

Great Balls of Fire Revision Game

Task:

- The class needs to be divided in to teams (4/5 per team)
- The students are positioned at the back of the class, each team with a bean bag (the colour denoting their team)
- When a new question comes up on the board, the contestants must dash to the front of the class and put their bean bag in the selected bucket underneath the answer they believe right
- The teams rotate who answers the question and the scores are tallied each time
- You can stagger scoring, so first team to answer the question correctly receive two points.

Question 1:

'A state of complete social, mental and physical well being and free of illness or infirmity' is a definition of what?

A.

B.

C.

D.

Exercise

Health

Fitness

Endurance

Question 2:

The thumb is an example of what type of joint?

A.

B.

C.

D.

Condyloid

Pivot

Gliding

Saddle

Question 3:

The standing broad jump measures what type of health-related fitness?

A.

B.

C.

D.

Power

Speed

Strength

Flexibility

Question 4:

'The movement of a limb away from the midline of the body' is what type of movement?

A.

B.

C.

D.

Flexion Extension Adduction Abduction

Question 5:

In the downwards phase of a bicep curl, the tricep is referred to as what?

A.

B.

C.

D.

**Prime
mover**

Origin

Insertion

Antagonist

Question 6:

Which muscle is located at the top of the back stretching up to the neck?

A.

B.

C.

D.

Latissimus
Dorsi

Trapezius

Deltoid

Pectorals

Question 7:

Phalanges are an example of what type of bone?

A.

B.

C.

D.

Irregular

Flat

Short

Long

Question 8:

When the muscle shortens and lengthens is an example of what type of muscle contraction?

A.

B.

C.

D.

Isometric Isokinetic Isotonic Isopolyometric

Question 9:

What test would measure Balance?

A.

B.

C.

D.

**Stork
Stand**

Ruler

Drop Test

Sit &

Reach Test

Standing

Broad Jump

Question 10:

Which of the following is NOT a function of the skeleton?

A.

B.

C.

D.

Movement

Shape

**Blood Cell
Production**

Height

Question 11:

Which of the following training methods is most likely to result in improved cardiovascular fitness of a long distance runner?

A.

B.

C.

D.

Continuously

Weight

Interval

Circuit

Question 12:

Which of the following activities would be most suitable to include in a training programme designed to improve strength for a shot putter?

A.

Throwing a tennis ball to correct technique

B.

Weight training, using heavy weights, with few repetitions

C.

Swimming Training

D.

Weight training, using light weights, with many repetitions

Question 13:

Fitness is defined as.....

A.

The ability
to fight a
disease

B.

The ability
to meet the
needs of
the
environment

C.

Training
once a week

D.

Being
muscular

Question 14:

What does the letter I stand for in the acronym F.I.T.T?

A.

B.

C.

D.

Interval Intensity Isotonic Isokinetic

Question 15:

What training method is translated as 'Speed Play' and looks at varying the intensity of exercise?

A.

B.

C.

D.

Circuit

Altitude

Interval

Fartlek

Question 16:

This is the number of times you carry out a particular weight activity?

A.

B.

C.

D.

Sets

Repetitions

Lifts

**Maximum
Presses**

Question 17:

Circuit training consists of a number of different

A.

B.

C.

D.

Stops

Exercises

Stations

Points

Question 18:

Which principle of training follows the rule 'If training stops, then the effects gained can be lost'?

A.

B.

C.

D.

Progression

Tedium

Reversibility

Overload

Question 19:

What activity would a marathon runner complete to prevent tedium but still get the gains from his training?

A.

Cycling

B.

**Weight
Lifting**

C.

Golf

D.

Fencing

Question 20:

Which of the following is NOT a benefit of a warm-up?

A.

Increasing
blood flow in
the body

B.

Knowing
your
position on
the pitch

C.

Reducing the
likelihood of
injury

D.

Readies the
individual
psychologically