

# 6<sup>th</sup> 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.

<b>Day</b>	<b>Activity (Quick Description)</b>	<b>Time (min)</b>	<b>Type (What did it work?)</b>
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			













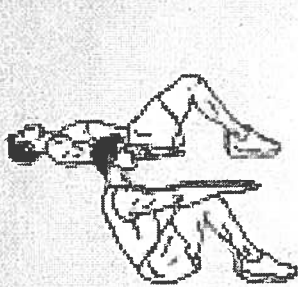




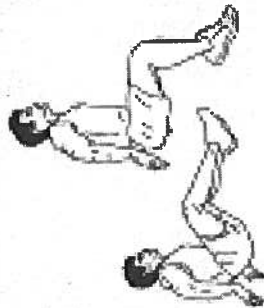
# code of abs

DAREBEE WORKOUT @ darebee.com

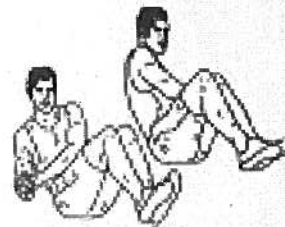
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



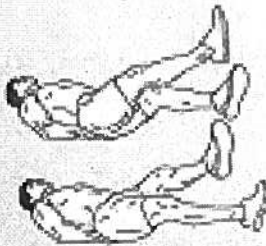
**10** sit-ups



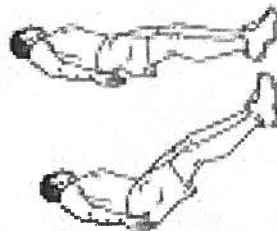
**10** reverse crunches



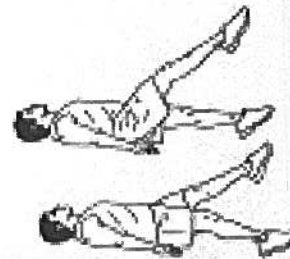
**10** sitting twists



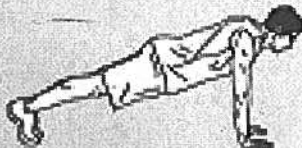
**8** scissors



**8** leg-raises



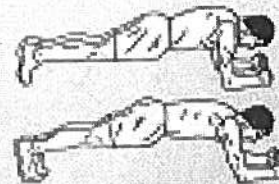
**20** flutter kicks



**30sec** plank



**30sec** elbow plank



**8** body saw

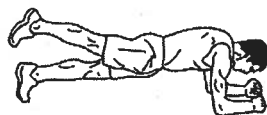
# core builder

DAREBEE WORKOUT © darebee.com

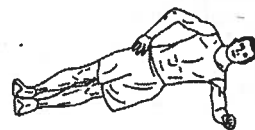
Switch sides on the fly, halfway through the exercise.



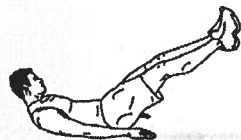
**20sec** elbow plank



**40sec** raised leg plank



**40sec** side plank



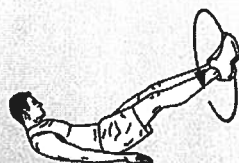
**20sec** raised leg hold



**20sec** leg raises



**20sec** slow kicks



**20sec** raised leg circles



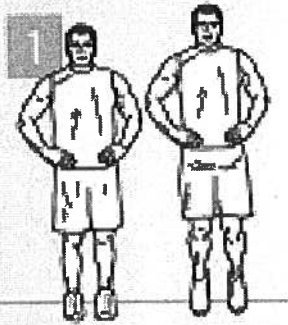
**20sec** side-to-side tilts



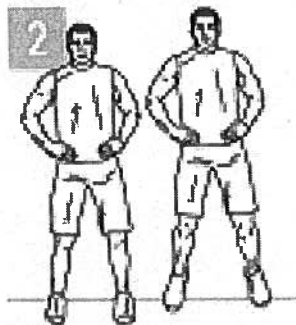
**40sec** side leg raises

# cardio jump workout

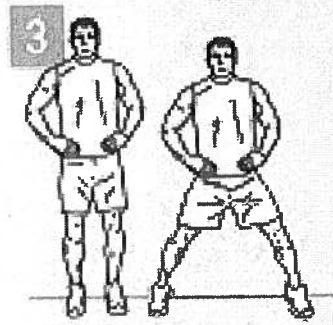
Repeat 3 times | up to 2min rest between sets  
@neillarey.com



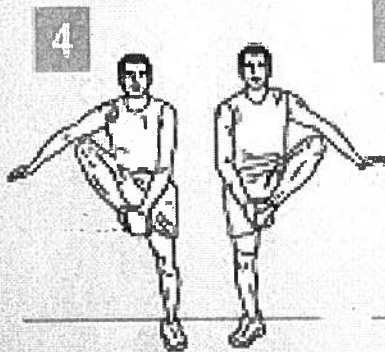
**10** jump on a spot



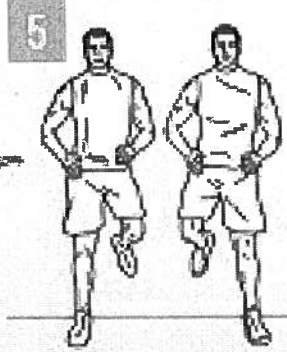
**10** wide leg jumps



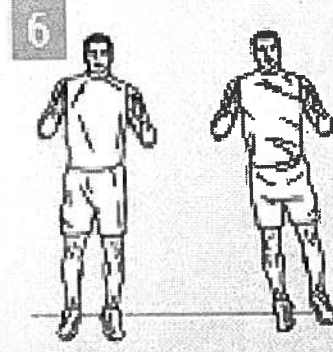
**10** half star jumps



**10** toe tap jumps



**10** side-to-side  
single leg jumps



**10** side-to-side jumps

www.nhs.uk **NHS** choices

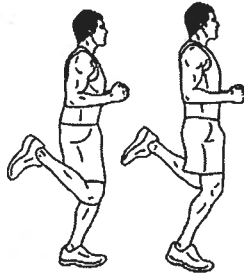
# 2-minute cardio

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

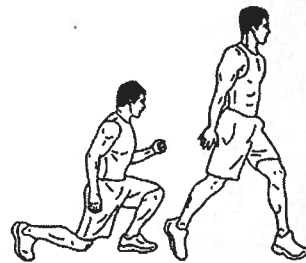
20 seconds each exercise | no rest between exercises



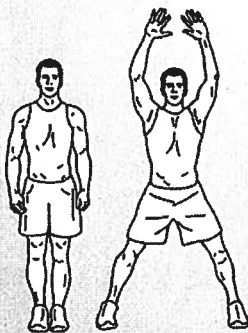
1. high knees



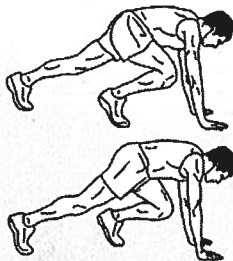
2. butt kicks



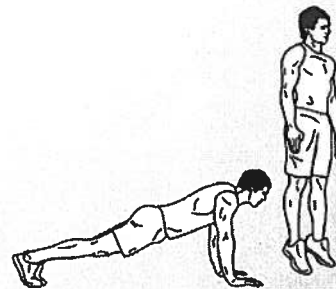
3. jumping lunges



4. jumping jacks



5. climbers



6. basic burpees

# UPPER BODY

## Body Weight Exercises

PUSH UPS			
<h3>KNEELING PUSH UP</h3> <p>Place hands slightly wider than shoulder width, feet on knees, torso over arms. Lower body until elbows are parallel and lower to chest. Push back up to starting position.</p> 	<h3>STANDARD PUSH UP</h3> <p>Place hands slightly wider than shoulder width, feet flat on floor, torso over arms. Lower body until elbows are parallel and lower to chest. Push back up to 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 flat on floor, torso over arms. Lower body until elbows are parallel and lower to chest. Push back up to starting position.</p> 	<h3>SHOULDER TAP</h3> <p>Start in a Standard Push Up position and lower yourself to chest position. Then tap your right shoulder with your right hand, then tap your left shoulder with your left hand. Repeat on other side.</p> 	<h3>SCORPION</h3> <p>Start in a Standard Push Up position. As you lower, lift one foot off the floor and bend the knee. Let the foot touch the floor and then repeat on the other side.</p> 	<h3>DECLINE PUSH UP</h3> <p>Start on all fours with hands on floor, feet on a chair. Lower body until elbows are parallel and lower to chest. Push back up to starting position.</p> 
<h3>CLAPPING PUSH UP</h3> <p>Start in a Standard Push Up position and lower yourself to chest position. Then clap your hands together in front of your chest. Push back up to starting position.</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 bring your knee to the other knee. Repeat on other side.</p> 	<h3>PUSH UP WALK OUT</h3> <p>Start in a Standard Push Up position. As you lower your body, walk your feet out to the sides. Push back up to 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. Hold your weight on your hands. Push back up to starting position.</p> 
<h3>SHOULDER PRESS</h3> <p>Start in a Standard Push Up position. Lower your body until elbows are parallel and lower to chest. Push back up to starting position.</p> 		<h3>PULL UPS (BAR)</h3> <p>Grasp a bar with hands shoulder-width apart. Pull your body up until your chin is over the bar. Lower your body back down.</p> 	<h3>CHIN UPS</h3> <p>Grasp a bar with hands shoulder-width apart. Pull your body up until your chin is over the bar. Lower your body back down.</p> 
<h3>SUPINE PUSH UP</h3> <p>Lie on your back with knees bent and feet flat on floor. Push your body up until your arms are straight. Lower your body back down.</p> 	<h3>TRICEP DIPS (BENT LEGS)</h3> <p>Sit on a chair with feet flat on floor. Lower your body until your elbows are parallel and lower to chest. Push back up to starting position.</p> 	<h3>TRICEP DIPS (STRAIGHT LEGS)</h3> <p>Sit on a chair with feet flat on floor. Lower your body until your elbows are parallel and lower to chest. Push back up to starting position.</p> 	<h3>TRICEP DIPS (RAISED LEG)</h3> <p>Sit on a chair with feet flat on floor. Lower your body until your elbows are parallel and lower to chest. Push back up to starting position.</p> 

The exercises and advice contained in this guide may be beneficial to you. However, it is not a substitute for medical advice. If you have any medical conditions, consult your doctor before starting any exercise program.

**Safety Rules:**

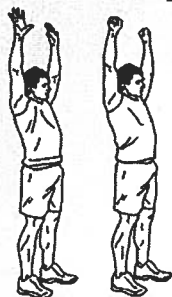
1. Double-check weights on a scale and labels on return pieces.
2. Stop if you feel any sharp pain.
3. If someone needs help, call 911. Do not use other aids.

www.productivefitness.com  
© PRODUCTIVE FITNESS PRODUCTS, INC. 2015. Made in Canada

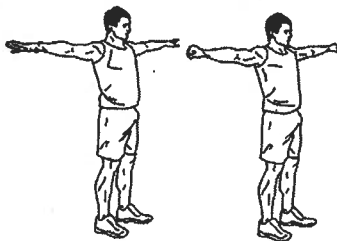
# DIGITAL DOWNLOAD

# UPPERBODY TENDON STRENGTH

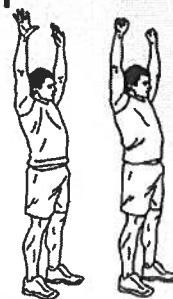
DAREBEE WORKOUT @ [darebee.com](http://darebee.com)



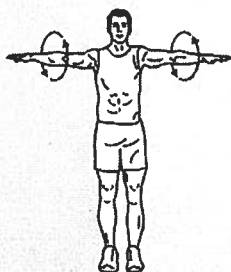
**30sec** clench/unchench  
overhead



**60sec** clench / unclench  
arms raised to the side



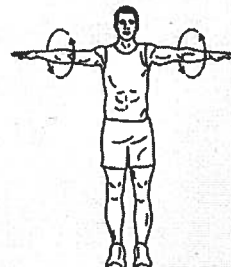
**30sec** clench/unchench  
overhead



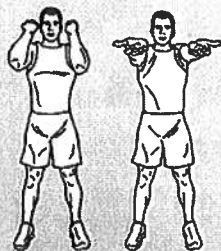
**30sec** raised arm circles



**60sec** hold



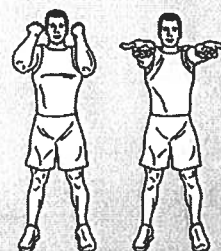
**30sec** raised arm circles



**30sec** bicep extensions



**60sec** hold



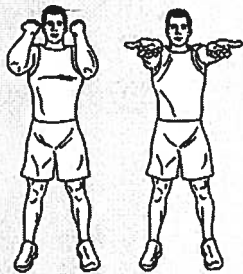
**30sec** bicep extensions



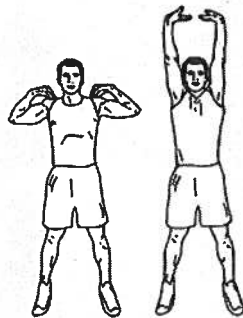
# upperbody works

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

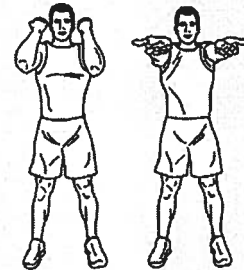
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



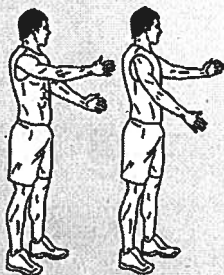
20 bicep extensions



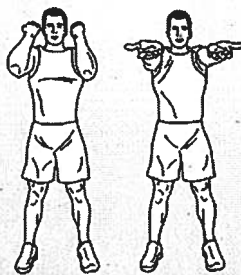
20 standing shoulder taps



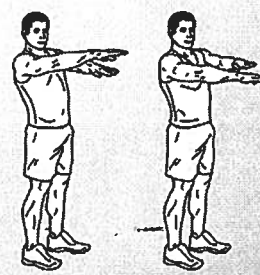
20 bicep extensions



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 down until you reach a comfortable depth. Inhale, exhale, keep a slight arch in your back throughout. Press firmly at the bottom and clearly return to standing.

### SUMO SQUAT

**Quadriceps, Gluteus Maximus, Hamstrings, Hip Adductors**

Take a very wide stance, feet pointing out, and cross hands over chest. Stand off back by leaning the hips and knees until the thighs are parallel to the floor. As you squat, focus on keeping your knees from moving inward and chest up. Pause briefly at the bottom and clearly return to standing.

### COSSACK SQUAT

**Quadriceps, Hip Adductors, Hip Abductors, Gluteus Maximus**

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

### STATIC CHAIR POSE

**Quadriceps, Gluteus Maximus, Hamstrings, Trapezius, Sacral Spine**

From standing, exhale as you raise your arms up while bending your torso and your thighs are about parallel to the floor. Keep your back and neck in neutral alignment. Do not let your knees go beyond your toes. While on getting the legs lower while keeping the chest up hold for one minute.

### TUCK JUMP

**Quadriceps, Gluteus Maximus, Hamstrings, Gastrocnemius, Hip Flexors**

From standing, hold your ankles by tucking them a tuck position. Without jumping, exhale upward as you push your knees to your chest. Catch yourself in a tuck position when you come down.

### JUMPING SQUAT

**Quadriceps, Gluteus Maximus, Hamstrings**

From standing, draw your arms backward at your lower hip a rigid position to hold the muscles. In one motion, push your arms forward and up as you explosively jump as high as you can. Lower your body back into the rigid position to complete one rep.

### PISTOL SQUAT

**Quadriceps, Gluteus Maximus, Hamstrings, Hip Adductors**

Shift your weight onto one foot and lift the other off the floor. Drive the lifted leg straight out to back, as your right knee and other leg press out at the bottom, resulting in a tuck form. Slowly return to standing. **NOTE: Very Challenging**

### LUNGE

**Quadriceps, Gluteus Maximus, Hamstrings**

Stand with your heels at your sides. Take a long step forward with one leg. Push back toward the front. Push and before it touches and then push back up to standing. Repeat with the other leg.

### REVERSE LUNGE

**Quadriceps, Gluteus Maximus, Hamstrings**

From standing, take a long step backwards with one leg. Keep a flat back, head, neck and back line forward. Push back before it touches. Then push back up to standing. Repeat with the other leg.

### SPLIT SQUAT

**Quadriceps, Gluteus Maximus, Hamstrings**

Start with feet spread and apart, one in front of the other, heels on legs. Keep the same rigid position throughout the motion. 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, but hip abductors apart. Take a big step forward with one leg. Step it up and stretch to the opposite side of the body and landing it normally on the floor. Push hips and feet back forward. Lower the back knee toward the floor, pointing 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, bending the standing knee while keeping the other knee wide behind. Bring your hands to hold to counterbalance as you lean. Transferring between one leg, exhale and your back knee to behind the front ankle. Pause, then 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. Push your chest up and weight over your legs as you lower your hips. Point at the bottom, then push yourself back to standing.

### DONKEY KICK

**Gluteus Maximus, Hamstrings, Transverse Abdominis**

Get on all fours with your hands directly under hips and hands under shoulders. Lift one leg off the floor, keeping the knee at a 90 degree bend. Push the foot of the lifted leg toward the ceiling. Pause and return.

### CALF RAISES

**Gastrocnemius, Soleus**

Standing on a step, have your heels hanging off the edge. Stand on a step for support. Lift your heels as high as you can by pushing through the balls of your feet. Hold steady. Push your heels down. If you are standing on a step try to slowly lower the heels beyond the level of the step to increase range of motion. Repeat.

### ONE LEGGED BALANCE

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

Placing both feet up high, one on top of the other on one leg. Lift the other off the floor. Slowly raise the foot of the leg until your arm and leg are parallel to the floor. Pause. Return to start by lowering your arms and the standing leg to push your legs forward.

### STEP UPS

**Quadriceps, Gluteus Maximus, Hamstrings, Gastrocnemius, Soleus**

Step up one side or both, 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 opposite side arm, hold 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, on 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, Transverse Abdominis**

Lie on your side with one bottom leg straight and one leg with knee bent. Place the foot flat on the floor and in front of the bottom knee. Lift the bottom leg as high as you can. Pause briefly and lower. Repeat.

The number and times included on the other side to be done in one set for some people. It is a stretch and balance if the posture is not maintained in any way otherwise to please check your posture from standing. Be cautious to avoid.



**Safety Rules:**

1. Breathe Properly: exhale on exertion and inhale at rest.
2. Stop if you feel unexpected pain.
3. If exercise feels very difficult, repeat on other side.

Be cautious to avoid any injury. A professional fitness instructor can provide more information.

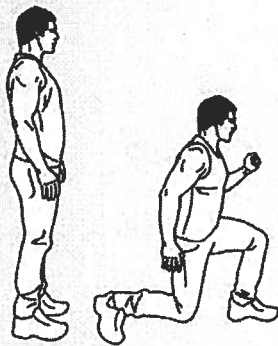
www.productivefitness.com  
PRODUCTIVE FITNESS PRODUCTS, INC. 2012 MADE IN CHINA

# Lower Body Works

DAREBEE WORKOUT

@ darebee.com

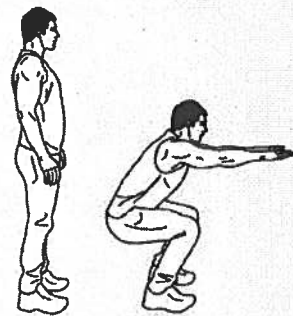
repeat 3 times | 1 minute rest



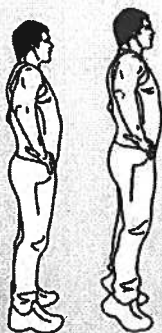
10 forward lunges



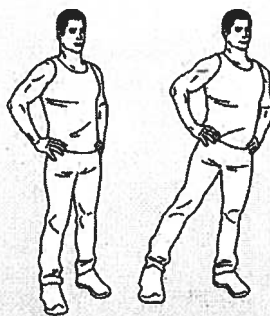
10 calf raises



10 squats



10 calf raises



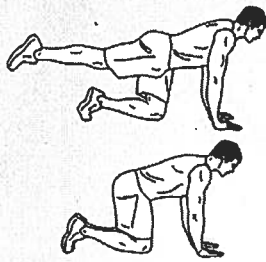
40 side leg raises



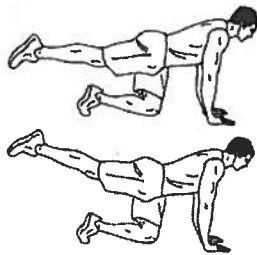
10 calf raises

# LOWERBODY TENDON STRENGTH

DAREBEE WORKOUT @ darebee.com



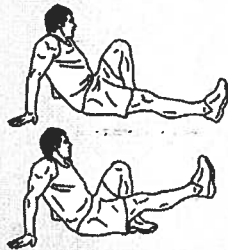
**20sec** leg extensions



**20sec** raised leg swings  
change sides and repeat the sequence



**20sec** hold



**20sec** leg raises



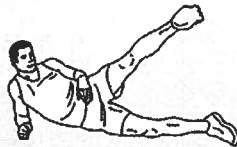
**20sec** raised leg circles  
change sides and repeat the sequence



**20sec** hold



**20sec** side leg raises



**20sec** raised leg kicks  
change sides and repeat the sequence



**20sec** hold



# **PHYSICAL EDUCATION LEARNING PACKET # 11**

## **BASEBALL**

### **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 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**

Baseball is probably the one sport which is most clearly identified with "being American." Former President Herbert Hoover once stated that baseball is the greatest of all team sports. For the past 150 years, baseball has become so intertwined in all aspects of American daily life that the baseball strike of 1994 seemed almost unthinkable. Who could imagine summer without hot dogs and soft drinks at the ball park or a warm summer evening spent cheering a favorite team to victory?

### **HISTORY OF THE GAME**

Baseball, however "American" it may seem to us today, did not originate in America. It probably began in England with a game called "rounders." The term "baseball" dates from 1744, when a book on sports described and illustrated a batter holding a bat with a catcher in position behind the batter and a pitcher ready to throw a ball. This English book was reprinted in America around 1762.

In 1845, an American amateur baseball player named Alexander Cartwright, along with other early baseball players, wrote the rules of the game. Many of these rules are still in effect today.

Baseball came to be dominated by professional players some time around 1869, when the first professional team, the Cincinnati Red Stockings, was organized. Later, many regional leagues were started, then dissolved. At this point in history, baseball was not a very lucrative business, and few teams were able to make money. In the late 1880s, the

the right arm is being used. Both feet should be parallel to the target and pointing toward it.

Players need to take special care of their arms because of the intense workout the arm gets in a game of baseball. Warm-up exercises should always be done before practice or a game. Many players ruin their chances at a pro or amateur career in baseball by abusing their arms. Watch that arm—it is your most valuable asset in the years of baseball playing ahead of you!

## **EQUIPMENT AND CLOTHING**

Baseball is played with very simple equipment—a ball, a bat and a glove. Bats are no more than 2-3/4 inches in diameter and 42 inches long. They can be of any weight. The baseball itself weighs about five ounces and is covered with two strips of white horsehide stitched together with a small inner core of cork or rubber.

All players on a team use gloves. A standard baseball glove may not exceed 12 inches in length and 8 inches in width. The first baseman and catcher usually wear gloves that are thicker than those of the other players.

## **BASEBALL NOTES AND NEWS**

As everyone remembers, 1994 went down in baseball history as a lost season. It was the year of the first season-ending strike in the history of a sport that has long been regarded as America's "National Pastime." The repercussions of the strike were far-reaching. For the first time in 90 years, there was no World Series. The strike lasted 34 days and covered 669 games cancelled. Owners lost over \$400 million in revenues.

When the players returned, there was no mistaking the change in atmosphere. Fans felt misused and misinformed, and the grandstands were all but empty in many fields. Even by late 1995, the stands were still not up to pre-strike attendance levels.

Bleachers were full, however, during the 1995 World Series. After two disappointments in a single decade, the stubborn, hardworking Atlanta Braves finally won the World Series 4 games to 2 against Cleveland, with brilliant pitching and consistent batting. Atlanta's Tom Glavine was voted Most Valuable Player.

Final league standings for 1995 were as follows:

**National League**

**American League**

Eastern Division  
Central Division  
Western Division

Atlanta  
Cincinnati  
Los Angeles

Eastern Division  
Central Division  
Western Division

Boston  
Cleveland  
California

The NLCS Most Valuable Player was Mike Devereaux of Atlanta, while the ALCS Most Valuable Player was Orel Hershiser of Cleveland.

The National League team won the All Star Game. The Most Valuable Player award went to Jeff Conine of Florida. The 1995 Cy Young Award went to Rickie Ashburn. 1995 was the year that Cal Ripken beat Lou Gehrig's record for successive games with 2,130. It was also the year that the legendary Mickey Mantle died.

Baseball has been an Olympic sport since 1904 when American players from other Olympic sports formed a team and beat a surprised Swedish team. But it wasn't until the 1992 Olympics that baseball was given the status of a full-medal sport.

An error occurs when a player gets to first base because the defensive player did not catch the ball or, having caught the ball, threw it poorly to another player.

Pitching records indicate the number of games won and lost and earned-run averages (total earned runs allowed, divided by the number of innings pitched, then multiplied by nine).

## **PLAYING TECHNIQUES**

### ***THROWS IN BASEBALL***

Developing a good throwing technique is an important skill in baseball. Throwing is the most complicated of all the baseball skills to execute effectively. It calls for speed, accuracy and long hours of practice. Good throwing takes into account the following steps:

The first step in learning a correct throwing technique is a proper grip. The player should grip the ball by placing the index and middle fingers over one of the four long seams on the baseball. The inner side of the thumb is placed on the underside of the ball in line with the middle finger. The ball and the point where the index finger and thumb meet should form a "V" shape. The ball is held loosely, almost in the fingertips.

Learn the proper stance for throwing. As the player prepares to throw the ball, his or her elbow should be up, shoulders level, and wrist cocked with fingers behind and on top of the ball. As the ball is released from a point over and in front of the player's head, the player's fingers should be behind the ball.

Remember that a player's arm does not work alone in throwing the ball. The player's entire body needs to be propelled forward in order to build arm speed for the throw. The player needs to take an exaggeratedly long step forward toward the target. The length of that step, however, depends on how far the ball has to travel. For example, an outfielder's step will be long because he has to throw the ball up to 300 feet away.

Follow-through is important! The technique of throwing does not end when the ball is released from the hand. If there is no follow-through, the ball will lose a great deal of speed and accuracy. The throwing arm should continue to move downward across the front of the body and behind the left hip if



The defensive team in the field tries to keep the offensive team's batters from scoring. One way of getting a batter out is to pitch three strikes. A strike occurs when the batter swings and misses or doesn't try to hit a ball that is pitched within the strike zone. If a batter already has two strikes and hits a ball into foul territory, the foul does not count as a strike. A foul ball counts as a strike under all other conditions.

If a pitcher throws a ball that does not cross home plate between the batter's armpits and knees (the strike zone), the pitch is "a ball." When a pitcher throws four balls to any one batter, the batter is able to go to first base without having to hit the ball—technically called "a walk."

Once the ball is hit and is in the air, the players in the field attempt to catch the ball before it hits the ground. If a fly or line ball is caught, the batter is automatically out. A ground ball, when caught, is thrown to a base in order to get the runner out.

Baseball players can also slide into a base to keep from being tagged out. Sliding is more difficult than it appears to be and requires practice to be done properly. The body falls to the ground in a controlled manner by a fall backward on the outer surface of the knee and lower leg, or just by diving head first.

All games have at least one umpire to call balls and strikes. Major league games have four umpires, one at each base.

## ***THE PITCHER***

The pitcher is considered the most important defensive player on a team. This position is the most physically demanding spot on the team as well as the position with the most control over the game. A pitcher needs excellent control over the ball in order to throw the ball where he or she aims it. Pitchers have been known to throw the ball 100 miles per hour.

Various styles of throwing the ball may be used to achieve different results. For example, a curve ball swerves from a straight line to the left or right, depending on which arm the pitcher is using. A fast ball is just that—a ball thrown extremely fast. A "slider" is a cross between a fast ball and a curve ball and seems to "slide" away from the batter.

## ***OUTFIELDERS AND INFELDERS***

Long or high balls, or ground balls that go past the infield, are caught by one of the three outfielders. Outfielders must have superior throwing ability. The center fielder is gener-

National League attempted to limit the salary that players could accept to a maximum of \$2,000.

During the early period of league formation, rules for transferring players from one league to another were created. There were also strict rules for recruiting minor league players for the major leagues. At present, all major league teams maintain minor league teams called "farm clubs" where players are trained and eventually transferred to a major league.

In 1903, the first World Series was held. It was held every year since until the baseball strike of 1994. Today, baseball, despite the impact of the strike, continues to be a highly-organized and lucrative sport. The salaries of baseball players are the highest of all athletes who play team sports.

## **HOW THE GAME IS PLAYED**

### *THE RULES OF THE GAME*

In baseball, two teams of nine players compete with one another on a baseball "diamond" which in reality is a square field. The teams are comprised of a pitcher, catcher, a first, second and third baseman, a shortstop, and left, center and right fielders.

A catcher stands behind the batter and signals the pitcher as to what type of ball to throw. Each game is made up of nine innings. If the home team is ahead (that is, if it has scored more runs) at the end of the middle of the ninth inning, the home team wins.

The baseball field has four bases which are spaced ninety feet apart from each other. The batter's box, the area where the batter stands, is located 60 feet and six inches from the pitcher's mound. The two foul lines run the length of the field and define the playing area.

The batter's objective is to get a hit. Once the ball is hit, the batter (now called the "runner") must get to first base before the ball is caught by the first baseman. Once the ball is caught, the runner is tagged or the first baseman touches first base before the runner touches it. If the batter can get to first base safely, it is called a "single."

A "double" occurs if the batter can run to second base, and a triple occurs when a batter makes it to third base. A home run means that the batter runs around all the bases and reaches home plate ahead of the ball. The batter can also hit a home run by hitting the ball over a wall or fence in the outfield.

ally the fastest of the three outfielders since he or she has the most area to cover. Center fielders must also have a "strong arm," as they must throw balls to third base and home plate. Some of the most famous names in baseball were outfielders—among them Babe Ruth, Ty Cobb, Joe DiMaggio, Ted Williams and Mickey Mantle.

The job of the infielder, the player who is on the bases and the shortstop, is to try to prevent balls from going into the outfield. These players also attempt to throw or tag out the batter once a ball has been hit. In particular, the shortstop has the most demanding position and must have a strong throwing arm and quick reactions.

The history of baseball is full of famous infielders, including Lou Gehrig, Rogers Hornsby, Jackie Robinson and Ernie Banks.

### *THE CATCHER*

The position of catcher is considered to be very important. The catcher is the "brains" or strategy planner for the game. His or her judgment in choosing pitches can determine the best defensive play for the rest of the team.

The catcher is thought by many to be the hardest-working member of a team. He or she has to know all the weaknesses and strengths of the pitchers. He or she covers third or first base when no one else is on base, and wears more equipment than any other player.

### *DESIGNATED HITTER*

A tenth starting player in the American League, minor leagues and many amateur leagues is a player used only to bat. This player has no defensive role and bats instead of the weakest hitter (usually the pitcher).

### *KEEPING SCORE IN BASEBALL*

The box score (records of both individual players and games) is kept by an official scorer. Also, newspapers and baseball clubs keep detailed records of the players' batting averages, fielding averages and pitching records.

Batting averages are calculated by taking the number of hits and dividing that figure by the number of times a player is at bat. If a batter "walks," it is not counted as a time at bat. Nor is it counted as a hit. Fielding averages are figured by taking the total put-outs and assists and dividing them by the total number of put-outs, assists and errors.

# STUDENT RESPONSE PACKET

## BASEBALL

NAME \_\_\_\_\_

DATE \_\_\_\_\_

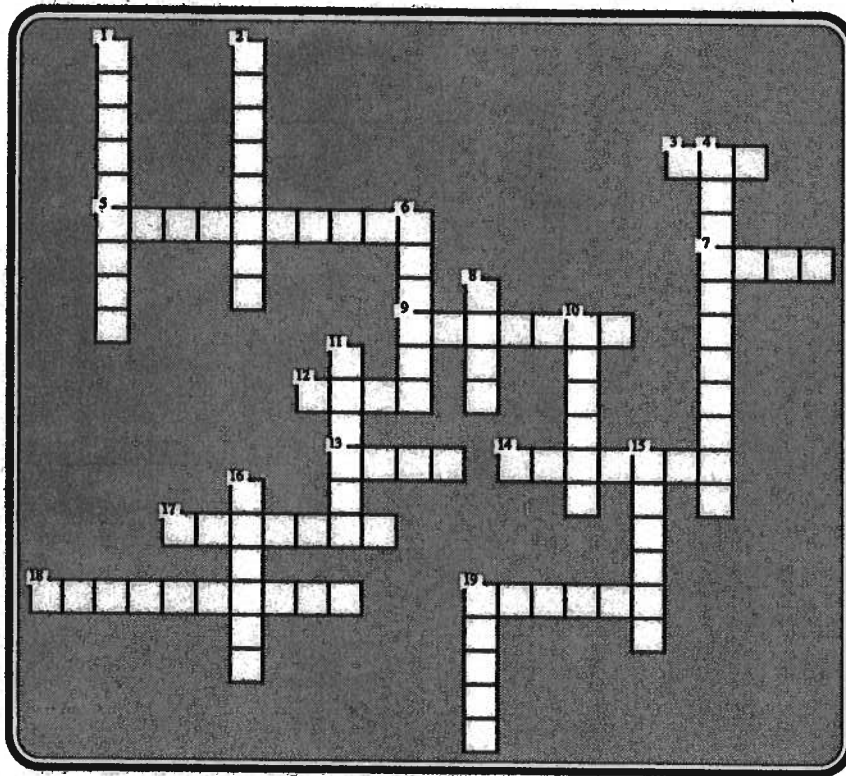
### WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of baseball. 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. Baseball is often identified as the great American sport, yet it didn't begin in America. How and where did this game originate?
2. What are some of the physical benefits to be gained from playing baseball?
3. What are "farm teams" and how are they used?
4. How many people make up a typical baseball team and what positions do they play?

5. **What is a “single”? a “double”?**
  
6. **When does a “ball” occur?**
  
7. **How is a good slide into a base performed?**
  
8. **Why is the pitcher considered the most important defensive player on the team?**
  
9. **Name at least four factors involved in performing a good throw:**
  
10. **What are some of the effects of the baseball strike in 1994? In your opinion, will baseball ever return to its pre-1994 status as the most popular spectator sport in America?**

Name: \_\_\_\_\_ Date: \_\_\_\_\_



**Across:**

3. The batter stands in it. It is 60 feet 6 inches from the pitcher
5. They are the players who try to prevent ball from going into the outfield
7. Weight in ounces of a baseball
9. Nickname for a baseball field
12. The number of bases
13. If the ball is not pitched in the strike zone and the batter does not swing, it is called this
14. The player who gives signals to the pitcher to tell him what type of pitch to throw
17. Most consider him to be the most important defensive player
18. Wrote the rules of baseball in 1845
19. A hit that gets the batter to first base safely

**Down:**

1. The first pro baseball team was the Cincinnati Red \_\_\_\_\_
2. What baseball used to be called in England
4. They are the players who are responsible for catching long fly balls
6. A cross between a fast ball and a curve ball
8. Another word for a minor league team
10. The distance in feet between the bases
11. A hit that gets the batter to second base safely
15. This player takes a position in the batter's box
16. When the batter swings at a pitch and misses it
19. A method of touching the base without being tagged out

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Physical Education 11 Word Search

S T S R N L L E R C L R R T T A S T O C K I N G S A S O V T  
L C R N A E C S D A M O T D F K N O R H T T D I A M O N D O  
K U I T O E E L I I I U I B I T G K E I C B A B I S E S C F  
B B U S O M R I S E D T S D Y A B S S T H C R D X A L A E  
T A R T C T S D E S M F I O E E I N O T C R O R E I B R R H  
B L A R S P E E B B B I N H A S S B M E I O F I E U T E T R  
K L D I D A S R O O H E G V B F R L U R R U B F A R M E W R  
T I F K E E F E P I T L L I E F R N I O L N G F V E L I R R  
N I N E T Y N N I E C D E A T Y N E E D B D I A O H E R I I  
C Y N G E M O B T I R E R N I I U D C O E E I N M E E F G K  
E D E N D F H I C H K R O R M F R O E D T R N U D T E T H V  
L C A D E E U I H S N S G W L N R U K D D S F A D E S V T S  
F M A R E F S E E E E O O F L U I B R T B A I I I A E T F H  
E D X T E D B V R N I L E C E E F L R B F I E E F L D R O T  
I O L E C T F O R C L R D L T S R E H O O T L T I N L N O S  
U G E I D H R L X L E E D L I H L R B U F X D I V P R O I C  
F G I C C E E N F F O U R R S L N B L O B O E T E T R G T C  
D O I C A I O R N N R E E T R V C V R I H L R L L A I D C R  
N O O H M R R O E I L L G S K S T N R T I E S D G H E P C C  
I R F B O D L I G E E I F T R U B S L D R S I H F L E L L I

Use the clues below to discover words in the above puzzle. Circle the words.

1. They are the players who try to prevent ball from going into the outfield
2. The distance in feet between the bases
3. The number of bases
4. A hit that gets the batter to first base safely
5. Wrote the rules of baseball in 1845
6. Another word for a minor league team
7. The batter stands in it. It is 60 feet 6 inches from the pitcher
8. When the batter swings at a pitch and misses it
9. Most consider him to be the most important defensive player
10. Nickname for a baseball field
11. This player takes a position in the batter's box
12. A cross between a fast ball and a curve ball
13. They are the players who are responsible for catching long fly balls
14. What baseball used to be called in England
15. The player who gives signals to the pitcher to tell him what type of pitch to throw
16. A method of touching the base without being tagged out
17. Weight in ounces of a baseball
18. If the ball is not pitched in the strike zone and the batter does not swing, it is called this
19. A hit that gets the batter to second base safely
20. The first pro baseball team was the Cincinnati Red \_\_\_\_\_

