

Kin-Ball:

- Once your team has had three contacts with the ball, the hitter only has 5 seconds to hit the ball.
- Three members of the same team have to be in contact with the ball before the hit.
- A player cannot hit the ball twice in a row.
- The hitter cannot hit the ball in a downward slope, towards the ground.
- Before the hitter hits the ball they must yell, "Omni-kin and the color of the team."
- There are 3 teams that play at once.

Kick Ball:

- In kick ball how many ways are there to get someone out? 3
- One of the ways to get someone out is to throw the ball at them.
- One of the ways to get someone out in kickball is by tagging the base if it is a force out.
- When playing regular kickball which way do you run the bases? 1, 2, 3, home
- If someone catches the ball, the person who kicked it is out in kickball.

FITNESSGRAM/FITNESS

- An example of cardio fitness is the Pacer
- An example of Muscular Endurance is Sit-up
- An example of Flexibility is Sit and Reach
- An example of Muscular Strength are Pushups
- What does FITT stand for? Frequency Intensity Time Type
- Muscular Strength - Muscular strength is the amount of force a muscle or muscle group can exert against a heavy resistance.
- Body Composition - Body composition is the amount of fat in the body compared to the amount of lean mass (muscle, bones etc.).
- The five components of Fitness are muscular strength, Muscular Endurance, cardio, body composition, and flexibility.