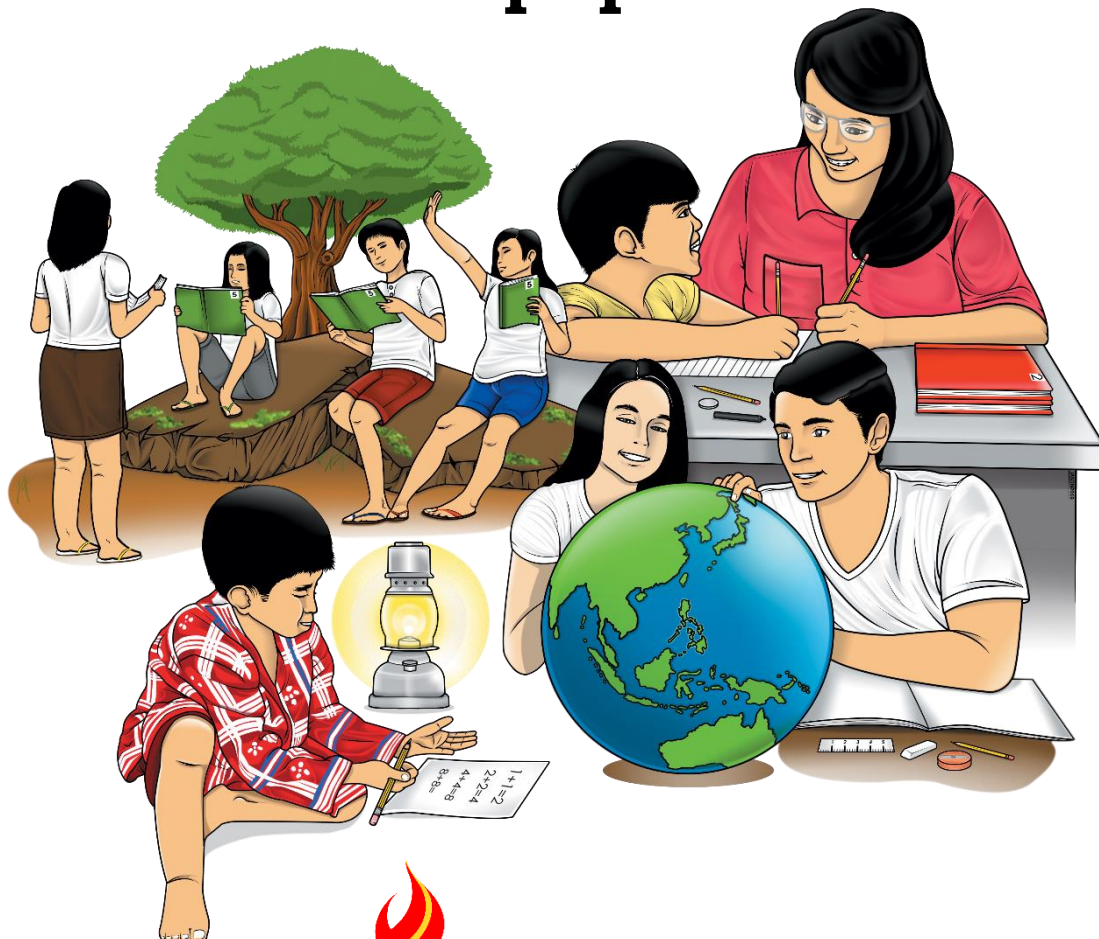


# Health Optimizing Physical Education 1 Quarters 1 and 3 – Module 6: Proper Etiquette and Safety in the Use of Facilities and Equipment



**Health Optimizing Physical Education 1 (HOPE 1)**  
**Alternative Delivery Mode**  
**Quarters 1 and 2 – Module 6: Proper Etiquette and Safety in the Use of Facilities and Equipment**  
**First Edition, 2021**

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**Senior High School**

**Health Optimizing  
Physical Education 1  
Quarters 1 and 2– Module 6:  
Proper Etiquette and Safety in the  
Use of Facilities and Equipment**

## **Introductory Message**

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



## ***What I Need to Know***

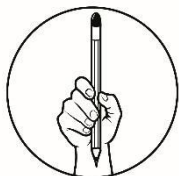
This module was designed and written with you in mind. It is here to help you master the proper etiquette and the safe use of facilities and equipment. The scope of this module permits it to be used in different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The module is divided into two lessons, namely:

- Lesson 1 – Etiquette in Physical Education
- Lesson 2 – Facilities and Equipment used in Physical Fitness and Exercise

After going through this module, you are expected to:

1. define etiquette;
2. identify different rules and protocols before/while and after doing physical fitness activity and exercise;
3. familiarize with different facilities and equipment used in physical fitness and exercise;
4. observe safety precautions in using facilities; and
5. perform proper ways of handling equipment.



## ***What I Know***

Read each statement carefully and choose the letter that corresponds to the best answer that will complete each statement. Write your chosen letter in CAPITALIZED on a separate sheet of paper.

1. If you and your brother need to use the dumbbell as part of your exercise routine every day, you should ? \_\_\_\_\_.
  - A. read the manual.
  - B. be mindful of others.
  - C. clean the equipment.
  - D. be alert and aware how to use the equipment.
2. Kiel went to the gym and saw his friends already working-out. He excitedly shouted at them to catch their attention. He must ? \_\_\_\_\_.
  - A. be mindful of others.
  - B. maintain his gestures.
  - C. take care of the equipment.
  - D. be alert and aware how to use the equipment.

3. A set of customs and rules for polite behavior is \_\_\_\_\_.
  - A. etiquette
  - B. gamesmanship
  - C. regulation
  - D. sportsmanship
  
4. The French word *etiquette* means “ticket” or \_\_\_\_\_.
  - A. Label attached for tags.
  - B. Label attached for inspection.
  - C. Label attached to something for price.
  - D. Label attached to something for identification.
  
5. The following statements are tips before-during-after an exercise, **EXCEPT** \_\_\_\_\_.
  - A. Listen to your body.
  - B. Wear comfortable clothes.
  - C. Perform an activity/exercise even if it is a hot day.
  - D. Take appropriate breaks during the activity/exercise.
  
6. Which of the following is an example of facilities used in physical activity?
  - A. Activity Center
  - B. Gymnasium
  - C. Recreation area
  - D. All of the above
  
7. Equipment which are filled with any of several materials that are often used for games are called \_\_\_\_\_.
  - A. balls
  - B. beanbags
  - C. scarves
  - D. skipping ropes
  
8. The facility wherein you can do your physical activities and exercise whenever you want is \_\_\_\_\_.
  - A. court
  - B. gym
  - C. home
  - D. recreation area
  
9. The conduct defined as (such as fairness, respect and graciousness in winning or losing) expected from someone when participating in sports is called \_\_\_\_\_.
  - A. etiquette
  - B. gamesmanship
  - C. regulation
  - D. sportsmanship
  
10. To exhibit sportsmanship, you should \_\_\_\_\_.
  - A. distract an opponent while in a game.
  - B. help an opponent get-up after falling.
  - C. shake hands before and after a match.
  - D. immediately go outside the venue after a match.
  
11. A facility that is usually covered and is found in athletic and fitness centers and caters to purposes of physical fitness, body shaping, muscle strengthening and discipline is called \_\_\_\_\_.
  - A. covered Court
  - B. home
  - C. gym
  - D. recreation Area

12. A playing surface with a basket at the end is called \_\_\_\_\_.
- A. covered court
  - B. home
  - C. gym
  - D. recreation area
13. Reuel bought a treadmill at home. At first, he needs to \_\_\_\_\_.
- A. be alert and aware.
  - B. clean the equipment.
  - C. read the manual carefully.
  - D. take good care of the equipment.
14. Mrs. Ramos and her friends visited the newly opened gym near their subdivision. They wanted to enroll in a yoga class. They must \_\_\_\_\_.
- A. be mindful of others.
  - B. maintain cleanliness.
  - C. contact the president of the yoga class.
  - D. read the rules and regulations of the place.
15. Sanji used the bench press. When he was done using the equipment, he just put the barbell/weights on the floor and left. On the contrary, he should have \_\_\_\_\_.
- A. read the manual.
  - B. been alert and aware.
  - C. cleaned the equipment.
  - D. maintained cleanliness and orderliness.

## Lesson

# 1

## Etiquette in Physical Education

In physical education, it is important to have a governing rule that is implemented for everyone so that a harmonious relationship is built with one another. Without it, society would show impatience and lack of respect for one another which may lead to disobedience, cheating, dishonesty and insult.

This lesson will give you the importance of etiquette in physical education in order to establish a safe, fun and healthy environment.



### *What's In*

#### **Activity 1.1: Agree or Disagree**

Put a positive sign (+) if you agree with the statement and a negative sign (-) if you disagree.

- \_\_\_\_\_ 1. Treat others the way you would like to be treated.
- \_\_\_\_\_ 2. Try to win by cheating.
- \_\_\_\_\_ 3. Play by the rules and be honest.
- \_\_\_\_\_ 4. Shake hands with the opponent before and after regardless of the outcome of the game.
- \_\_\_\_\_ 5. If you disagree with what your opponent has done, raise your hand and shout.
- \_\_\_\_\_ 6. Stay hydrated whenever doing an activity.
- \_\_\_\_\_ 7. If you are experiencing pain in an activity or exercise, continue because it is part of an exercise.
- \_\_\_\_\_ 8. People expect players to behave responsibly as it promotes social values.



\_\_\_\_\_9. Do an exercise immediately after a full meal.

\_\_\_\_\_10. Participants must follow the rules and etiquette of the sport.



## ***What's New***

### **Did You Know?**

One definition of the French word *etiquette* is “ticket” or “label attached to something for identification.” In 16th-century Spain, the French word was borrowed (and altered to “etiqueta”) to refer to the written protocols describing orders of precedence and behavior demanded of those who appeared in court. Eventually, “etiqueta” came to be applied to court ceremonies themselves as well as the documents which outlined the requirements for them. Interestingly, this then led to French speakers of the time attributing the second sense of “proper behavior” to their “etiquette”, and in the middle of the 18th century English speakers finally adopted both the word and the second meaning from the French.



## ***What is It***

### **Etiquette**

According to Merriam dictionary etiquette is defined as the conduct or procedure required by good breeding or prescribed by authority to be observed in social or official life. Another definition given by Collins dictionary, etiquette is a set of customs and rules for polite behavior, especially among a particular class of people or in a particular profession.

Having proper etiquette is essential in all aspects of life. Showing respect and consideration to others reflects our cultural norms that are generally accepted in our society. Knowing how to behave properly in a given situation makes you feel more relaxed and it gives you a sense of satisfaction of protecting others’ feelings while in a workplace. Etiquette is meant to be a guideline using common sense, fairness, politeness and concerns for others. Ignorance of proper etiquette will result disorder in the society, it is like having rude people controlling the actions of others.

Etiquette during online and offline class in physical education at the present pandemic situation must be understood by learners and is highly expected from them to help teachers facilitate the challenging tasks interactively and address their experienced concern.

## **Sportsmanship**

There are written and unwritten rules in sports that require people to follow to make it fair. To ensure respect, fairness and safety in sports, it is expected for the people engaged to take personal responsibility and behave in a certain way compliant with the rules to promote social values.

As defined by Merriam dictionary, sportsmanship is a conduct (such as fairness, respect and graciousness in winning or losing) to one participating in sport. Sportsmanship is playing by the rules and principles and using sports etiquette. A real sportsman observes and does all the rules in the right way.

## **Importance of Etiquette in Physical Education**

- It enhances the social aspects of every individual.
- It is essential in maintaining friendly relationships between people.
- It helps us show respect for other people and vice versa.
- It enhances communication by breaking down barriers.
- It protects the feelings of others.
- It helps you feel good about others and yourself.
- While doing your best, it encourages others to also do their best.

## **Protocols/Etiquette Before-During-After a Physical Activity**

Here are some tips to stay safe during and after an exercise:

- Wear comfortable clothing. Choose your shoes and equipment properly and remember if this is right for the activity.
- Use appropriate gear for the activity. It will help you to be safe in doing the activity.
- Taking warm-up and cool down before and after an activity will lower the risk of strains and sprains;
- Take appropriate breaks during the activity. A recovery once a week of activity is good to rest your muscle pain;
- To give you some stamina, eat light food. But exercising immediately after a full meal will affect your digestion.
- Be hydrated. Replenish extra fluids before, during and after physical activity, especially for prolonged exercise;
- Beware of the weather and environmental conditions. Take it easier when doing an activity especially when it's hot;
- Listen to your body. Stop the activity and seek medical advice as soon as possible when you are feeling unwell.

## **Proper Etiquette and Safety Standards in Facilities**

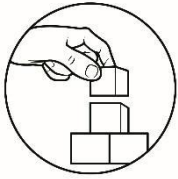
1. **Read the rules and regulations of the place.** We must be knowledgeable in various rules inside the premises. If you have any questions, you must ask the information desk personnel or the person in-charge.
2. **Maintain cleanliness and orderliness.** Cleanliness is one basic etiquette we must observe at all times.
3. **Be mindful of others.** Always consider other people's time and space. Do not distract them.

## **Proper Handling of Equipment.**

1. **Read the manual carefully.** Before using any equipment, you must read the manual guide to know its proper use.
2. **Be alert and aware on how to use the equipment.** You must be alert in using certain equipment and if you encounter certain problems, you must report it immediately.
3. **Take good care of the equipment.** You must maintain its standard and must be clean after usage.

## **Etiquette Guidelines in Attending or Joining in Sports as Physical Activity**

1. Being a good sport means playing by the rules, playing safely, and dressing in appropriate attire.
2. Arriving on time, whether you are playing or watching a game; it is rude and inconsiderate to be late.
3. Greeting and shaking hands with each player or with fellow spectators upon arrival is another important rule.
4. Players should be honest about their ability to play the sport and should take lessons before trying to play a game.
5. Players should be gracious winners and gracious losers; they should not argue about the score or the referee's call. The loser should take the initiative in shaking the winner's hand to offer congratulations.



## What's More

### Activity 1.2: Loop-a-Word

Directions: In the word search puzzle below are different words that is associated with our lesson. They are written horizontally, vertically and diagonally. Find the five (5) words , write it on your Answer Sheet and use it in a sentence.

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



## What I Have Learned

Directions: In this activity, you will summarize all your learnings.

1. Cite a generalization. Fill in the blank to complete the sentence:

a. Etiquette is \_\_\_\_\_

\_\_\_\_\_

b. Sportsmanship is \_\_\_\_\_

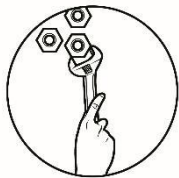
\_\_\_\_\_

2. Give the importance of proper etiquette in physical education.

\_\_\_\_\_

\_\_\_\_\_

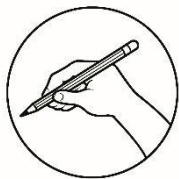
3. When using the sports facilities and equipments, conduct to consider are \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
4. The proper ways to take into action in handling and maintaining sports equipment's are by means of  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



## ***What I Can Do***

### **Activity 1.3: Signage Project**

Directions: With the use of recyclable materials in your home, create a signage showing a list of appropriate etiquette that you can post in any part of your house. Make it creative so that it will catch attention to your family members. You can also take a picture of it and share it to any of your social media accounts for everyone to see it and bring the idea to them that etiquettes must start in every house.



## ***Assessment***

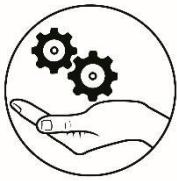
Multiple Choice. Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. Among the selection below, which is defined as the conduct (such as fairness, respect and graciousness in winning or losing) becoming to one participating in sport?
 

A. Etiquette	C. Regulation
B. Gamesmanship	D. Sportsmanship
2. In the following statement, which is an example of sportsmanship?
 

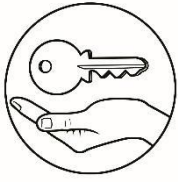
A. Distract an opponent while in a game.
B. Helping an opponent get-up after falling.
C. Shaking hands before and after a match.
D. Immediately go outside the venue after a match.

3. Which is defined as a set of customs and rules for polite behavior?
  - A. Etiquette
  - B. Gamesmanship
  - C. Regulation
  - D. Sportsmanship
4. The French word *etiquette* means “ticket” or \_\_\_\_\_.
  - A. Label attached for tags.
  - B. Label attached for inspection.
  - C. Label attached to something for price.
  - D. Label attached to something for identification.
5. The following statements are tips before-during-after an exercise, **EXCEPT** one.
  - A. Listen to your body.
  - B. Wear comfortable clothes
  - C. Do an activity / exercise even it is a hot day.
  - D. Take appropriate breaks during the activity /exercise.



## ***Additional Activities***

Directions: Recall any place such as school or recreation center in your community. Recall any signage that shows rules of proper use and etiquette in that area. Did you observe that they are following the rules? Why is it important to observe and practice proper etiquette?



## Answer Key

<p><b>Assessment (Lesson 1)</b></p> <p>D C A D C</p>	<p><b>What's More (Lesson 1)</b></p> <p>Sportsmanship p Physical Education Etiquette Respect Discipline Fair Play Honest Safety Responsible Rules</p>	<p><b>What's In (Lesson 1)</b></p> <p>1. + 2. - 3. + 4. + 5. - 6. + 7. - 8. + 9. - 10. +</p>
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## Lesson

# 2

# Facilities and Equipment used in Physical Fitness and Exercises

According to the Center for Disease Control and Prevention, Physical Fitness is the ability to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to enjoy leisure-time pursuits and respond to emergencies. As a student, you must know how to take care of yourself. Some say, "health is wealth". So, the best thing to do is to have regular exercise. To stay healthy, you must familiarize yourself with the different facilities and equipment used to help you stay fit and strong.

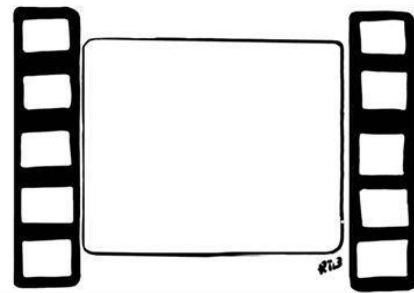


## *What's In*

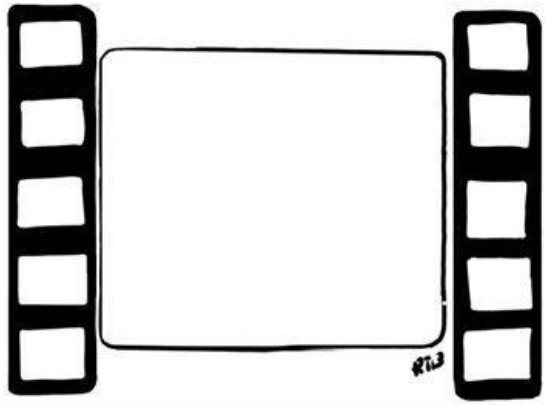
### **Pose It Activity:**

Direction: Using your phone camera, do the following situation and paste your picture in the designated box. If you don't have a phone camera, you may draw a sample pose and place it on the box. Do this in your notebook.

1. Jogging at Park

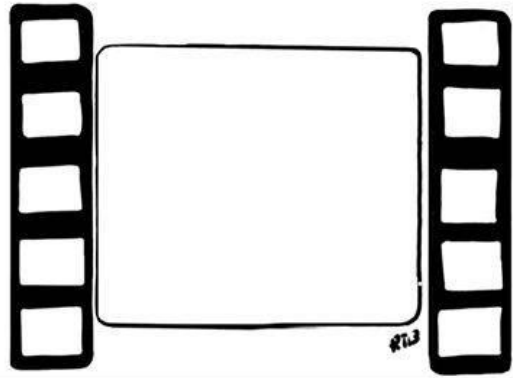
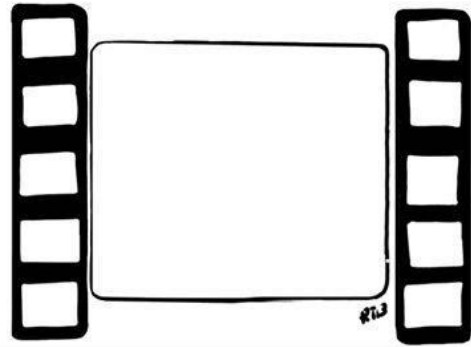






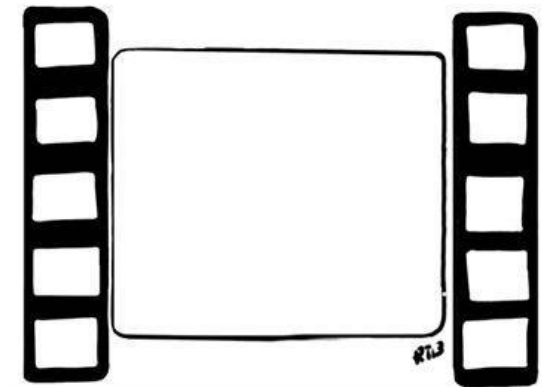
2. Doing push-up at the living room

3. Favorite swimming stroke



4. Doing a jumping jack

5. Favorite Zumba Moves





## ***What's New***

Mykiel Albert is the Student In-Charge in BCSHS – Timbao Campus for Sports. He wanted to promote regular exercise to his classmates. Can you help Ruel fill-out the worksheet plan regarding the facilities and equipment to be used in his project?

### **Promoting Regular Exercise to BCSHS – Timbao Campus Students**

<b>Exercise</b>	<b>Facilities</b>	<b>Equipment to be used</b>
<b>Example: Jogging</b>	Open Court, Covered Court	Timer (Cellphone)



## ***What is It***

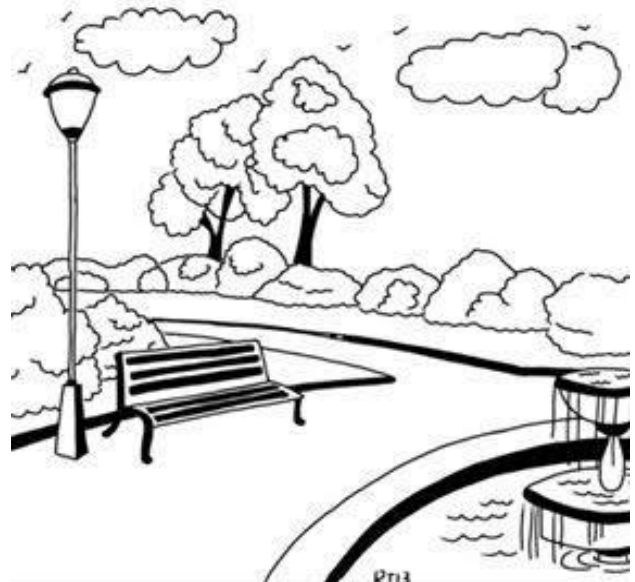
### **Common Facilities and Equipment Used in Physical Activities and Exercise**

Physical Activity is beneficial to our health. It can help us keep a healthy body, maintain ideal weight and reduce the risk of illnesses.

In doing physical activities and exercise, we need to be familiarized with the common facilities and equipment used.

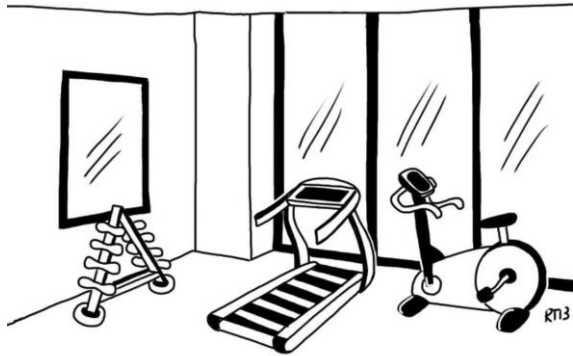
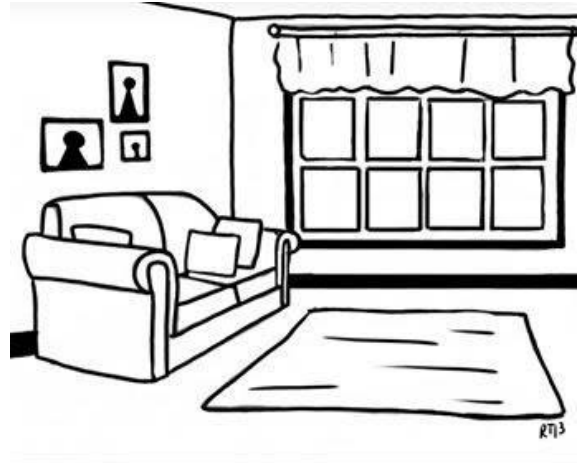
### **Facilities Used in Physical Activities and Exercise**

1. **Parks** – it contributes to the health and well-being of the communities that surround them. Usually you visit a park to jog, play dual sports like badminton, biking and other physical activities / exercise. Because it is free, many Filipinos are conducting their activities here, examples are Zumba, jogging, walking, running, and other activities.



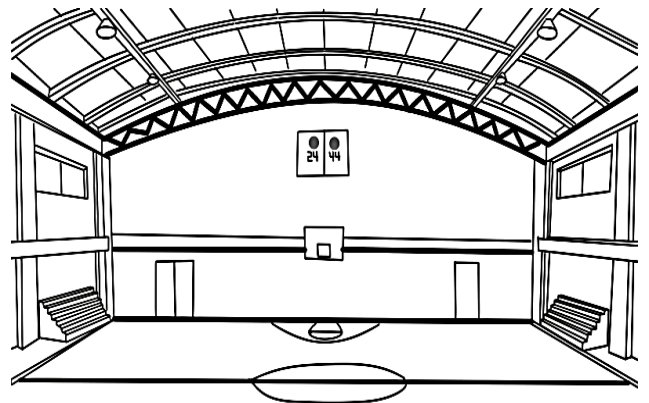
2. **Recreation Center** – a building that is open to the public where meetings are held, sports are played, and there are activities for young and old people. In this place you can do many things and conduct activities like sports and exercises.

3. **Home** – a place wherein you can do your physical activities and exercise whenever you want. Even you are busy and our days are hectic; but we need to be physically fit even on our four corners of our home.



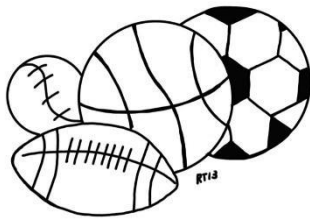
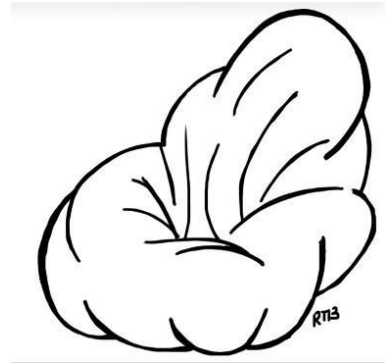
4. **Gym** – a facility that is usually covered and is found in athletic and fitness centers and caters physical fitness purposes of physical fitness, body shaping, muscle strengthening and discipline. The place also provides programs which depends on the needs of the person.

5. **Covered Court** – one of the common facilities or places where physical activities or exercises can be done. It is a playing surface with basket in the end.



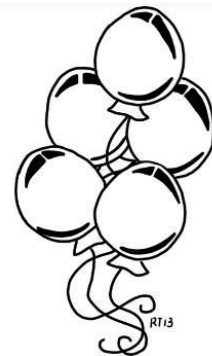
## Equipment used in Physical Activities and Exercise

- **Beanbags** - Small bags filled with any of several materials are often used for games. One form uses a box with several holes in it. Tossing the bean bag in the large holes is worth a few points while the smaller holes can earn players high points. Also, a bean bag can be used as a Hacky Sack, or foot-bag, for several games reminiscent of football.



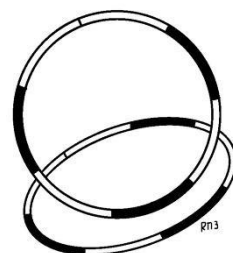
- **Balls** (various sizes, weights, hardness, bounce-ability, shape)
  - Tennis ball
  - Plastic ball
  - Sponge balls
  - Paper balls
  - Foam footballs, soccer balls

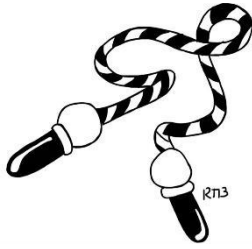
- **Balloons** – commonly used with a physical activity named Balloon Toss. It develops skills in throwing or tossing a balloon straight up in the air, and aids catching balloon.



- **Pylons** (buckets, rocks, chalk) – it helps develop movement skills.

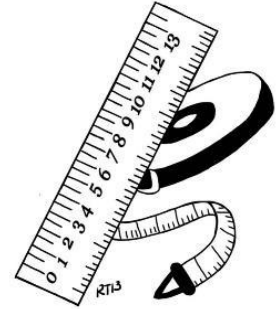
- **Hula Hoops** – It is usually made of plastic used for coordination balance, mobility, kicking, hand/eye coordination, running, jumping.





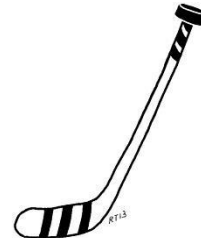
**Skipping ropes** - It is made of strings, wool and rope that strengthens the upper and lower body and can burn a lot of calories.

- **Measuring object** (stick, rope, measuring tape, paper)



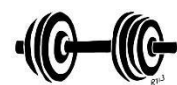
**Scarves**– It can be a tissue, handkerchief, paper towel and socks if you don't have scarf. It helps develop one's motor skills.

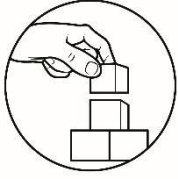
- **Plastic hockey stick** – It helps develop hand-eye coordination and timing in using this in physical activity.



- **Chairs** – a common equipment in your house. You can use this in many physical activities and exercises. Some benefits of using a chair are better flexibility, range of motion, increased blood circulation and increased muscle strength.

- **Dumbbell** – Usually made of metal with cast iron commonly used in gyms or even at home, it works on the shoulders, chest, biceps and triceps.





## ***What's More***

### **Activity 1.2 Understanding Facilities and Equipment**

There are two ways you can understand facilities and equipment better. Make a research about the following topics below and answer the following questions.

1. Common Equipment used at Home

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URL link / Websites Visited:

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Significant Learning found in your research.

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2. The most common facility visited by people in your area.

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URL link / Websites Visited:

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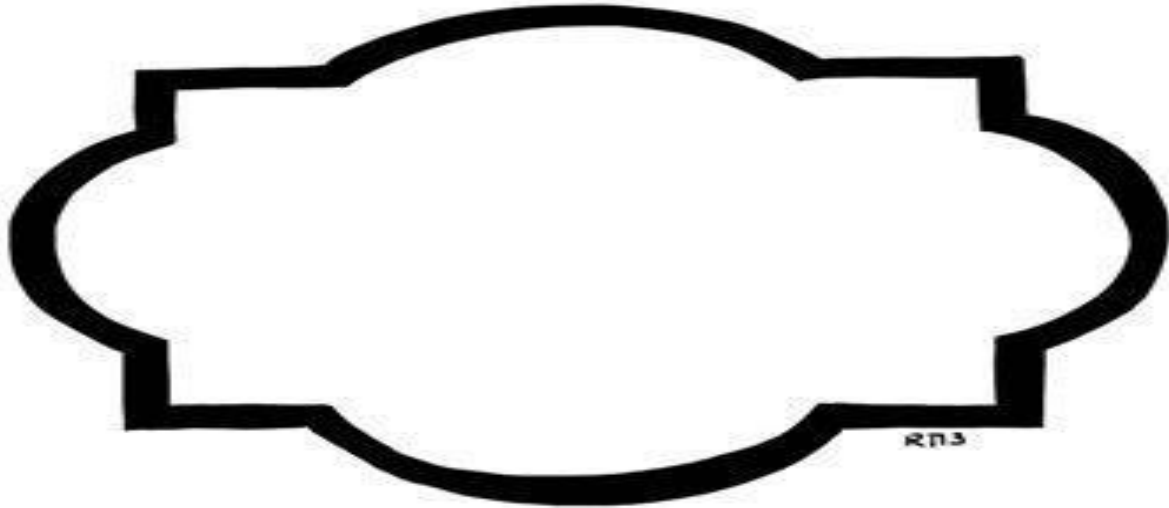
Significant Learning found in your research.

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### Activity 1.3 How to be safe?

Make signage about the proper handling of equipment and etiquette while in the facilities.



### *What I Have Learned*

Directions: List down two (2) facilities and three (3) equipment based on your research and discuss their uses.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

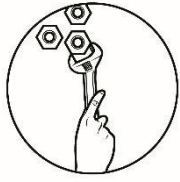
**Directions: Complete the statement:**

In this lesson, I learned about \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I must observe the \_\_\_\_\_

As a student, it is important for me to be \_\_\_\_\_  
\_\_\_\_\_

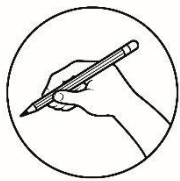




## ***What I Can Do***

Directions: Interview five persons about their experiences in doing physical activities or exercises. Use the guided questions below.

1. Basic profile of the person (Name, Age, Gender)
2. Physical activities you usually performed
3. Places where physical activities are performed
4. Time consumed for each activity
5. Equipment used in doing physical activities / exercises



## ***Assessment***

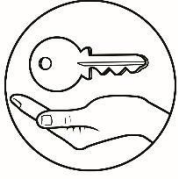
Multiple Choice. Read each statement carefully and choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. Even though we are busy and our days are hectic, we need to be physically fit and a place wherein you can do your physical activities and exercise whenever you want is \_\_\_\_\_.
  - A. Court
  - B. Gym
  - C. Home
  - D. Recreation Area
2. It is engaging to take personal responsibility and behave in a certain way to promote social values.
  - A. Etiquette
  - B. Gamesmanship
  - C. Regulation
  - D. Sportsmanship
3. Trish and Janelle wanted to enroll in yoga class in a newly opened gym in their area. They must \_\_\_\_\_.
  - A. be mindful of others.
  - B. maintain cleanliness.
  - C. contact the president of the yoga class.
  - D. read the rules and regulations of the place.

4. After doing an exercise, Mark just left the barbell/weights on the floor. What should he do?
- A. Read the manual
  - B. Be alert and aware.
  - C. Clean the equipment.
  - D. Maintain cleanliness and orderliness.
5. As part of the exercise routine of Lanz and his brother, they need to use a dumbbell every day. They must \_\_\_\_\_.
- A. read the manual.
  - B. be mindful of others.
  - C. clean the equipment.
  - D. be alert and aware how to use the equipment
6. Migz excitedly shouted at the gym when he saw his friends are working-out. To catch their attention, he must \_\_\_\_\_.
- A. read the manual.
  - B. be mindful of others.
  - C. clean the equipment.
  - D. be alert and aware how to use the equipment
7. The conduct or procedure required by good breeding or prescribed by authority to be observed in social life.
- A. Etiquette
  - B. Gamesmanship
  - C. Regulation
  - D. Sportsmanship
8. *Etiquette* comes from the French word which means “ticket” or...\_\_\_\_\_.
- A. Label attached for tags.
  - B. Label attached for inspection.
  - C. Label attached to something for price.
  - D. Label attached to something for identification.
9. Tips before-during-after an exercise are listed below, **except** one.
- A. Listen to your body.
  - B. Wear comfortable clothes
  - C. Do an activity / exercise even if it is a hot day.
  - D. Take appropriate breaks during the activity /exercise.

10. In every physical activity facility is being used, which of the following is an example of a facility?
- A. Ball
  - B. Drills
  - C. Jogging
  - D. Recreation area
11. An equipment that is used as a hacky sack or foot bag that is filled with any of several materials that are often used for games.
- A. Balls
  - B. Beanbags
  - C. Scarves
  - D. Skipping ropes
12. An example of sportsmanship is written below, **except** one.
- A. Distract an opponent while in a game.
  - B. Help an opponent get-up after falling.
  - C. Shake hands before and after a match.
  - D. Immediately go outside the venue after a match.
13. A facility that houses exercise equipment for the purpose of physical fitness and health.
- A. Covered Court
  - B. Gym
  - C. Home
  - D. Recreation Area
14. Playing surface, consisting of rectangular floor, usually made out of wood, maple and highly polished when indoors and made out of concrete or asphalt when outdoors.
- A. Covered Court
  - B. Gym
  - C. Home
  - D. Recreation Area
15. What is the first thing to do when using a stationary bike at home?
- A. Be alert and aware.
  - B. Clean the equipment.
  - C. Read the manual carefully.
  - D. Take good care of the equipment.





## Answer Key

**Pre- Assessment**  
B  
A  
A  
D  
C  
D  
B  
C  
D  
C  
C  
C  
A  
C  
C  
D

**What I know  
(Lesson 2)**  
Equipment  
Facilities  
Physical  
Ability  
Etiquette  
Safety

**Assessment**  
C  
D  
C  
D  
B  
B  
A  
D  
C  
A  
B  
C  
B  
D  
B

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