

# WRESTLING

PACKET # 8

## INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and notes.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

## INTRODUCTION

Wrestling is a "basic sport" in the sense that it finally comes down to the strength and skill of one person pitted against that of another. Practically every muscle in the body is used in wrestling. Moreover, training must produce strength, speed and endurance. A participant must be in excellent physical condition.

The two most popular styles of wrestling practiced in the United States are the Greco-Roman style and Freestyle.

In the Freestyle form, a wrestler can use his/her hands, arms, legs and feet to overcome an opponent. This style also allows for great freedom of movement and allows both tripping and tackling.

The Greco-Roman style forbids the use of the legs and relies instead on arm and upper-body strength. The Olympic Games currently include both styles of competitive wrestling.



## HOW WRESTLING MATCHES ARE PERFORMED

A wrestling match takes place on a mat with a circle in the center, about 28 feet in diameter. At the Olympic level, a match is composed of three 3-minute periods. On

# Physical Education Learning Packet 22 Answer Key

**RJ Alexander**



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## Whispering the Techniques of Language: An Emotional Journey through **Physical Education Learning Packet 22 Answer Key**

In a digitally-driven world where displays reign great and instant interaction drowns out the subtleties of language, the profound techniques and psychological nuances hidden within words frequently move unheard. Yet, situated within the pages of **Physical Education Learning Packet 22 Answer Key** a fascinating fictional prize sporting with organic emotions, lies an extraordinary journey waiting to be undertaken. Composed by an experienced wordsmith, that charming opus attracts viewers on an introspective trip, softly unraveling the veiled truths and profound affect resonating within the fabric of each word. Within the emotional depths of this poignant review, we will embark upon a honest exploration of the book is primary themes, dissect its fascinating publishing fashion, and fail to the powerful resonance it evokes deep within the recesses of readers hearts.

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