PHYSICAL EDUCATION – GRADE 8
BASIC TECHNIQUES AND SPORTS RULES
Semester 1 – Mid-Term Exam Review

A. BASKETBALL

Basic Techniques

a. Passing

Passing is the technique of throwing or sending the ball to a teammate.
The main purposes of passing are:

- To move the ball.
- To maintain possession.
- To create scoring opportunities.
- To work together as a team.

1) Chest Pass

A chest pass is a pass made directly from the chest to a teammate.
Technique:

1. Hold the ball in front of your chest with both hands.
2. Bend your elbows.
3. Step toward the target.
4. Push the ball forward.
5. Extend your arms.
6. Point your fingers toward the target.

Best used for: quick and accurate passes over short or medium distances.

2) Bounce Pass

A bounce pass is a pass that bounces once on the floor before reaching a teammate.
Technique:

1. Hold the ball in front of your body.
2. Step toward the target.
3. Push the ball downward and forward.
4. Aim for the floor between you and your teammate.
5. The ball should bounce up toward the teammate.

Best used for: passing around or under a defender.

3) Overhead Pass

An overhead pass is performed by passing the ball from above the head.
Technique:

1. Hold the ball above your head.
2. Keep both hands on the ball.
3. Step toward the target.
4. Push the ball forward.
5. Follow through with your arms.

Best used for: passing over a defender or to a teammate farther away.

b. Dribbling

Dribbling is the technique of bouncing the basketball continuously with one hand while moving or controlling the ball.

Correct Dribbling Technique

- Bend your knees.
- Keep your body slightly low.
- Use your fingertips to control the ball.
- Keep your head up when possible.
- Keep the ball close to your body.
- Protect the ball from defenders.

Common Dribbling Mistakes

- Using the palm too much
- Standing too upright
- Looking at the ball continuously
- Dribbling too far away from the body
- Losing control of the ball
- Dribbling with both hands at the same time

2. Basic Basketball Rules

- **Traveling**

Traveling occurs when a player moves illegally with the ball without properly dribbling.

- **Double Dribble**

Double dribble occurs when a player stops dribbling and then starts dribbling again, or dribbles using both hands simultaneously.

- **Carrying / Palming**

This occurs when the player places the hand too far underneath the ball while dribbling, effectively carrying the ball.

- **Out of Bounds**

The ball is out of bounds when it touches the boundary line or the area outside the court.

- **Personal Foul**

A personal foul is illegal physical contact with an opponent.
Key Points
Passing = sending the ball to a teammate.
Dribbling = bouncing the ball while controlling or moving with it.

B. FLOOR GYMNASTICS

1. Forward Roll

A forward roll is a movement in which the body rolls forward over the back and shoulders.
Technique
1. Start from a standing or squatting position.
2. Place both hands on the mat.
3. Tuck your chin toward your chest.
4. Push with your legs.
5. Keep your back rounded.
6. Roll forward over your back and shoulders.
7. Finish in a balanced position.

Important Points

- Keep the chin close to the chest.
- Keep the back rounded.
- Use the hands correctly.
- Use a gymnastics mat.

Common Mistakes

- Putting the head directly on the mat
- Looking upward
- Keeping the body too straight
- Not pushing with the legs
- Losing balance when finishing

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2. Backward Roll

A backward roll is a movement in which the body rolls backward over the back and shoulders.

Technique

1. Start from a squatting position.
2. Tuck your chin toward your chest.
3. Roll backward in a controlled way.
4. Keep your body rounded.
5. Place both hands near your shoulders.
6. Push against the mat with your hands.
7. Continue rolling backward.
8. Return to a balanced position.

Important Points

The hands are very important because they help to:

- Support the body.
- Protect the head and neck.
- Push the body away from the mat.
- Complete the rolling movement.

Common Mistakes

- Putting too much pressure on the head
- Incorrect hand position
- Not tucking the body
- Not pushing with the hands
- Losing balance at the end

3. Safety Rules in Floor Gymnastics

Students should:

- Use a proper gymnastics mat.
- Check that the practice area is safe.
- Make sure the floor is not slippery.
- Warm up before exercising.
- Follow the teacher's instructions.
- Maintain enough space between students.
- Practice difficult movements under proper supervision.

Safety + Correct Technique + Warm-up = Safe Gymnastics

C. ATHLETICS – LONG JUMP

Long jump is an athletics event in which an athlete runs, takes off from one foot, moves through the air, and lands in a sandpit.

There are **four main phases**:

1. Run-up
2. Take-off
3. Flight
4. Landing

1. Run-up

The **run-up** is the running phase before take-off.

Purpose:

- To gain speed.
- To create momentum.
- To prepare for an effective take-off.

Technique:

- Run with controlled speed.
- Maintain a consistent rhythm.
- Focus on the take-off area.
- Prepare the correct take-off foot.

2. Take-off

The **take-off** is the moment when the athlete pushes off the ground using **one foot**.

Technique:

- Place the take-off foot accurately.
- Push strongly against the ground.
- Swing the arms.
- Move the body forward and upward.
- Maintain balance.

Common Mistakes

- Slowing down before take-off
- Taking off too far from the board
- Using the wrong foot
- Weak push-off
- Poor body balance

3. Flight

The **flight phase** occurs after take-off and before landing.

During the flight, the athlete should:

- Maintain body control.
- Keep balance.
- Position the legs correctly.
- Use the arms to help maintain balance.
- Prepare both legs for landing.

Long Jump Styles

Some common long-jump styles are:

- **Sail style**
- **Hang style**
- **Hitch-kick style**

4. Landing

The **landing phase** is the final phase of the long jump.

Correct Landing Technique

1. Bring both legs forward.
2. Prepare both feet for landing.
3. Land in the sandpit.
4. Bend the knees.
5. Move the body forward.
6. Maintain balance.

Why should the knees be bent?

Bending the knees helps **absorb the impact** and maintain balance.

5. Basic Long Jump Rules

Take-off

- The athlete takes off using **one foot**.
- The take-off must be made from the designated take-off area.
- The athlete must not make an invalid take-off beyond the foul line.

Fouls

A jump may be considered a **foul** when the athlete:

- Steps beyond the take-off line during take-off.
- Takes off outside the designated area.
- Makes another violation according to the competition rules.

Measuring the Jump

The jump is measured from the take-off line to the nearest mark made in the sand by the athlete's body.

The longer the valid distance, the better the result.

QUICK REVIEW TABLE

Sport	Basic Technique	Important Rule/Point
Basketball	Chest Pass	Direct pass from the chest
Basketball	Bounce Pass	Ball bounces before reaching teammate
Basketball	Overhead Pass	Pass from above the head
Basketball	Dribbling	Bounce the ball with one hand
Basketball	Traveling	Do not move illegally without dribbling
Basketball	Double Dribble	Do not restart dribbling after stopping
Floor Gymnastics	Forward Roll	Roll forward; protect the head and neck
Floor Gymnastics	Backward Roll	Roll backward and use the hands correctly
Floor Gymnastics	Safety	Use a mat and proper technique
Long Jump	Run-up	Gain speed and momentum
Long Jump	Take-off	Push off with one foot
Long Jump	Flight	Control the body in the air
Long Jump	Landing	Land in the sandpit and bend the knees
Long Jump	Foul	Do not cross the take-off line

KEY WORDS FOR THE EXAM

Basketball:

Passing – Chest Pass – Bounce Pass – Overhead Pass – Dribbling – Traveling – Double Dribble – Carrying – Foul

Floor Gymnastics:

Forward Roll – Backward Roll – Mat – Balance – Tuck – Warm-up – Safety

Long Jump:

Run-up – Take-off – Flight – Landing – Take-off Foot – Sandpit – Foul – Jump Distance