and Direct Free Kick

**Week of 10/01/18 – Cardio -** Why is cardiovascular fitness important? Explain at least three benefits and three types of cardio activities that you can do to improve your cardio fitness level.

**Week of 10/08/18 –** No Question this week due to Football and Soccer Assessments assigned and due by the 17th

**Week of 10/15/18 –** No Question this week due to Football and Soccer Assessments being due by the 17th