

5th Grade PE

This packet contains 2 parts:

Part 1:

A guide to staying physically active including sample exercises and an activity log for 3 weeks. All 3 weeks of activity logs can be turned in together once completed.

Part 2:

An informational guide to a sport we cover as part of this year's curriculum. There are several worksheets to be completed including a word search and crossword related to the sport. This can be turned in with your activity logs.



Example Worksheet

(Use this as a template to track your activity)

You may use activities from the sheets provided or research other exercises for cardio, upper body, lower body, and core strength.

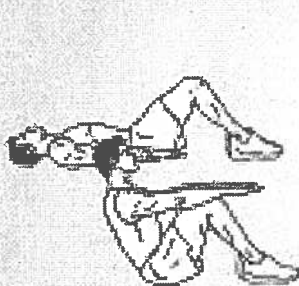
Day	Activity (Quick Description)	Time (min)	Type (What did it work?)
Monday	Pushups and Crunches	10 min	Upper Body and Core
	Walking	30 min	Cardio and Legs
	Housework	20 min	Upper Body
	Total:	60 min	
Tuesday			
Wednesday			



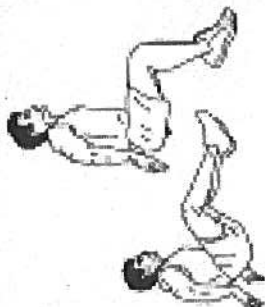
code of abs

DAREBEE WORKOUT @ darebee.com

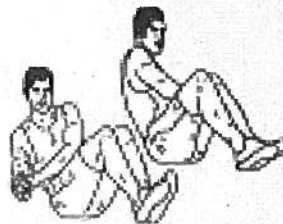
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



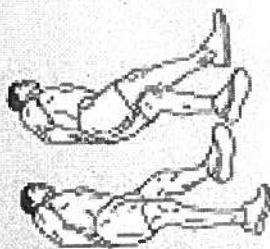
10 sit-ups



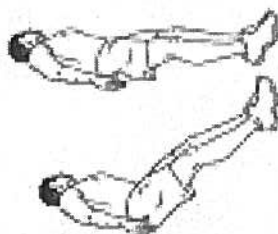
10 reverse crunches



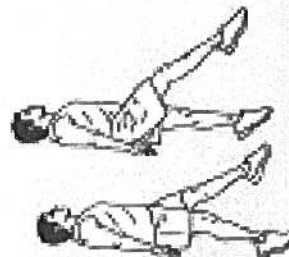
10 sitting twists



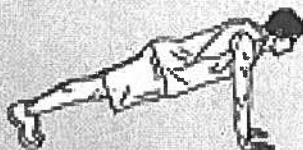
8 scissors



8 leg-raises



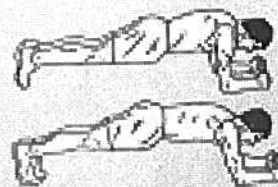
20 flutter kicks



30sec plank



30sec elbow plank

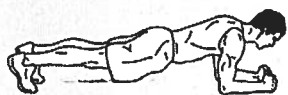


8 body saw

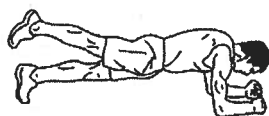
core builder

DAREBEE WORKOUT © darebee.com

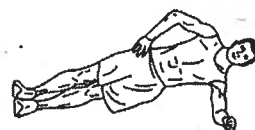
Switch sides on the fly, halfway through the exercise.



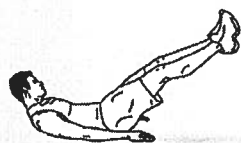
20sec elbow plank



40sec raised leg plank



40sec side plank



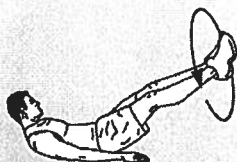
20sec raised leg hold



20sec leg raises



20sec slow kicks



20sec raised leg circles



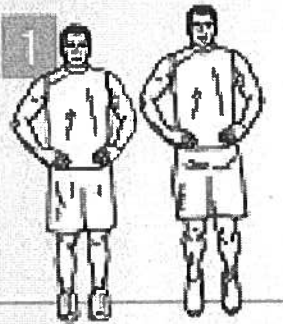
20sec side-to-side tilts



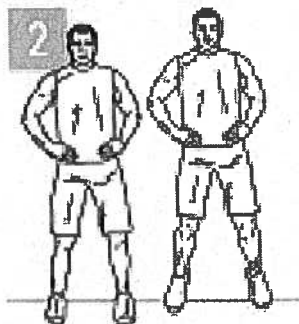
40sec side leg raises

cardio jump workout

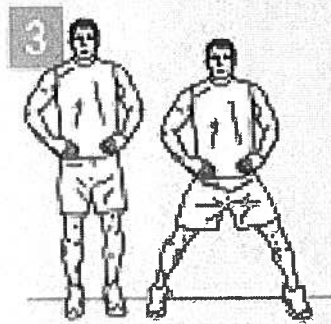
Repeat 3 times | up to 2min rest between sets
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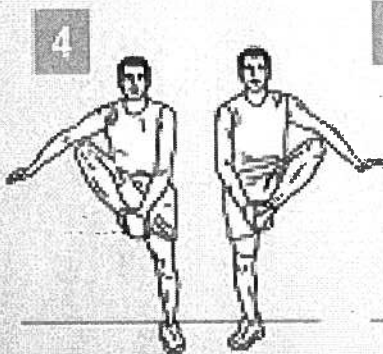
10 jump on a spot



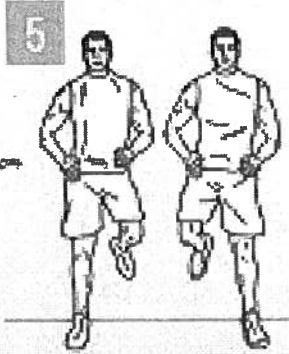
10 wide leg jumps



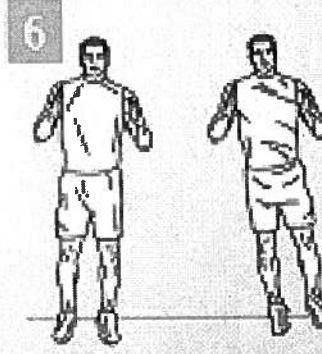
10 half star jumps



10 toe tap jumps



10 side-to-side
single leg jumps



10 side-to-side jumps

www.nhs.uk **NHS** choices

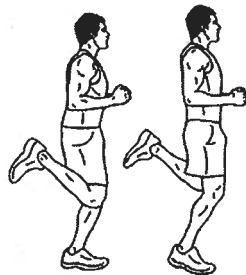
2-minute cardio

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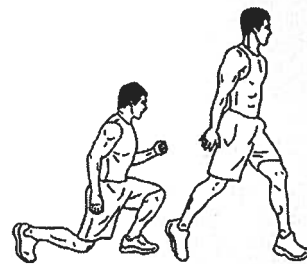
20 seconds each exercise | no rest between exercises



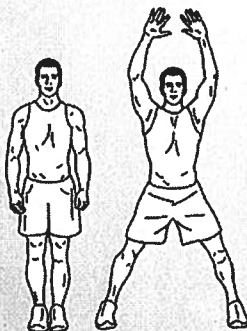
1. high knees



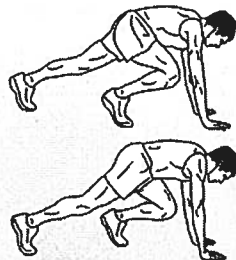
2. butt kicks



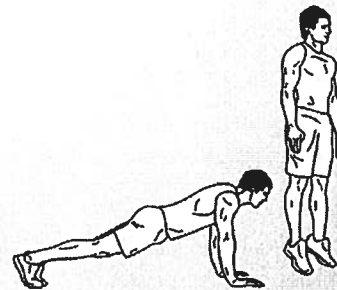
3. jumping lunges



4. jumping jacks



5. climbers



6. basic burpees

UPPER BODY

Body Weight Exercises

PUSH UPS			
<h3>KNEELING PUSH UP</h3> <p>Place hands right below shoulders, feet on knees, knees under hips. Lower your body until your elbows are bent 90 degrees and your chest is just above the floor. Push back up to the starting position.</p> 	<h3>STANDARD PUSH UP</h3> <p>Place hands right below shoulders, feet on toes, knees under hips. Lower your body until your elbows are bent 90 degrees and your chest is just above the floor. Push back up to the starting position.</p> 	<h3>ALTERNATE HAND POSITIONS</h3> <div style="display: flex; justify-content: space-around;"> <div> <h4>Standard</h4>  </div> <div> <h4>Diamond</h4>  </div> <div> <h4>Yoga</h4>  </div> </div>	
<h3>INCLINE PUSH UP</h3> <p>Place hands on edge of a chair, feet on floor. Lower your body until your chest is just above the chair seat. Push back up to the starting position.</p> 	<h3>SHOULDER TAP</h3> <p>Start in a Standard Push Up position and lower yourself to chest position. Then, push up and tap the floor with your right hand. Repeat on the other side.</p> 	<h3>SCORPION</h3> <p>Start in a Standard Push Up position. As you lower your body, lift one foot off the floor and keep it straight. Push back up to the starting position.</p> 	<h3>DECLINE PUSH UP</h3> <p>Start on all fours with a chair seat behind you. Push up, then lower your body until your chest is just above the chair seat. Push back up to the starting position.</p> 
<h3>GLASSING PUSH UP</h3> <p>Start in a Standard Push Up position and lower yourself to chest position. Then, push up and hold your body in a glassing position for 10 seconds. Repeat.</p> 	<h3>SPIDERMAN PUSH UP</h3> <p>Start in a Standard Push Up position. As you lower your body, lift one foot off the floor and tap it to the floor. Repeat on the other side.</p> 	<h3>PUSH UP WALK OUT</h3> <p>Start in the lower position of the Standard Push Up. Push up, then walk your hands out to the sides. Push back up to the starting position.</p> 	<h3>HOVER PUSH UP</h3> <p>Start in a Standard Push Up position. Lower your body until your chest is just above the floor. Then, push up and hold your body in a hovering position for 10 seconds. Repeat.</p> 
<h3>SHOULDER PRESS</h3> <p>Start in a Standard Push Up position. Push up, then press your arms overhead. Lower your body back to the starting position.</p> 	<h3>PULL UPS (WIDE)</h3> <p>Hang from a pull-up bar with your arms wide. Pull your chest up to the bar. Lower your body back to the starting position.</p> 	<h3>CHIN UPS</h3> <p>Hang from a pull-up bar with your arms close together. Pull your chest up to the bar. Lower your body back to the starting position.</p> 	
<h3>SUPINE PUSH UP</h3> <p>Start on your back with your arms extended above your head. Push up, then lower your body back to the starting position.</p> 	<h3>TRICEP DIPS (BENT LEGS)</h3> <p>Start on a chair with your feet on the floor. Lower your body until your elbows are bent 90 degrees. Push back up to the starting position.</p> 	<h3>TRICEP DIPS (STRAIGHT LEGS)</h3> <p>Start on a chair with your feet on the floor. Lower your body until your elbows are bent 90 degrees. Push back up to the starting position.</p> 	<h3>TRICEP DIPS (RAISED LEGS)</h3> <p>Start on a chair with your feet on the floor. Lower your body until your elbows are bent 90 degrees. Push back up to the starting position.</p> 

The exercises and models contained in this guide may be the property of Creative Fitness Inc. or its affiliates and are not to be reproduced in any way without the express written consent of Creative Fitness Inc. or its affiliates.



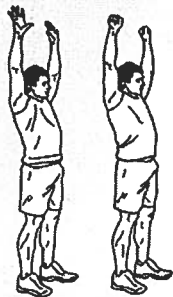
Safety Rules:
 Double-check your safety harness and labels on each piece of equipment.
 Use proper form and technique.
 If you have any questions, contact us at 1-800-850-8500.

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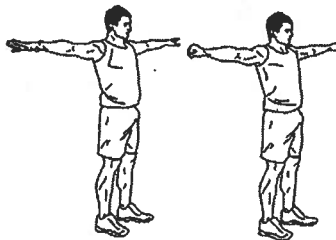
DIGITAL DOWNLOAD

UPPERBODY TENDON STRENGTH

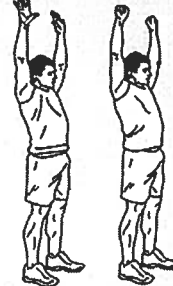
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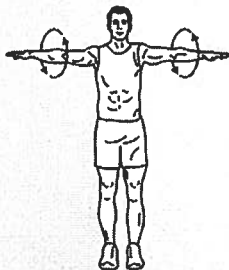
30sec clench/unclench
overhead



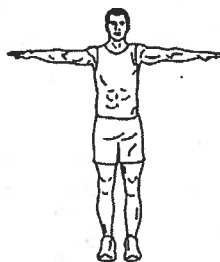
60sec clench / unclench
arms raised to the side



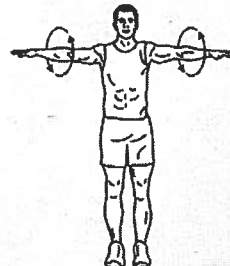
30sec clench/unclench
overhead



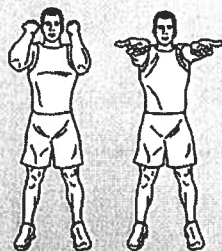
30sec raised arm circles



60sec hold



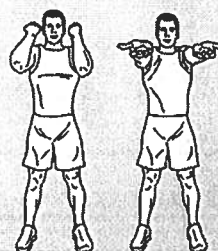
30sec raised arm circles



30sec bicep extensions



60sec hold

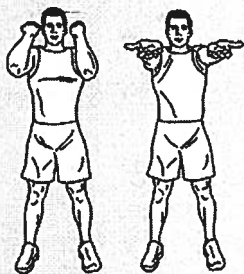


30sec bicep extensions

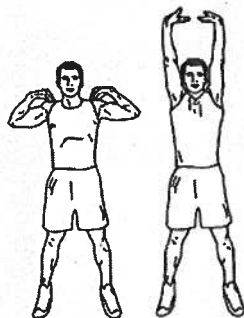
upperbody works

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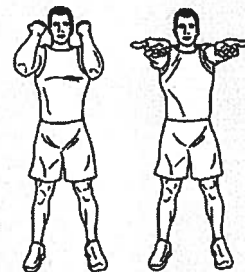
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



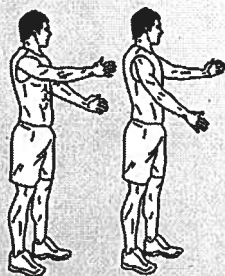
20 bicep extensions



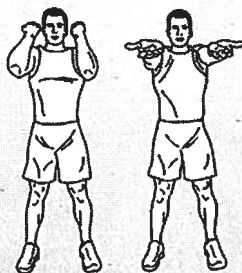
20 standing shoulder taps



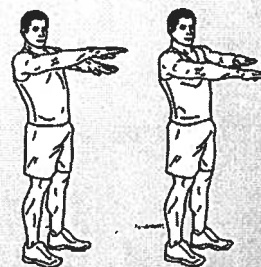
20 bicep extensions



20 scissors chops



20 bicep extensions



20 arm scissors

LOWER BODY

Body Weight Exercises

AIR SQUAT

Quadriceps, Gluteus Maximus, Hamstrings

Stand with your feet shoulder-width apart and toes pointing out slightly. Slightly push your hips back and draw your torso up. Stand with a comfortable depth (90, 120, 150, or 180 degrees). Lower a slight arch to your back throughout. From stability at the bottom and evenly return to standing.

SUMO SQUAT

Quadriceps, Gluteus Maximus, Hamstrings, Hip Adductors

Use a very wide stance, toes pointing out, and cross heels over chest. Stand on both by landing the hips and knees over the feet. As you squat, focus on keeping your knees and chest up. Focus heavily on the bottom and evenly return to standing.

COSSACK SQUAT

Quadriceps, Hip Adductors, Hip Abductors, Gluteus Maximus

From standing, step out with one leg, toes slightly pointed out. Lower yourself on one as you lean on that leg, keeping your torso upright. Your extended leg should be straight, while bent to 90 degrees and knee pointed upward. Reverse the motion to push yourself back up to the start position.

STATIC CHAIR POSE

Quadriceps, Gluteus Maximus, Hamstrings, Triceps, Erector Spinae

From standing, sit back as you raise your arms up while tucking your head and your thighs are almost parallel to the floor. Keep your head and neck in neutral alignment. Do not let your knees go beyond your toes. When you get to the top, lower your torso until touching the chest up. Hold for one minute.

TUCK JUMP

Quadriceps, Gluteus Maximus, Hamstrings, Gastrocnemius, Hip Flexors

From standing, fold your knees by lowering into a squat position. Without pivoting, explode upward as you pull your feet to your chest. Catch yourself in a 90-degree position when you come down.

JUMPING SQUAT

Quadriceps, Gluteus Maximus, Hamstrings

From standing, draw your arms backward as you lower into a squat position to load the muscles. In one motion, push your arms forward and up as you explosively jump straight up. When you land, lower your body back into the squat position to complete one rep.

PISTOL SQUAT

Quadriceps, Gluteus Maximus, Hamstrings, Hip Adductors

Squat your weight onto one foot and lift the other off the floor. Bring the lifted leg straight out to front, as you squat with the other leg. From all the way down, matching and to touch toes. Slowly return to standing. **NOTE:** Very Challenging

LUNGE

Quadriceps, Gluteus Maximus, Hamstrings

Stand with your heels at your sides. Take a step forward with one leg, and lower the back knee toward the front knee. Feet flexed and then push back up to starting. Repeat with the other leg.

REVERSE LUNGE

Quadriceps, Gluteus Maximus, Hamstrings

From standing, take a big step backwards with one foot. Only if you can't step back, lower the back knee toward the front knee. Feet flexed and then push back up to standing. Repeat with the other leg.

SPLIT SQUAT

Quadriceps, Gluteus Maximus, Hamstrings

Start with feet spaced wide apart, one in front of the other, hands on hips. From the knee position throughout the exercise, slowly lower your body straight down until the back knee is close to touching the floor and both knees are bent to 90 degrees. Push back up into the starting position and repeat.

CURTSEY SQUAT

Quadriceps, Gluteus Maximus, Hamstrings, Hip Adductors

Stand with heels on line, feet hip distance apart. Take a big step forward with one foot, lifting it up and across to the opposite side of the body and landing it squarely on the floor. From this point, lower the back knee toward the floor, pivoting just before it touches and then push back up to standing. Repeat with the other leg.

SKATER SQUAT

Quadriceps, Gluteus Maximus, Hamstrings, Hip Adductors

From standing, lift one foot off the floor as you lean forward, landing the landing knee while touching the other foot to the floor. Bring your hands to hold to counterbalance on your torso. Lowering between one and two, continue until your back knee is hitting the floor. From there, quickly push back up to start.

SIDE LUNGE

Quadriceps, Gluteus Maximus, Hamstrings, Hip Adductors

Standing with heels on line, take a step to the side with one foot, bend into the knee of the stepping leg and shift your weight to that side. From your crouch, lift your foot off the floor as you lean your torso. From at the bottom, then push yourself back to standing.

DONKEY KICK

Gluteus Maximus, Hamstrings, Gastrocnemius, Soleus

Get on all fours with your hands directly under hips and head under shoulders. Lift one leg off the floor, keeping the knee at a 90-degree angle. Slowly push the ball of the lifted leg toward the ceiling. From that position, lower and return.

CALF RAISES

Gastrocnemius, Soleus

Standing on a step, have your heels hanging off the edge. Stand on a heel for support. Lift your heels as high as you can by pushing through the balls of your feet. Hold briefly. Then come back down. If you are standing on a step or step by to slowly lower the heels beyond the level of the step to halfway range of motion. Repeat.

ONE LEGGED BALANCE

Hamstrings, Gluteus Maximus, Erector Spinae, Quadriceps, Gastrocnemius, Hip Adductors

Placing both legs straight, lift your weight onto one leg, lifting the other off the floor. Slowly lift the leg off the floor until your torso and leg are parallel to the floor. From there, slowly lift by pivoting your torso on the standing leg to shift your hips forward.

STEP UPS

Quadriceps, Gluteus Maximus, Hamstrings, Gastrocnemius, Soleus

Using a step, side or bench, place one foot on the raised surface and push through your heels to lift the body off the floor. As you come up, lift the other foot, and come side arm, into the air with the knee to at 90 degrees and the thigh is parallel to the floor. Carefully step back down and repeat with the other leg.

SIDE LYING LEG LIFT

Gluteus Medius

Lie on your side, so the body is straight through the shoulders, hips and knees. Bottom leg can be slightly bent for balance. Lift your upper leg as high as you can, keeping it straight and toes slightly pointed upward in a slow and controlled fashion, lower the leg.

ADDUCTOR LEG RAISE

Hip Adductors, Gastrocnemius, Soleus

Lie on your side with the bottom leg straight and the top leg with knee bent. Place the foot flat on the floor and the foot of the bottom leg. Raise the bottom leg as high as you can. Lower slowly and repeat.

The exercises and advice are based on the premise that the correct exercise is the best exercise. The authors and publishers of this paper are not responsible in any way for injuries or other conditions which may occur as a result of the exercises herein.



Safety Rules:

1. Exercise properly, obtain an exercise and return pass.
2. Stop if you feel unusual pain.
3. If exercise does not feel right, repeat on other side.

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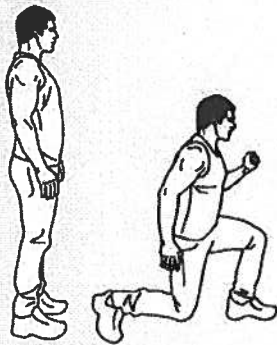
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Lower Body Works

DAREBEE WORKOUT
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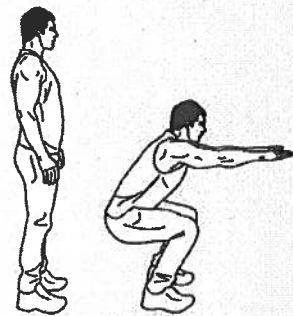
repeat 3 times | 1 minute rest



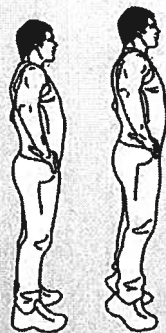
10 forward lunges



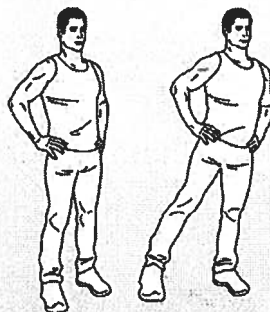
10 calf raises



10 squats



10 calf raises



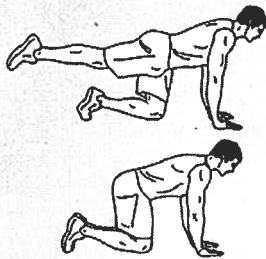
40 side leg raises



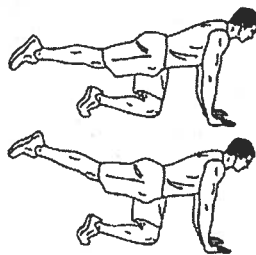
10 calf raises

LOWERBODY TENDON STRENGTH

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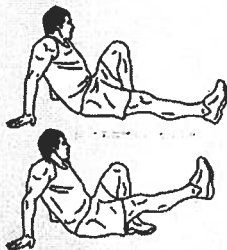
20sec leg extensions



20sec raised leg swings
change sides and repeat the sequence



20sec hold



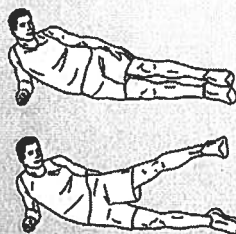
20sec leg raises



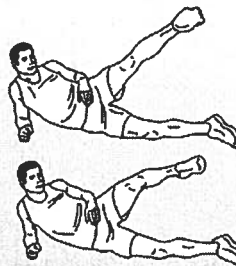
20sec raised leg circles
change sides and repeat the sequence



20sec hold



20sec side leg raises



20sec raised leg kicks
change sides and repeat the sequence



20sec hold

TEAM HANDBALL

PACKET # 26

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity and relates to its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

INTRODUCTION

Team handball is played by two teams of seven players each (1 goalkeeper and 6 court players). The object of the game is to throw the ball past a goalkeeper into the opponent's goal.

HISTORY OF THE GAME

Team handball is very popular in much of the world, but little known in North America. even the name is confusing even to a North American who knows quite a bit about sports.

The modern game actually grew out of three sports that were developed, independently, in three different European countries: The Czech Hazena, the Danish Handbold, and the German Torball.



All three were based on soccer, but essentially replaced the foot with the hand, so that the ball could be advanced by batting or throwing, rather than by kicking.

Hazena was being played by Slovaks as early as 1892; its rules were first set down in 1906, by a college professor. Handbold (the Danish word for handball) was developed in 1898 by a teacher, Holger Nielsen, as an alternative to soccer. In 1906, Nielsen revised the rules considerably and began organizing competitions outside the

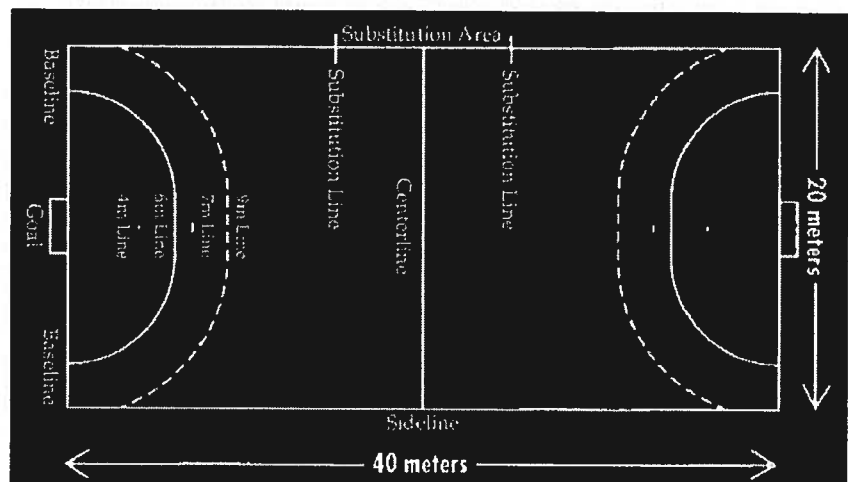
Although it has never achieved great popularity, it was adopted by the U. S. Army as a camp sport in many areas of the country. Many Boys' and Girls' Clubs also took it up, followed by Explorer Scouts and even some high schools and colleges. The U. S. Team Handball Federation was founded in 1959 to standardize rules and sanction competition.

HOW HANDBALL IS PLAYED

Handball is a ball game of two teams against each other. Each team consists of six field players and one goalkeeper. The winner is the team that makes more goals in sixty minutes, divided into two half-times of thirty minutes. Each team has up to five players to change the playing team in the field.

Players advance the ball down the court by dribbling and throwing the ball. They are allowed to dribble for an unlimited amount of time, run with the ball for up to three steps before and after dribbles, and hold the ball without moving for three seconds. Players are not allowed to pull, hit, or punch the ball out of the opponent's hands, endanger an opponent with the ball, or make contact with the ball below the knees. Free throws are awarded to the opponent in the event of minor fouls or violations. A seven-meter penalty shot is awarded to the opponent when major violations are committed. Matches consist of two thirty-minute periods with a ten-minute half-time interval. There are no overtime periods in team handball.

The playing field is twenty meters wide and forty meters long and it is divided into two halves. Each team owns one of the two goals and there is an area in front of the goal up to six meters away called the 'circle,' wherein only the goalkeeper is allowed. Only the goalkeeper, while in his circle, is allowed to touch the ball with his whole body, all other players are only allowed to throw the ball with their hands.



A player owning the ball can hold it for three seconds or go for three steps, then he must

school at which he taught. Similarly, Torball was created in 1915 by a German gymnastics teacher, Max Heiden.

Professor Carl Schelenz of the Berlin Physical Education School in 1919 combined elements of handbold and Torball and adapted the soccer playing field for a new sport which he called handball (actually translating the Danish into German). Schelenz also borrowed from basketball, which was just becoming popular in Germany, to allow dribbling as a means of advancing the ball.

By 1925, the game had become fairly popular in other European countries. The International Amateur Handball Federation (IAHF) was established in 1928; handball was a demonstration sport at the Olympics that year and again in 1932.

Team handball, designed to be played outdoors by teams of eleven players, was a full-fledged Olympic sport at the 1936 Munich Games. The United States finished sixth and last in the competition.

Meanwhile, a different, indoor version of handball was being developed in the Scandinavian countries. Based largely on Danish Handbold, this version had only seven on a side and was played in a considerably smaller area. The IAHF held the first seven-a-side world championships in 1938.

After World War II, the seven-player game gradually took over from the eleven-player version in Europe and also spread to other continents. World championship play, which had been ended by the war, began again in 1954 and handball was restored to the Olympic program in 1972. Competition for women's teams began in 1976.



When handball was introduced to the United States, around 1930, the name was already being used for the court game that was very popular in YMCAs across the country, so the new import was called "field handball," eventually shortened to "fieldball," and it was at first played primarily by girls and women. The seven-player version, however, became known as team handball in the United States.

tip the ball to the ground, throw the ball to another player or into the goal.

The goal is three meters wide and two meters high and is located in the middle of the circle at the end of the playing field. No field player is allowed to reach the goal, but they are allowed to jump into the circle, if they are leaving it at once after the jump.

A match is lead by two referees, each of whom can penalize players with a warning (yellow card, not more than three per team or one per player), a two minute time-penalty (not more than two per player), a disqualification (red card, another player can go on the field after two minutes) or an exclusion (the team is one player short until the end of the match).



If a player makes a fault, each of the referees is allowed to give a free-throw to the other team, or decide for a penalty. Penalties are executed at a mark seven meters away from the goal. In a free-throw each player of the other team has to stay three meters away from the point where it is executed from, in a penalty there is only one shooter against the goalkeeper, but the shooter is not allowed to make a step before the ball has left his hand.

SKILLS & TECHNIQUES

BASIC CATCHING TECHNIQUE

The thumbs and fingers should form the shape of a triangle.

Both hands form a “bowl/basket,” enabling to catch the ball more effectively.

Arms should be bent at the elbow and fully extended in order to catch the ball.

When catching the ball, players should move hands toward the ball.

Always catch the ball with two hands.

The “target” should be at shoulder height and on the dominant arm side.

The knees are flexed and the feet are shoulder width apart.

The head is up and forward and the eyes are focused in on the ball.

OVERHEAD PASS

Throwing arm is at a 90 degree angle at the elbow with ball slightly above head height.

The whole hand should be behind the ball when it is being thrown.

Begin by taking one step forward with the left foot (right handed throwers).

Upon completion of the pass follow through to the target.

Drive with the right foot for power.
Always retreat after the pass to the original position.



THE JUMP SHOT

Right-handed throwers should push off from the left foot.
Left-handed throwers should push off from the right foot.
Throw from the highest point of the jump.
When in the air, the body should be stretched and throwing shoulder drawn back.

GOALKEEPING

The knees should be slightly bent and the hands held at head height.
Low balls are stopped with the foot and one arm stretched toward the foot to assist.
A ball thrown at mid-height should be stopped with hand and foot while high balls require a jump from one foot.

EQUIPMENT & CLOTHING

Ball - The ball used in men's team handball competitions is about 23 inches in circumference. The ball used in women's team handball competitions is 22 inches in circumference. Team handballs are covered in leather.

Uniforms - All players on a team must wear identical uniforms, with the exception of the goalkeeper whose uniform must have colors that distinguish him/her from the court players.

HANDBALL NEWS & NOTES

USA Team Handball Collegiate National Championships hosted by the Carolina Team Handball Club (CTHC) took place in April, 2006 at the University of North Carolina, Chapel Hill, NC.

The Tournament was a success as collegiate teams from around the U.S. competed in Men's and Women's divisions to battle for the title of Collegiate National Champion.

After three days of exciting team handball



the Gold Medal went to the Carolina men's team, the Silver Medal was won by the West Point Black team and the Bronze went to the Air Force squad. On the women's court the Gold Medal was captured by the West Point Black, the Silver by the Carolina women and the Bronze by the West Point Gold team.

The tournament was considered a rousing success, drawing teams from across the United States. Both the men's and women's divisions were comprised of the top team handball clubs in the nation.

2004 Olympic Results:

Men—Croatia

Women—Denmark

Stay current with information about the sport by visiting these websites:

<http://www.usateamhandball.org/>

<http://www.usoc.org/237.htm>

<http://www.ushandball.org/college/index.html>



Denmark's Women's Championship Team

STUDENT RESPONSE PACKET #26

TEAM HANDBALL

NAME _____

DATE _____

WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of team handball. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

1. Describe how handball players move the ball.
2. What three sports formed the basis of team handball?
3. When was team handball introduced to the Olympics? Where? How did the United States do in this competition?
4. Team handball changed around the time of World War II. Describe the changes.
5. Describe how the game of team handball is played.

6. What did Schelenz add to the rules because of the popularity of a new sport in Germany?

7. Where was “fieldball” first played in the US? By whom?

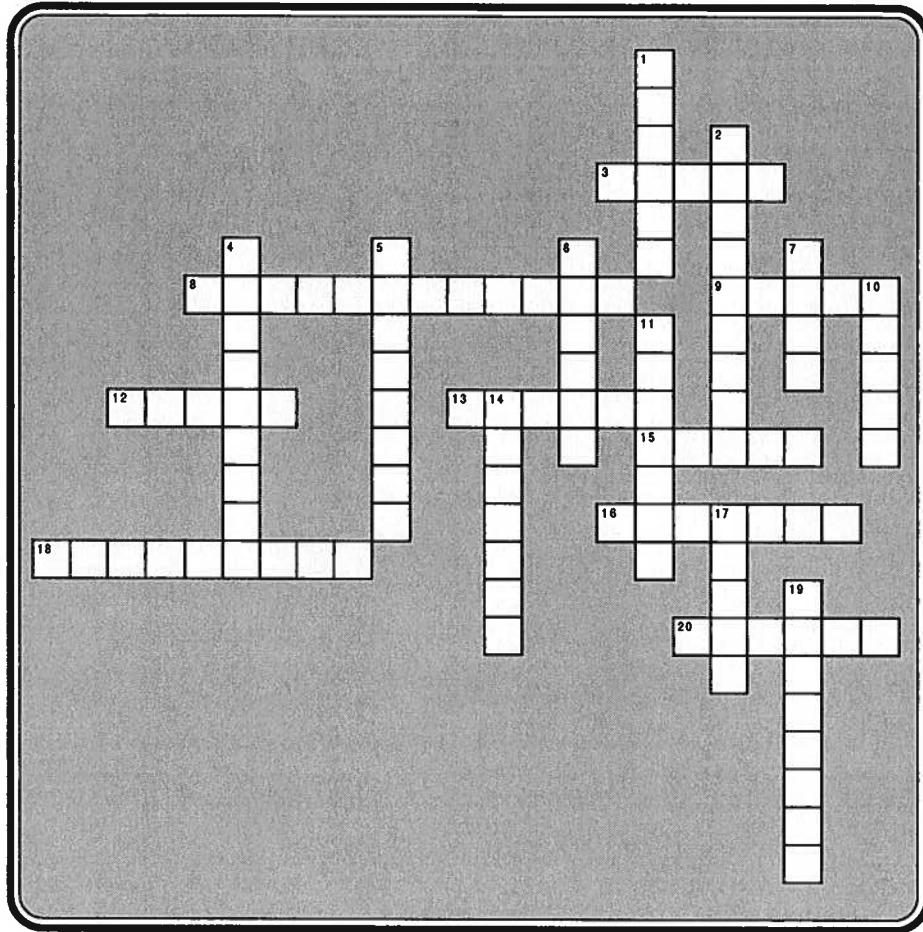
8. What organization in the US adopted Team Handball?

9. List three things a player cannot do to try to get the ball out of an opponent’s hands.

10. Describe the difference between a red card and a yellow card.

Name: _____ Date: _____

Physical Education 26 Crossword



Across

- 3 One gets a free throw for one of these violations
- 8 A player is _____ if he/she gets a red card
- 9 Players cannot contact the ball below the _____
- 12 One should always throw the ball with two of them
- 13 A Czech sport
- 15 Number of steps players can take with the ball
- 16 One of the countries that first developed a game of Team Handball
- 18 One of the ways players can advance the ball
- 20 Team Handball is based upon this common sport

Down

- 1 The 1936 Olympics were held here
- 2 The only one who can touch the ball with his/her whole body
- 4 This was the term used to describe the American game around 1930
- 5 The Danish word for "handball"
- 6 He created Torball in 1915
- 7 Hands are to team handball as _____ are to soccer
- 10 The number of players on each Team Handball team
- 11 The ball used is covered with this
- 14 The "A" in IAHF
- 17 A penalty shot is awarded after one of these violations
- 19 He was the first to combine Handbold and Torball

Name: _____ Date: _____

Physical Education 26 Word Search



Circle the words in the above puzzle.

- | | |
|-----------------|--------------|
| 1. AMATEUR | 11. HAZENA |
| 2. DISQUALIFIED | 12. HEIDEN |
| 3. DRIBBLING | 13. KNEES |
| 4. FEET | 14. LEATHER |
| 5. FIELDBALL | 15. MAJOR |
| 6. GERMANY | 16. MINOR |
| 7. GOALKEEPER | 17. MUNICH |
| 8. HANDBALL | 18. SCHELENZ |
| 9. HANDBOLD | 19. SOCCER |
| 10. HANDS | 20. TORBALL |