

D I G I T A L M A G A Z I N E

LEARN⁺™ more

Fun & Fitness



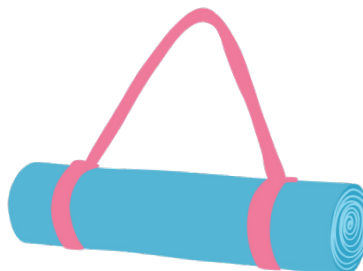
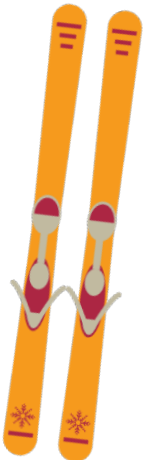
E N R I C H M E N T



Fun & Fitness Index

LEARN MORE about different sports, activities & exercises that you can do by yourself, with a friend, in a group or on a team!

[Activity Sheets](#)



BASEBALL



Baseball is a **team sport** played between 2 teams taking turns **batting & fielding**.

“**Take Me Out to the Ball Game**” is considered to be the game’s theme song.

Baseball is played in **innings** - each team has a chance to bat, and score runs. After **3 outs**, the teams switch.

There are **NINE** innings per game.

The **first** baseball game was played in **Hoboken, New Jersey**.



HOME RUN!

A baseball field is called the “**diamond**.”

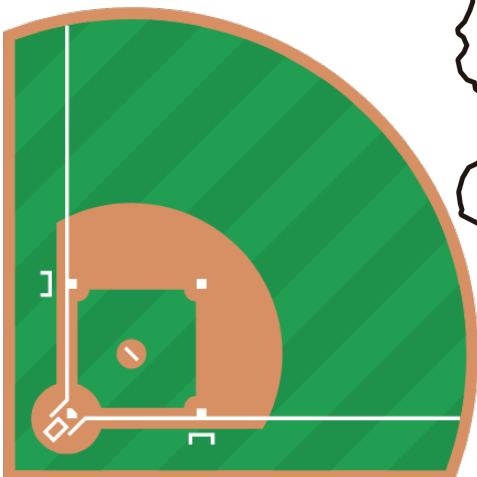


9 Standard Baseball Positions:

1. Catcher
2. Pitcher
3. 1st Baseman
4. 2nd Baseman
5. Shortstop
6. 3rd Baseman
7. Right Fielder
8. Center Fielder
9. Left Fielder



THREE strikes,
you’re **OUT!**



BASKETBALL



Basketball is a **team sport** that is played with **5 players** from each team at a time.



5 Basketball Positions:

1. Center
2. Power Forward
3. Small Forward
4. Point Guard
5. Shooting Guard



Peach baskets were the first baskets used to play basketball.

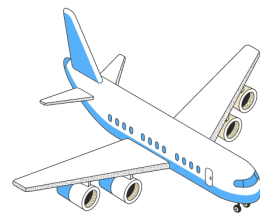
Basketball was invented in **1891**.

“Traveling” is when a player runs without dribbling the ball.

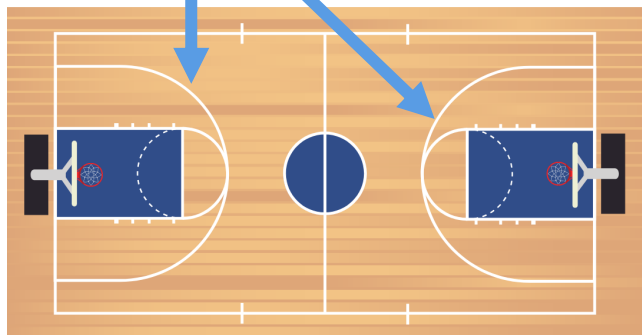
3-point line – shots made from this line or behind are worth **3 points**.

Free throws are worth 1 point.

Shots made anywhere **inside** the 3-point line are worth **2 points**.



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BIKE



Biking is an activity that can be done for **fun/exercise** or on a **team** as a **sport**.

Bikes were originally called “**velocipedes**.”

Biking is a common mode of **transportation**.



Remember to **ALWAYS** wear a helmet when riding a bike.

The **Tour de France** is one of the most famous bicycle races in the world.



Around **100 million** bikes are made worldwide each year.

6 Main Types of Bicycles:

1. Utility
2. Mountain
3. Hybrid
4. Touring
5. Racing
6. Bicycle Motocross (BMX)



CHEERLEADING

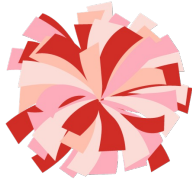


Cheerleading is a **team sport/activity** that combines dance, gymnastics and stunting with shouted cheers.

Cheerleading, as we know it today was started in the **1860s** at **Princeton University**.

5 Basic Cheerleading Jumps:

1. T Jump
2. Tuck
3. Pike
4. Herkie
5. Toe Touch



Cheerleaders were originally called "yell leaders."



Pom poms were invented in the **1930s**.

GO TEAM!

To many, cheerleading symbolizes **school spirit** and **leadership**.

Lawrence Herkimer is known as the "founding father" of cheerleading.



FIGURE SKATE



Figure skating is a **sport/activity** where individuals perform choreographed routines on ice.



Figure skating can be done **individually, in pairs** or on a **team**.



Figure Skating is one of the most popular **winter Olympic Sports**.



FIGURE EIGHT

The name "figure skating" comes from the **figures/patterns** the skaters make on the ice.

Figure skating became an Olympic sport in **1908**.

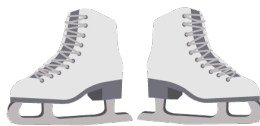


Figure skating routines involve **jumps, spins, & dance moves**.

4 Main Disciplines of Figure Skating:

1. Singles
2. Pairs
3. Ice Dancing
4. Synchronized Skating



FOOTBALL



Football is a **team sport** that is played with **11 players** from each team at a time.

60-minute

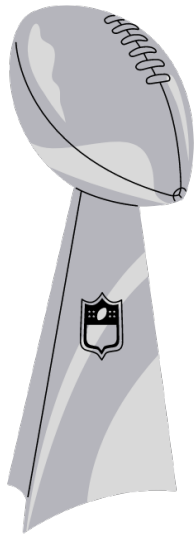
games, divided into four 15-minute quarters.

5 Main Pieces of Protective Equipment:

1. Helmet with Face Mask
2. Shoulder Pads
3. Thigh Pads
4. Mouth Guard
5. Gloves



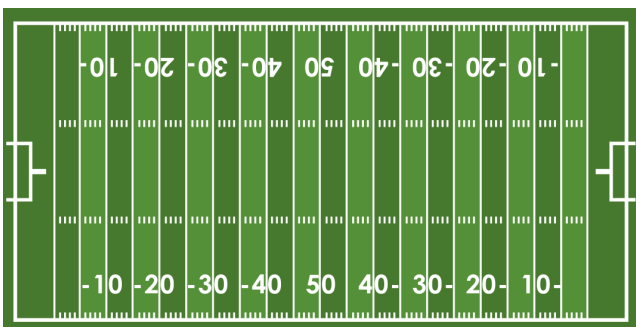
The **Super Bowl** ranks among the most-watched sporting event in the world.



TOUCHDOWN
6 Points.



In the United States we refer to this sport as just “football” but in most other countries it is referred to as **“American Football.”**



GOLF



Golf is an **individual sport** where players use various **clubs** to hit a **golf ball** into a series of holes.



4 Types of Golf Clubs:

1. Woods
2. Irons
3. Wedges
4. Putters



A #1 wood is called a **driver** – used to hit far distances.

A “**birdie**” is 1 stroke under **par**.



The first 18-hole golf course in the U.S. was in Downers Grove, IL.

A golf course consists of **9** or **18** holes.

Some holes bend to the left or right from the tee box to the pin – these are referred to as “**doglegs**.”



The grass on putting greens is very short – **0.125 inches**.



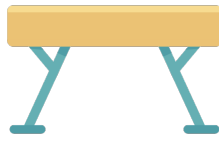
GYMNASTICS



Gymnastics is an **individual sport** involving routine movements that require **strength flexibility, balance & control.**

4 Forms of Gymnastics:

1. Artistic
2. Rhythmic
3. Acrobatic
4. Aerobic



Women's artistic gymnastics events include **floor, uneven bars, balance beam & vault.**

Men's artistic gymnastic events include **floor, parallel bars, pommel horse, vault & rings.**



Levels in gymnastics range from 1 - 10... **level 10 is the most advanced!**

Artistic gymnastics is the most popular form.



Gymnastics originated in ancient **Greece.**



Gymnastics was a part of the **FIRST Olympic games in 1896.**



BRIDGE

Most major gymnasts start training as early as **2 years old!**



HOCKEY



Hockey is a **team sport** that is played on an ice rink with **6 players** from each team at a time.

6

Hockey Positions:

1. Goalie
2. Right Winger
3. Left Winger
4. Center
5. Right Defenseman
6. Left Defenseman



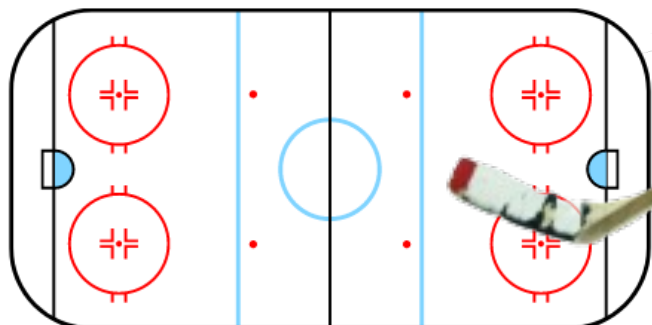
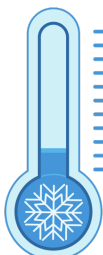
60-minute games, divided into three 20-minute periods.

The **National Hockey League (NHL)** was founded on **November 22, 1917**.

Ice hockey originated in **CANADA**.

The Stanley Cup is the famous trophy awarded to the NHL champions each year.

Hockey is played with **frozen** hockey pucks – this prevents them from bouncing during the game.



Ice hockey is an **Olympic** sport.



LACROSSE



Lacrosse is the **OLDEST** team sport played in North America.



Lacrosse was first played by **Native Americans** several centuries ago.

4 Main Positions in Lacrosse:

1. Attack
2. Midfield
3. Defense
4. Goalie

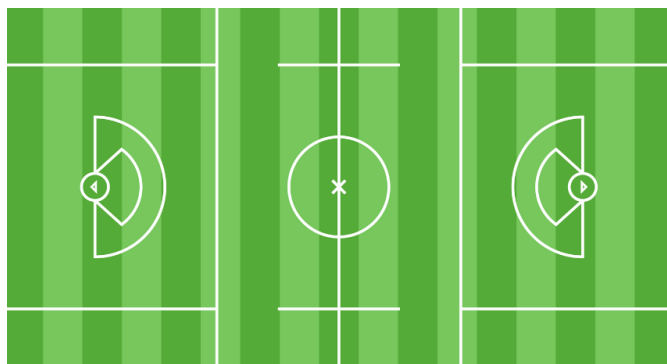
Boys' lacrosse teams have **10 players** per team and **girls' lacrosse teams** have **12 players** per team.

Lacrosse balls are made of **rubber**.

Lacrosse players use **netted sticks** to carry, pass & shoot a ball along the field in an **effort to score a goal**.

Each game is divided into **4 quarters**.

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ROCK CLIMB



Rock climbing is a **sport** where someone uses their hands & feet to **climb** a natural or artificial **rock formation**.

Rock climbing improves **motor skills, balance, flexibility & coordination**.

The grips attached to climbing walls are called “**climbing holds**.”

GRIP STRENGTH

3 Main Types of Rock Climbing:

1. Traditional
2. Sport
3. Top Rope



YOSEMITE National Park

One of the most **famous & popular** places for sport climbing in the U.S.



Rock climbing became a **Summer Olympic sport** in **2022**.

Rock climbing makes you **STRONG!**



S K I



Skiing is a **winter sport** where individuals use skis to slide and jump over snow.

Skiing became a **Winter Olympic sport** in **1936**.



Skiing takes place on **hills & mountains** covered in snow.

Skis are made of long strips of **metal**, **wood** or **plastic** attached to ski boots.

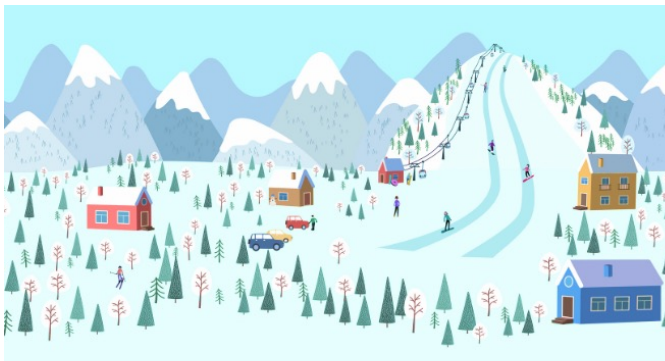
Skiing was a method of **transportation** before it became a sport.



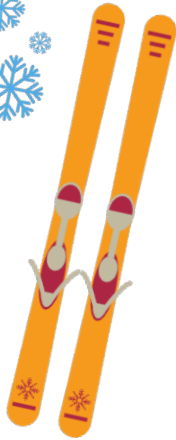
3 Main Forms of Skiing:

1. Alpine
2. Freestyle
3. Cross-County

Skiing has been around for **thousands** of years.



Skiing is available in **40 U.S. states**.



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SOCCER



Soccer is a **team sport** that is played with **11 players** from each team at a time.

Soccer is the **most popular** sport in the **world**.

Soccer is played in over **200** countries.



250,000,000 people play **worldwide**.

ONLY goalkeepers are allowed to touch the ball with their hands.

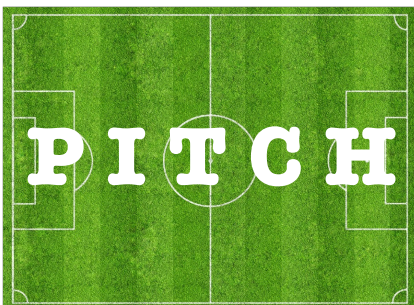


4 Basic Soccer Positions:

1. Goalkeeper
2. Forward
3. Midfielder
4. Defender

90 minute games, divided into two **45-minute** halves.

Each position has a **specific** area of the field they cover.



What we know as "**soccer**" in the United States...is commonly called "**football**" in most other countries.



SOFTBALL

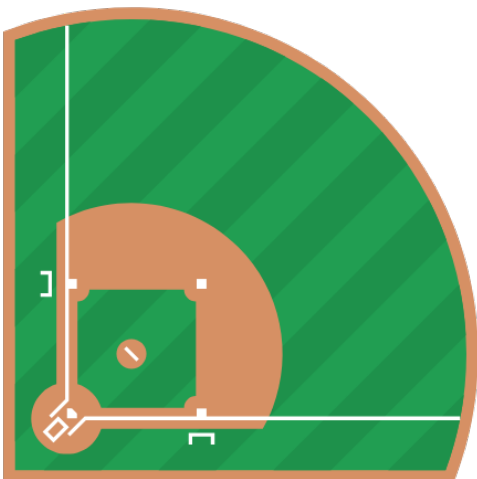


Softball is a **team sport** played between 2 teams taking turns **batting & fielding**.

9 Standard Softball Positions:

1. Catcher
2. Pitcher
3. 1st Baseman
4. 2nd Baseman
5. Shortstop
6. 3rd Baseman
7. Right Fielder
8. Center Fielder
9. Left Fielder

7 innings/game.



The rules of softball are very similar to the rules of **baseball**.



Softballs are a bit **larger** & **softer** than baseballs.

Softball started out as an **indoor game**.

HOME RUN!



In softball, **ALL** pitches are thrown **underhand**.

Softball is played in **innings** - each team has a chance to bat, and score runs. After **3 outs**, the teams switch.

Softball began in **1887**.



SURF



Surfing is a **water sport** where individuals use a surfboard to **ride waves**.

California, Hawai'i & Florida are the top surfing states in the U.S.



These fins are called **"skegs"** - they help the surfboard go faster.



Surfing debuted as an **Olympic sport** at the **Summer 2020** Olympics.

Many surfers wear **wetsuits** to keep them **warm & protect** them from cuts.

Beginner surfboards are usually around **10 feet long**.



Surfing was invented ~ **4,000 years ago**.

8 Main Surfing Maneuvers:

1. Cutback
2. Floater
3. Bottom Turn
4. Hack
5. Re-Entry
6. Tube Ride
7. Carve
8. Air

"HANG LOOSE"



TENNIS



Tennis is a **racket sport** that is played either **individually** or as a **team of 2**.

6 Different Shots Used in Tennis:

1. Serve
2. Forehand
3. Backhand
4. Volley
5. Lob
6. Drop Shot



Tennis balls weren't **yellow** until 1986...before then, they were white.

“Doubles Match” –
4 players playing against each other (2 per team).

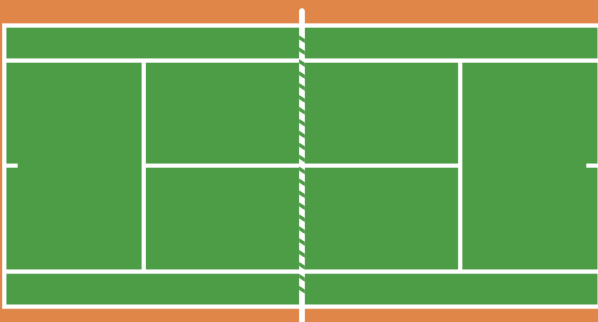
“Singles Match” –
2 players playing against each other.

Wimbledon is the oldest and most prestigious tennis tournament in the world.



“LOVE” represents a score of **zero**.

Tennis is played on a variety of surfaces: **clay**, **concrete**, **grass** & more!



Located in **London, England**.

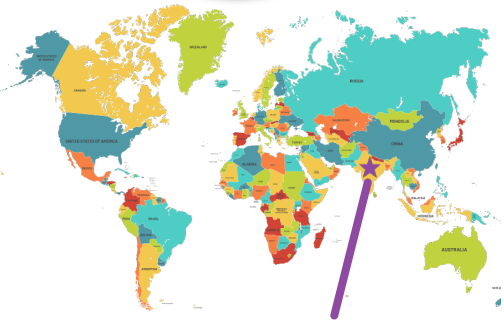


YOGA

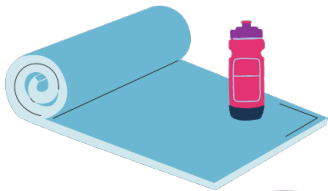


Yoga is an **activity** that exercises the **body, breath & mind** at the same time.

Yoga is an activity that can be done **by yourself, with a friend or in a group.**



Yoga is a practice that originated in **India.**



Inhale.
Exhale.

GIVE IT
A TRY!

Tree Pose

Stand on one leg, bend your other knee and place the sole of your foot on your inner thigh and wave your arms above your head like the branches of a tree.



BREATH 10 Benefits of Yoga:

1. Focus
2. Self esteem
3. Academics
4. Mindfulness
5. Memory
6. Balance
7. Strength
8. Endurance
9. Flexibility
10. Awareness

“Yoga” means **“union”** in Sanskrit - the union of the **mind & body.**

Yoga poses are also referred to as **asanas.**

Learn More Library

