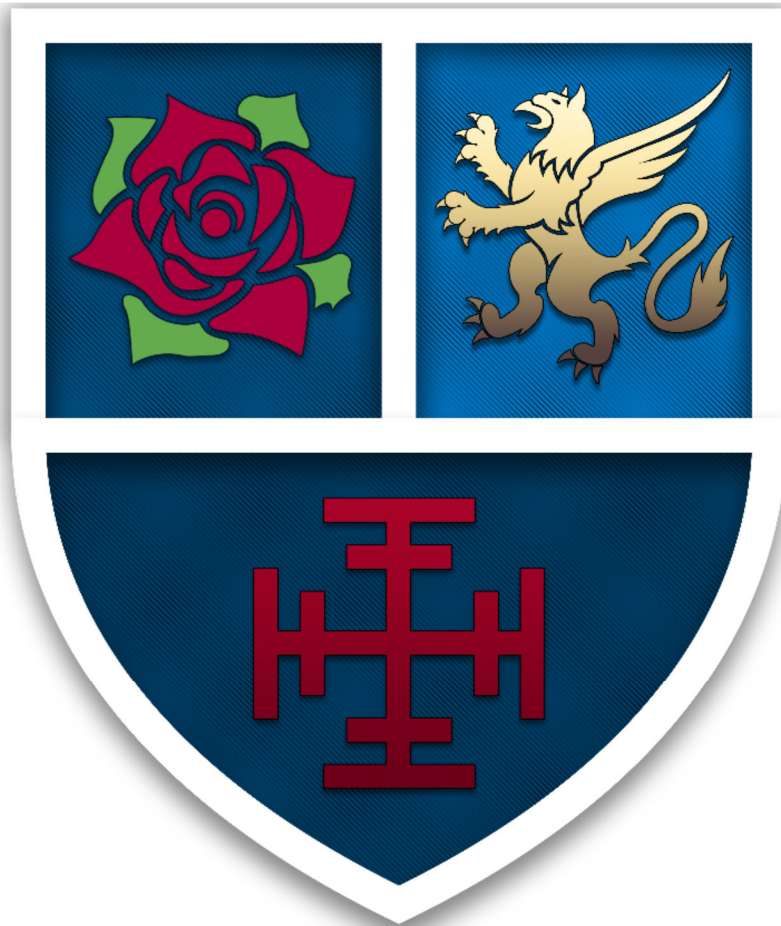


Turton School

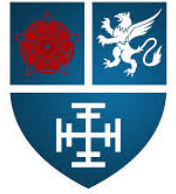


Year 7

Physical Education

Homework Booklet

#MYPEHOMework



Badminton- Basic Rules:



TASK: Read the text and fill the gaps using the words in the table below.

21 points	Once	Shuttlecock	Court	Cannot
Net	Below	Diagonally	Head	Is in

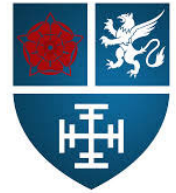
Here are some of the rules of the game of badminton:

- The game is played up to _____. If the score reaches 20-20, the winner is the player or team with a two point advantage.
- The service must be made _____ across court
- The server must serve the shuttlecock with the _____ of the racket below waist height.
- A shuttle landing on the line _____.
- A player _____ make contact with the net with either the racket or their body
- You can only make contact with the shuttle once it has passed the _____ and it is on your side of the _____ court.
- You can only touch the _____ on your own side _____

#QUICKQUIZ



- 1) What is the name of the piece of equipment that is hit across the net during a game of badminton?
- 2) Do you play badminton on a pitch or court?

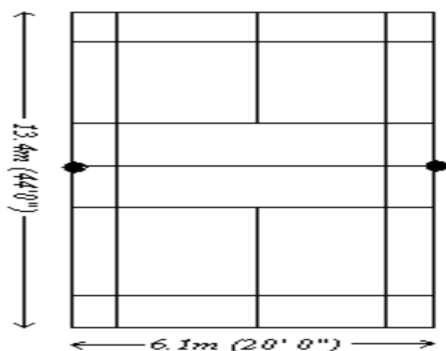


Badminton- The Court- Doubles vs Singles

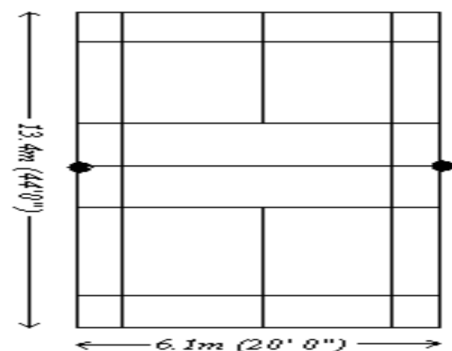
Task 1: Shade the areas of the court that are considered in play for both singles and doubles.

Task 2: True or false- For each of the statements, select true or false.

Singles



Doubles



Singles

- In singles, the tram lines at the side are considered out (T or F).
- In singles, the tram lines at the back are considered out (T or F).

Doubles

- In doubles, only the back tram-lines are considered out (T or F)
- In doubles, all tramlines are considered to be in play (T or F).

#QUICKQUIZ



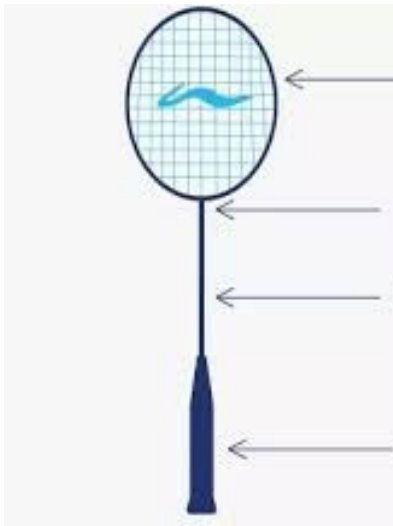
1) How many people are on court during a singles game (in total)?

2) How many people are on court during a doubles game (in total)?

Badminton- The Racket and Grips

Task 1- Using the key words below, label the different parts of the badminton rack-

The Racket:



T-Joint	Handle	Shaft	Head
---------	--------	-------	------



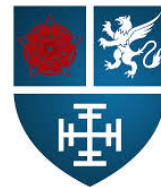
Task 2- Looking at the descriptions, label which grip is which.



#QUICKQUIZ

1) Name a type of shot that you would use a forehand grip to perform?

#MYPEHOMework



Badminton- Types of shots

Task: Match the correct shot to the correct description

Drop shot	A shot hit with power and speed in a downward to your opponent's court. The angle and the steepness of the shuttle's trajectory will make it hard for your opponent to retrieve.
Smash	Moves your opponent to the backcourt. It will create space in the frontcourt for you to exploit.
Overhead clear	Use this badminton serve during singles play to move your opponent as far back in court as possible, thus opening up his court.
High Serve	Use when you want your opponent to lift the shuttle
Low Serve	Delicate badminton shot that can win you points outright if executed well with deception

#QUICKQUIZ



The _____ can be used in a game to push your opponent to the back of the court. To _____ by playing an overhead clear followed by a _____.

overhead clear

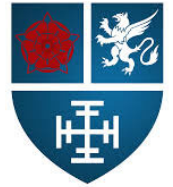
Drop Shot

Outwit your opponent

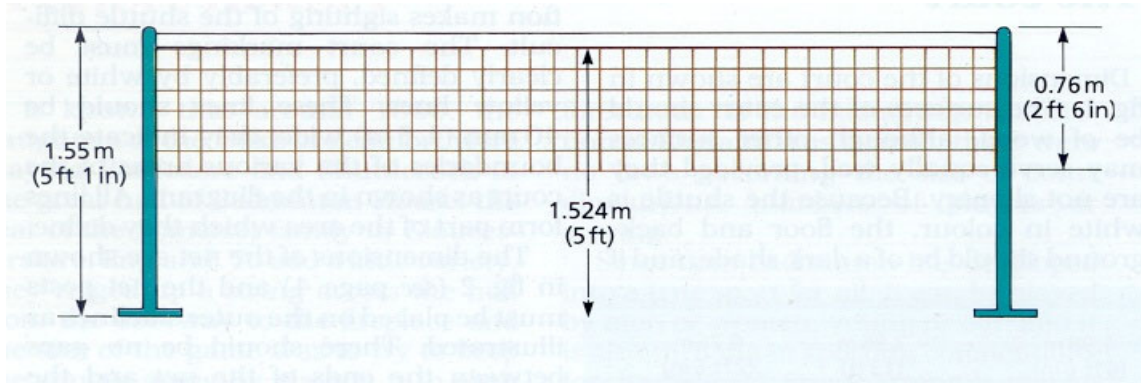
Overhead clear

Drop Shot

Outwit your opponent



Baminton- The Net (rules)



TASK: Read the following passage and then answer the true or false questions underneath.

“When playing badminton, you are **not allowed** to hit the shuttlecock until it has passed the net and it is on your **side of the net**.

If you hit the shuttlecock and your racket enters the **opposing players half**, this is considered a ‘fault’.

It is also considered a fault if your racket **makes contact** with the net at any point.

In both of these occasions, the player you are playing against will be **awarded a point**.”

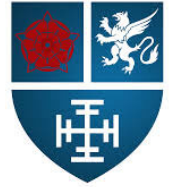
Question	True or false
You can only hit the shuttle court if it is on your side of the net	
You are allowed to touch the net with your racket.	
If your racket goes over the net, the rally should continue.	
If you make a ‘fault’ by accident then the point will be played again	

#QUICKQUIZ

1) How high should is badminton net be? Circle your answer

5ft 6ft 7ft

2) What happens if you hit the net with your racket?



Badminton- End of Unit Quiz

End of Unit QUIZ

1) What are the two types of grip used in badminton?

2) How many points do you play to in a regular game?

21

31

35

40

3) Name the four parts that make up a badminton racket:

4) Are the side tramlines considered to be in or out during a SINGLES match?

5) How many people are on court during a DOUBLES badminton match (in total)?

6) What happens if you accidentally touch the net during a rally?

The game continues

Opponent gets a point

Replay the point

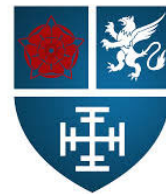
7) When serving in badminton which direction must you serve?

Straight on

Diagonal

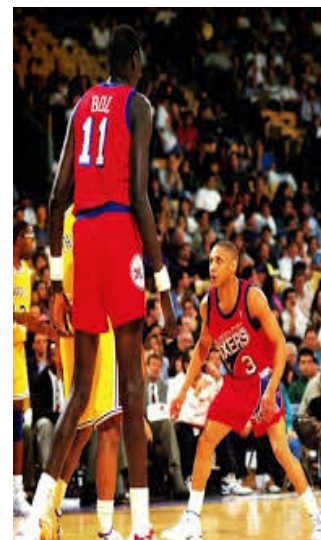
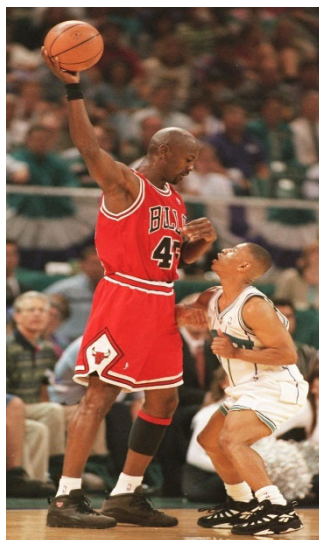
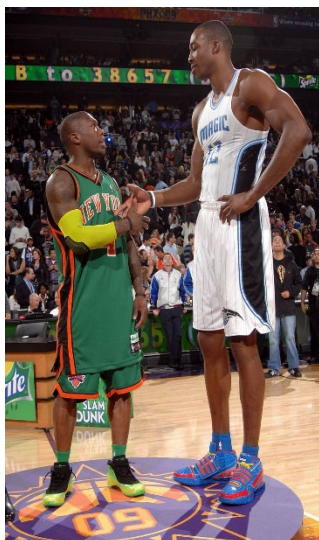
Wherever the opponent is

#MYPEHOMework



Basketball- Does Size Matter?

#quicklinks



#RESEARCH



1. Who is the smallest and the tallest player in the NBA?

SMALLEST –

TALLEST -

2. Give 3 advantages of being both small and tall in the game of basketball?

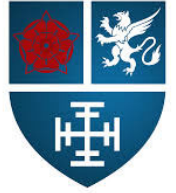
SMALL-

- 1.
- 2.
- 3.

TALL-

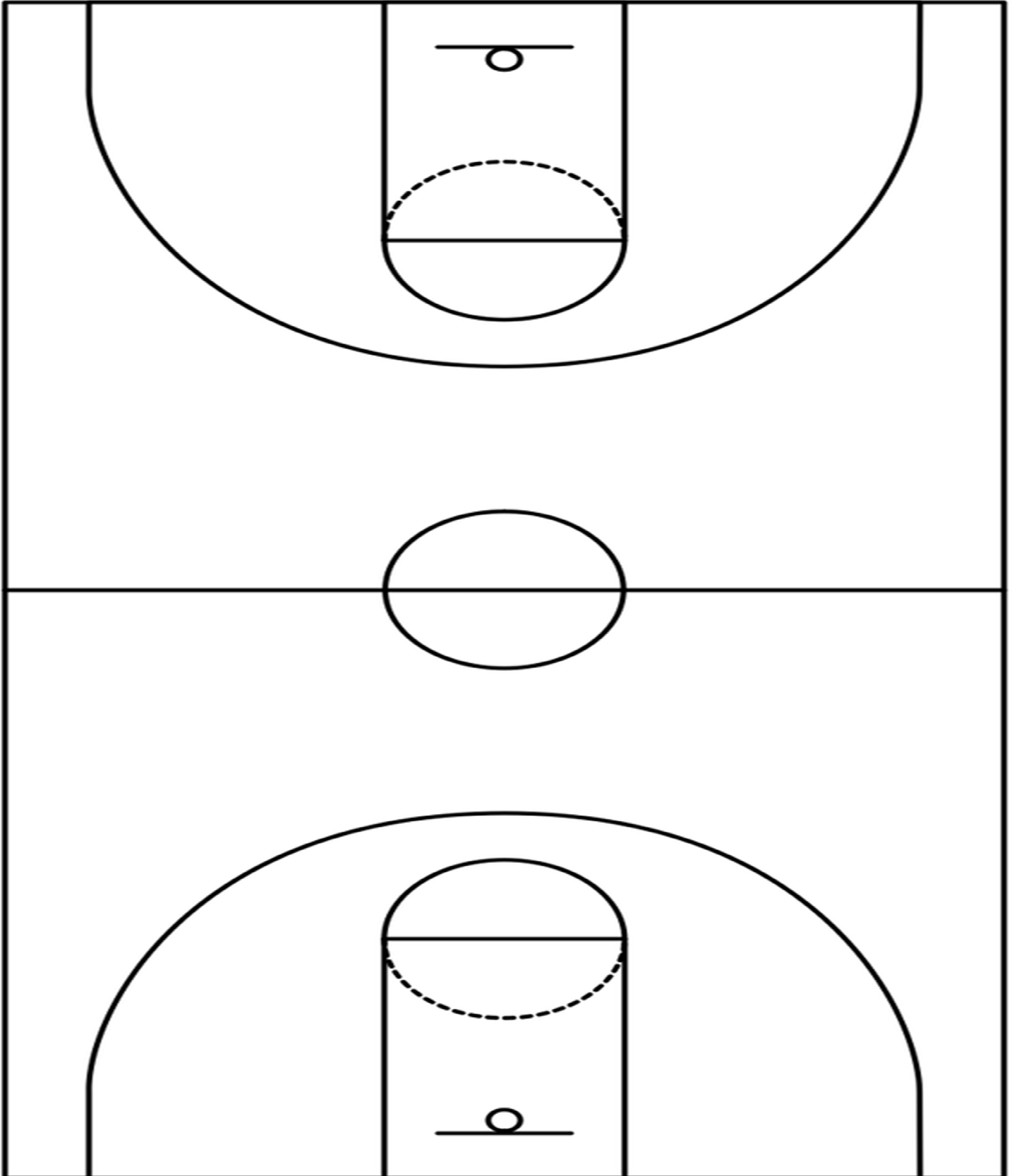
- 1.
- 2.
- 3.

#MYPEHOMework

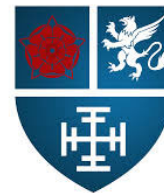


Basketball- The Court

Provide as much detail as possible in labelling the court?



#MYPEHOMework



Basketball- Rules and Regulations

#quicklink

<https://www.breakthroughbasketball.com/basics/basics.html>

TASK: Answer the questions below about the Rules and Regulations of Basketball.

1. For one team, how many players should be playing during a game? _____
2. A _____ ball starts the game?
3. If a player dribbles a ball with both hands at the same time, what violation should be called? _____
4. You commit an infraction of the rules that involves personal contact. What is this called? _____
5. You should not take longer than ____ seconds to inbound the ball from the

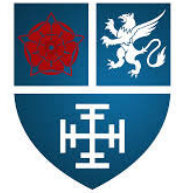
#QUICKQUIZ



1. The team without the ball is called _____.
A. Offense B. Defense C. Forward D. Guard
2. After a successful made basket.....
A. The ball is taken out by the other team.
B. The team that just scored takes the ball out.
C. A jump ball is taken.
D. You flip a coin for the ball.
3. If a player is fouled during the act of shooting and the ball goes into the basket, the player is rewarded with _____ free throw.
A. 0 B. 3 C. 2 D. 1



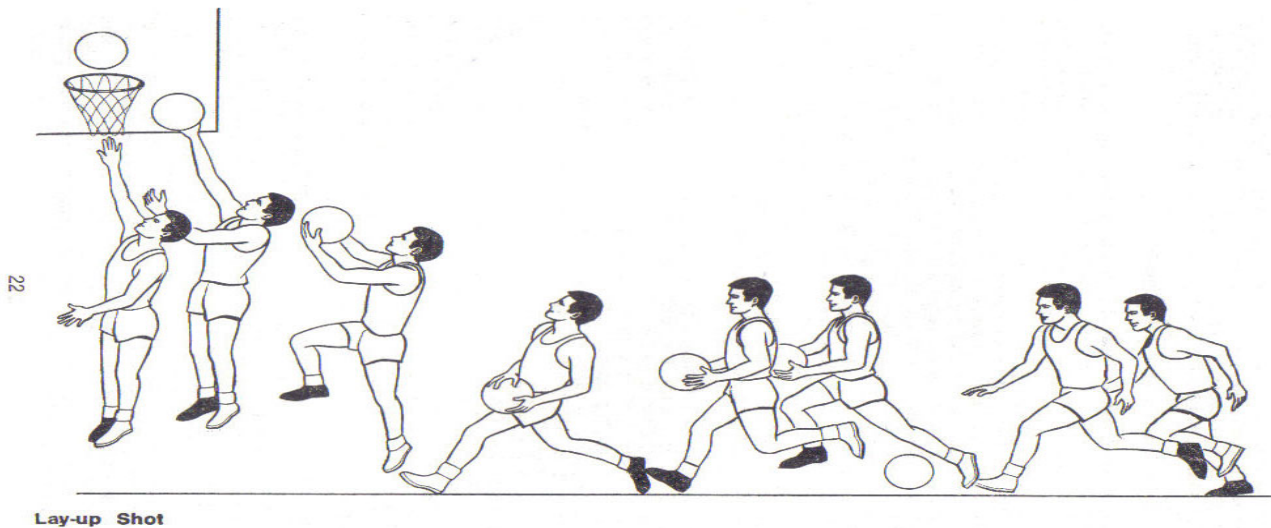
#MYPEHOMework



Basketball- The Lay Up

#quicklink

https://www.youtube.com/watch?v=O3lw6kM2_QY



Lay-up Shot

#SKILLRECALL

Describe 5 important techniques in the Lay Up Shot.

- 1.
- 2.
- 3.
- 4.
- 5.

#MYPEHOMework



Basketball- Teams

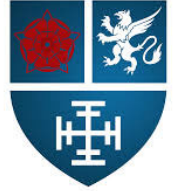
#quicklink

<https://www.skysports.com/nba?gr=www>

TASK 1 : BASKETBALL TEAMS OFTEN HAVE INTERESTING NAMES AND LOGOS. HOW MANY NBA TEAMS CAN YOU IDENTIFY?



#MYPEHOMEWORK



Basketball- Fantasy Basketball

#quicklink

<https://www.nba.com/fantasy/>

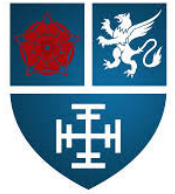
TASK 1 : CREATE A TEAM NAME AND LOGO, THEN CHOOSE A FANTASY STARTING LINE UP USING ANY CURRENT PLAYER IN THE NBA?

(4)

(1)

MYDANCEHOMEWORK

Dance- Choreography

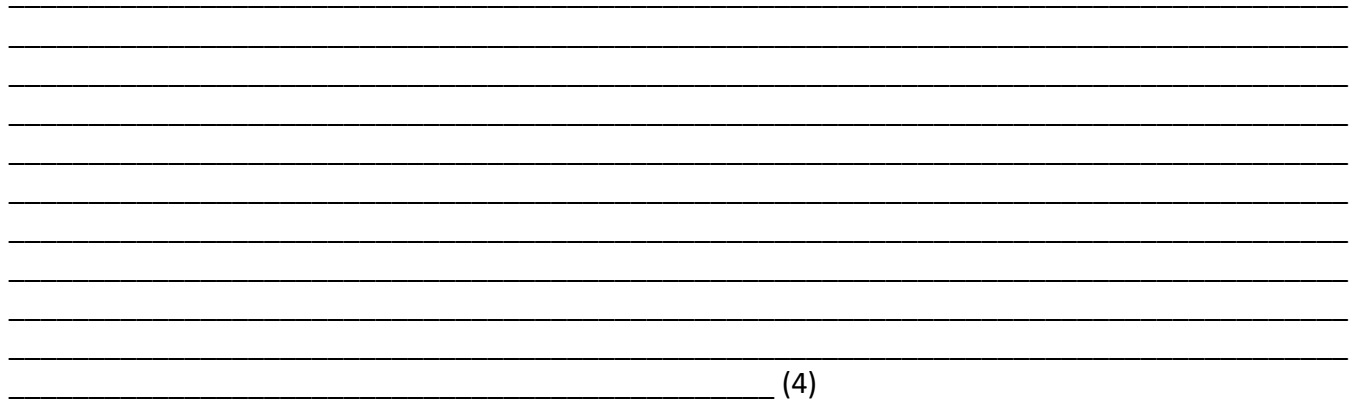


A **stimulus** is a choreographer's starting point for a dance. Choreography is created based on that stimulus.

Using the image below as your stimulus, choreograph 16 counts of dance. Use the space around the image to plan your dance.



Dance- Analysis and Refelction



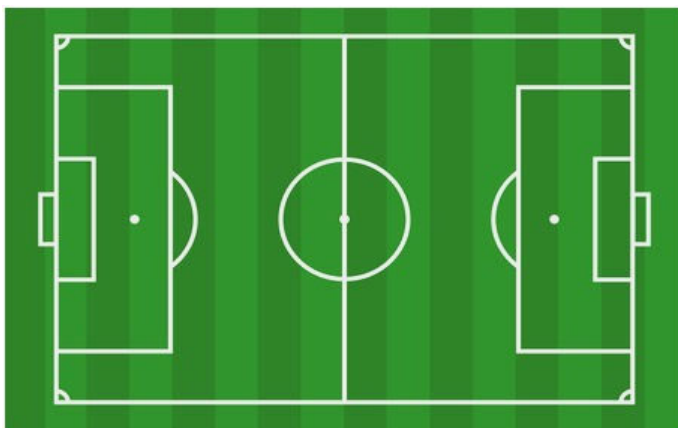


Football- The Playing Area

#QuickLinks

<http://www.thefa.com/football-rules-governance/lawsandrules>

The playing area



LABEL IT....

- A) Penalty Spot
- B) 18-yard line
- C) Corner Area
- D) Goal Line
- E) Touchline
- F) Centre Circle
- G) Penalty arc

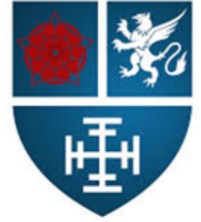
#QUICKQUIZ Rules of the game

The person who implements the laws of the game is known as the _____. They are assisted by two other officials known as _____. Between them they must ensure the _____ are followed.

Each team consists of _____ players, one of which must be a designated _____. That person is the only player on their team that is allowed to touch the ball with their _____. If any other player does this, the referee will award a _____ or a _____. The aim of the game is to _____ more _____ than the opposition.

ELEVEN	SCORE	PENALTY	REFEREE	FREE KICK
ASSISTANT REFEREES		GOALS		HANDS
GOALKEEPER				

#MYPEHOMework



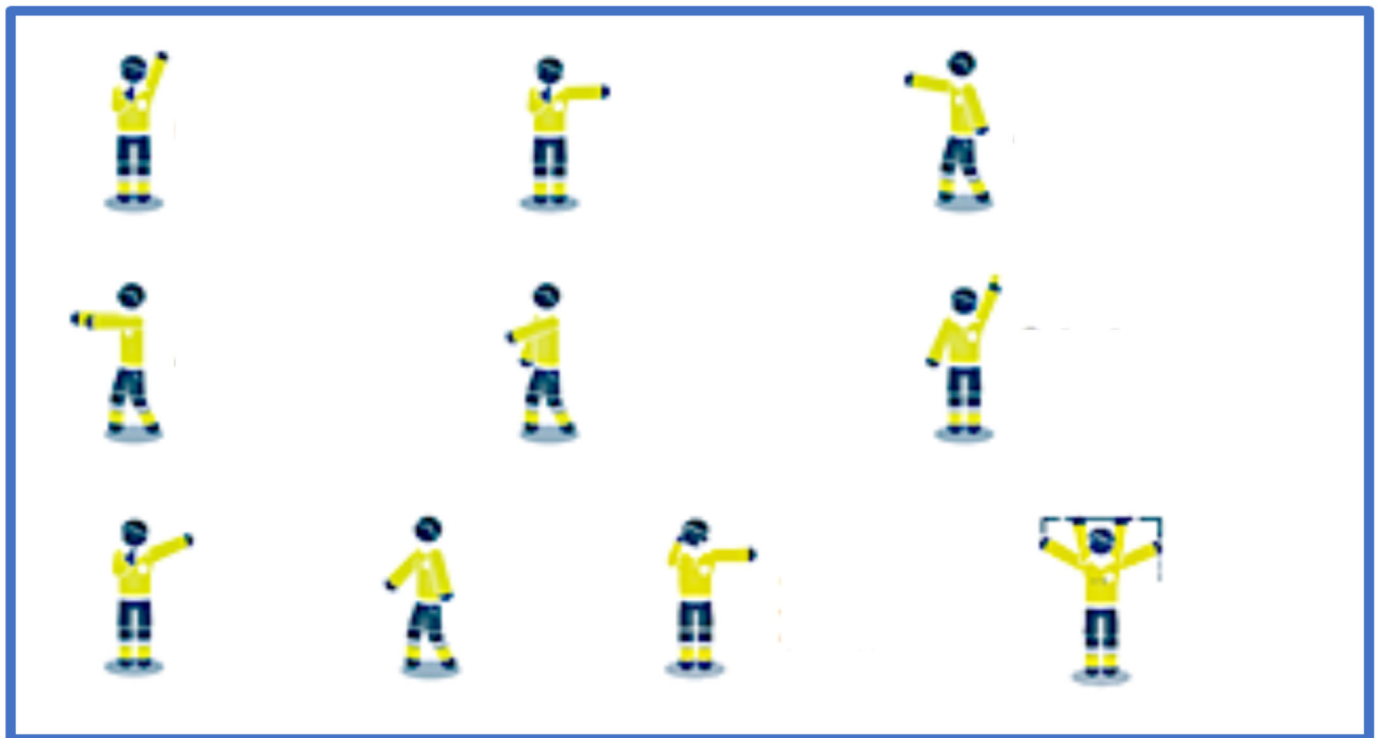
Football- The Playing Area

#QuickLinks

<http://www.thefa.com/football-rules-governance/lawsandrules>

IDENTIFY THE SIGNALS

A) INDIRECT FREE KICK, B) DIRECT FREE KICK, C) ADVANTAGE, D) PENALTY KICK, E) RED AND YELLOW CARD, F) CORNER KICK, G) GOAL KICK, H) VAR CHECK, I) VAR REVIEW.



#QUICKQUIZ

- 1) What are the 4 decisions referees can use VAR to assist with? (4 Answers)
- 2) What are the four essential match officials professional clubs must have for a competitive match to take place?
- 3) What is the correct position for an assistant referee during a penalty kick?

#MYPEHOMework



Football - The Warm Up

#QuickLinks

<https://www.bbc.co.uk/bitesize/guides/zyqd2p3/revision/1>

Fill the Gaps: 3 PHASES OF A WARM- UP

Component	Description	Example
	Raises heart rate and speeds up oxygen delivery to muscles.	
	Taking the muscle near the end of its range to improve the flexibility/range of motion.	
	An exercise which is more demanding relating to the main session	



State 2 BENEFITS of a Warm- up:

True or False

'The drills you do should mimic those you are about to use in the main session?'

#MYPEHOMework



Football - Skills and Techniques

#QuickLinks

<https://grassroots.fifa.com/en/for-coach-educators/technical-elements->



Pick 2 skills/techniques you have worked on and state the 3 coaching points in the two boxes below:

The '3' Key Coaching Points:



The '3' Key Coaching Points:



#QUICKFACT

How many assists did Kevin De Bruyne get in the 2019/2020 season?

NEXT STEPS...

My Strength in football is:

My Area to Improve is:

#MYPEHOMework



Football - Skill Challenge

#QuickLinks

<https://www.youtube.com/watch?v=PfeiKy861Qw>

#QUICKCHALLENGES



Challenge 1-



How many keepy-ups can you do in :

1 minute:

2 minutes:

Challenge 2- Wall pass

How many 2 touch wall passes can you do in :

1 minute:

2 minutes:

Find a space 5 yards away from a wall:

Pass against the wall, control it and then pass it back. (Without misplacing a pass/

Challenge 3- Wall pass *1 touch*

How many 1 touch wall passes can you make in:

1 minute

2 minutes:

Same setup as the last challenge, but this time use alternate feet:

Pass from your right foot then the second pass must use your left and so on

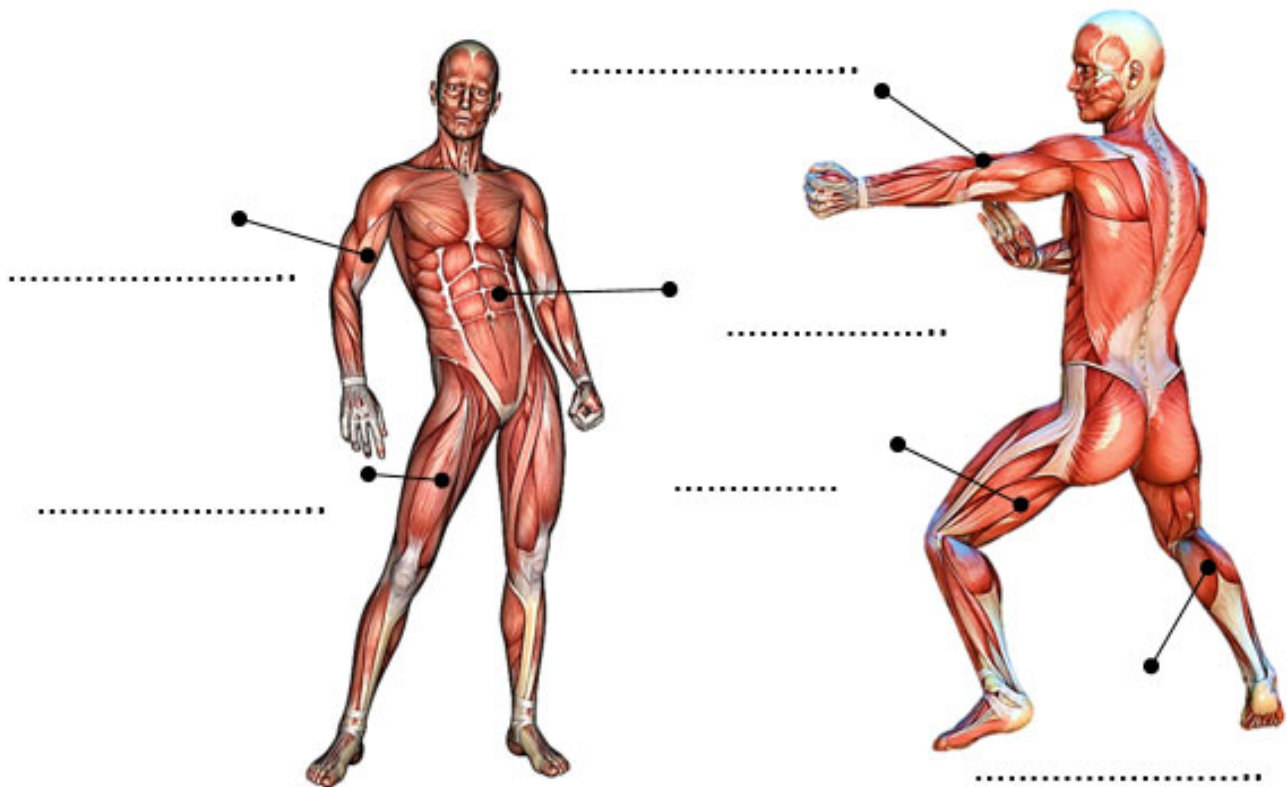
#MYPEHOMEWORK



Football - Muscular System

#QuickLinks

<https://www.bbc.co.uk/bitesize/guides/z32wmnb/revision/1>

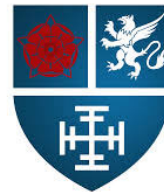


#QUICKQUIZ



1. Which muscles listed above would help when passing the football?
2. Which muscles would help when a player is taking a throw in?

Our muscles work in pairs. These are called antagonistic pairs. Try to research one other antagonistic pair and write it in the space below.



Hockey- Basics of the Game

#quicklink

TASK: Click the link above to watch 10 minutes of a Great Britain Hockey game. This is what the game of Hockey looks like at the highest level.

- 1) Write five things that you noticed from the 10 minutes of Hockey that you have just watched. This could be to do with rules that you didn't know, anything that surprises you or that you find impressive.

- 1.
- 2.
- 3.
- 4.
- 5.

- 2) Are you able to see how player's change the way they hold the Hockey stick? Why do you think this changes in different parts of the game?

.....

- 1) How many players are on a Hockey team? Please show in hockey pitch below in a typical hockey formation.
- 2) What have you noticed about how the Hockey stick is used? (HINT: Think about where the players make contact with the ball).

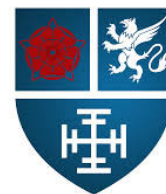
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Hockey- Dribbling

#quicklink

<https://www.youtube.com/watch?v=nyrXWxcArZI>

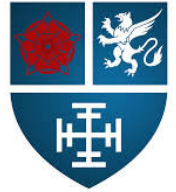
1. In Hockey there are many different ways that you can dribble with the ball. This changes depending on the scenario a player is faced with.

<p>Name as many different types or names of dribbling as you can find:</p>	<p>Within year you will focus on mastering the basic dribble technique.</p> <p>Explain 5 key teaching points for the <u>basic dribbling technique.</u></p> <ol style="list-style-type: none">1.2.3.4.5.
--	--

2. Using the YouTube link, watch a few of the different types of techniques that you already identified. This will make you more confident when dribbling, as you will know what it looks like. In the box below. Write down some key points that you have noticed.

Extension: Are you able to research and explain the difference between the different types of dribbling techniques that you have found and when you would use them?

#MYPEHOMEWORK



Hockey- The Push Pass

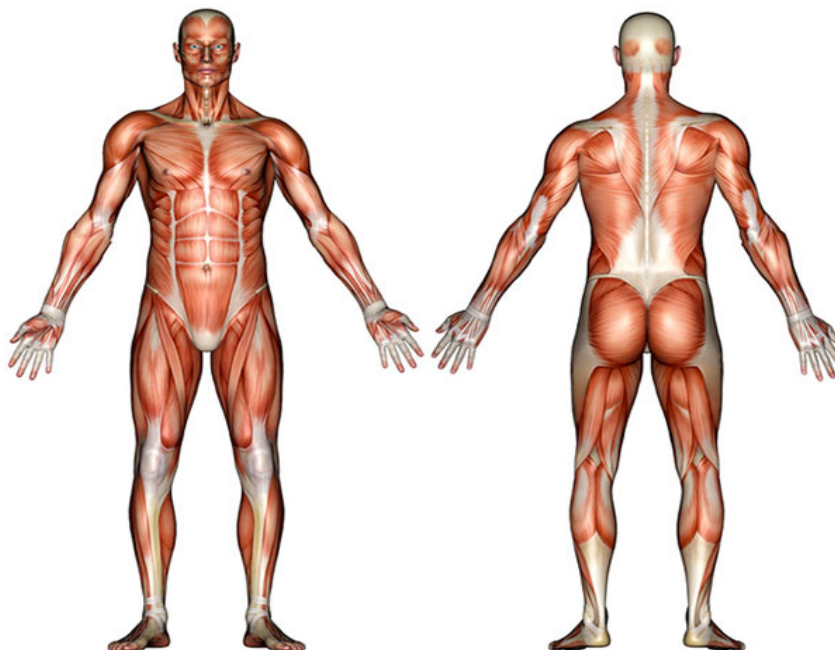
#quicklink

https://www.youtube.com/watch?v=kK_QoCmTPE4

- 1) Research the push pass that is used all the time in a Hockey game. Use your own research plus the video link above to help. Write below the 5 key teaching points for the push pass.

- 2) In order for us to perform the push pass correctly, you've got to use all of the muscles in our body. Are you able to label the following muscles on the diagram below?

Triceps Biceps Abdominals Deltoid Pectorals Quadriceps Hamstring Gastrocnemius



- 3) Can you identify and describe other passes are used in hockey?

#MYPEHOMework



Hockey- Warm Up

Task: Now you have completed a few weeks of Hockey, you should now be confident with the three components of a warm-up (Pulse Raiser, Stretches, Increasing the intensity).

It's your task to come up with your own three part warm-up, this needs to be specific to hockey.

The warm-up needs to be suitable for at least 5 people complete at the same time.

Write down your warm-up plan as you would perform it. Please include:

Pulse Raiser – This should last for about 2-3 minutes. What you would complete too slowly get the heart rate to increase. Use at least 6 different exercises in your pulse raiser

Stretches – This should last for about 3-4 minutes. Write down at least 8 different stretches you would include in your warm-up and write which muscle(s) they will stretch.

Increase of intensity (1-2 minutes) – Be creative – what will you make your group do which will increase their heart rate up quickly.

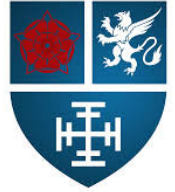
My Hockey Warm-Up Plan

Pulse raiser:

Stretches:

Increase of intensity:

#MYPEHOMework



Hockey- Tackling in Hockey

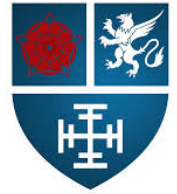
#quickink

<https://www.youtube.com/watch?v=1o0cFEnRI-8>

- 1) Using the link above, additional research and your own knowledge, create a poster below that will explain to someone extremely new to Hockey how to correct and safely perform the **BLOCK TACKLE**. The poster will need to highlight the key teaching points and also some tips on how to perform it successfully.

- 2) Are you able to find any other types of tackles that are used in Hockey?

#MYPEHOMework



Hockey- Rules

#quickink

<https://www.englishhockey.co.uk/page.asp?section=1146§ionTitle=Rules+of+Hockey>

You've now developed a key understanding of the main skills required in Hockey. In order to protect players, there are a large amount of rules in Hockey to keep the game safe. On the diagram of the pitch below can you write the rules for the following?

Side Line Pass, Free Hit, Push Back and Hit Out.

Think about putting on the diagram, what options you have and how far away your opponent needs to be.

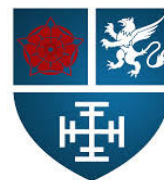


Are you also able to explain what these terms mean?

Foul Play- Feet

Back of the stick

#MYPEHOMEWORK



Netball- Basics of the Game

#quicklink

<https://www.youtube.com/watch?v=XD5Q9G5bBgo>

TASK: Click the link above to watch 10 minutes of a Great Britain Netball game. This is what the game of Netball looks like at the highest level.

1. Write five things that you notice from the 10 minutes of netball that you have just watched. This could be to do with the rules that you didn't know, anything that surprises you or that you find impressive.

a.

b.

c.

d.

e.

- 2) How many players are on a netball team? (If you have played 'High 5' netball at primary school, you will now play the full sided game)

.....

- 3) What is the 'footwork' rule?

.....

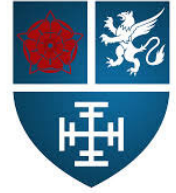
- 4) Extension Task: Try to find and watch five minutes of a netball game played by the national team of Malawi. Do you notice any differences in the way that country plays?

.....

.....

.....

#MYPEHOMework



Netball- Chest and Shoulder Pass

#quicklink

1. Using the link above, your own knowledge and additional research you need to:
 - a. For each pass – find three key teaching points for each pass
 - b. Be confident enough to demonstrate the pass to someone else and talk through your key points.

3 key teaching points for the **Chest Pass**

1.

2.

3.

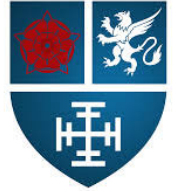
3 key teaching points for the **Shoulder Pass**

1.

2.

3.

2. Next Lesson- during your next lesson, have a look and analyse another person's passing technique. Try to give feedback to someone else to help improve their passing technique



Netball- Warm Up

Task: Now you have completed at least two weeks of netball, you should be confident with the three components of a warm-up (Pulse Raiser, Stretches, Increase in intensity).

Your homework this week is to come up with your own three phase warm up that is specific to Netball.

The warm-up needs to be suitable for at least 5 people complete at the same time.

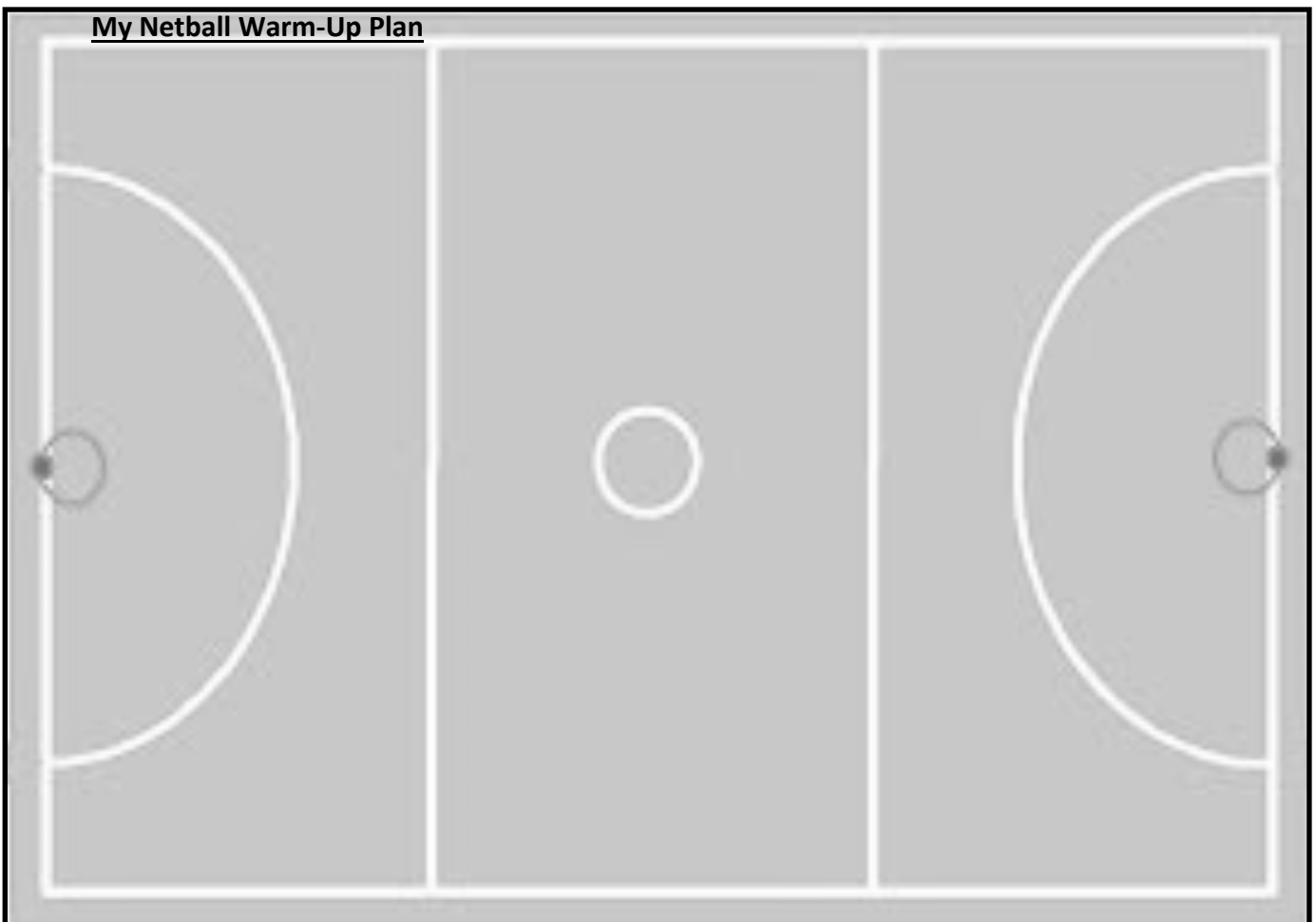
Write down your warm-up plan as you would perform it. Please include:

Pulse Raiser – This should last for about 2-3 minutes. What you would complete too slowly get the heart rate to increase. Use at least 6 different exercises in your pulse raiser

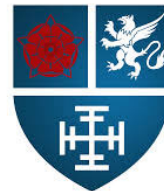
Stretches – This should last for about 3-4 minutes. Write down at least 8 different stretches you would include in your warm-up and write which muscle(s) they will stretch.

Increase of intensity (1-2 minutes) – Be creative – what will you make your group do which will increase their heart rate up quickly.

My Netball Warm-Up Plan



#MYPEHOMEWORK

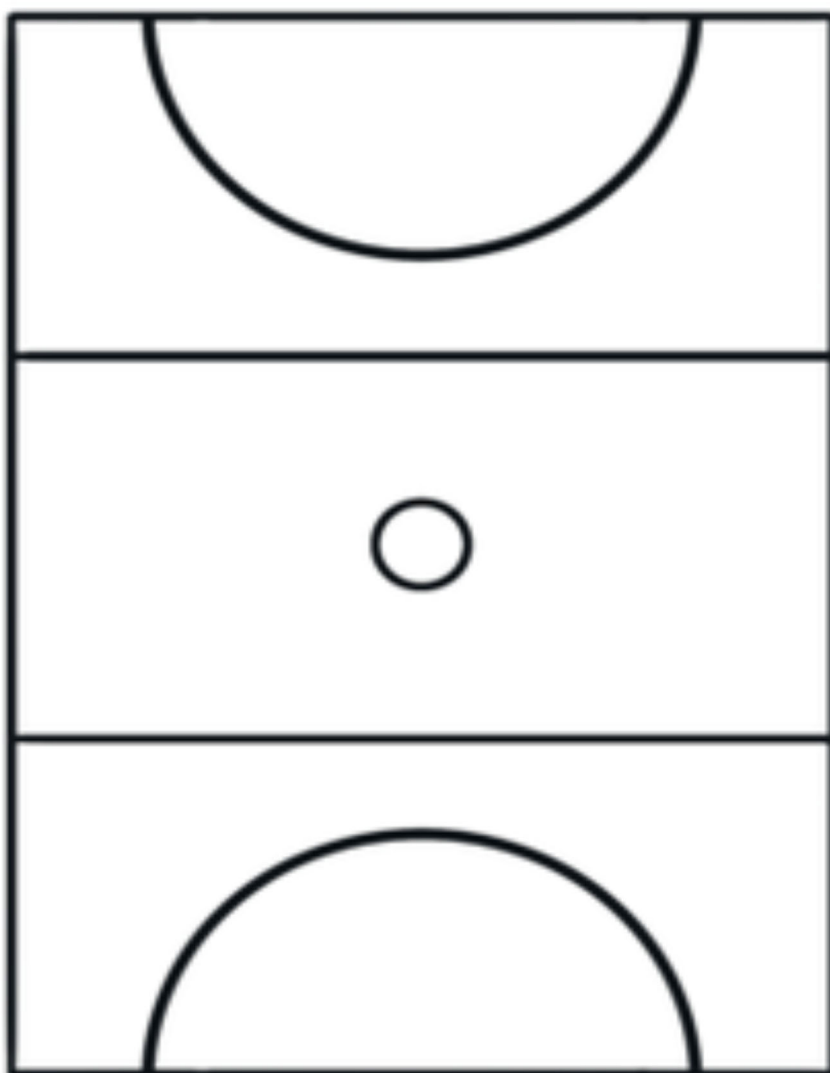


Netball- Positions and Roles

#quickink

<https://www.playfinder.com/blog/netball-rules-positions>

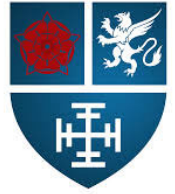
You need to design a poster which shows the positions in netball and what the role of each player is. In your poster you must include where each of the players are allowed to go. Please can you also include what the job of each player is – is the player's main aim to shoot the goals for the team or is their main job to defend and stop another player receiving the ball?



Next Week's Task:

1. From the poster that you completed last week, you need to now learn all of these positions and where they are allowed to move on a netball court. As you move into year 8, it is hoped that you can be given any netball bib and know where that player is allowed to go without having to ask anyone else.
2. Find another student in the group and test each other on these positions.

#MYPEHOMEWORK



Netball- Rules

#quickink

A game of netball is controlled by an umpire.

It is really important that you understand why the umpire is blowing the whistle and be able to react quickly to the instructions given.

Below are terms in netball, which you will need to research, explain and understand. By learning these you will be able to understand what is happening in a netball game a little better. This will help if you also want to go to netball practice after school or play matches outside of school.

Sideline:-

Backline:-

Centre Pass:-

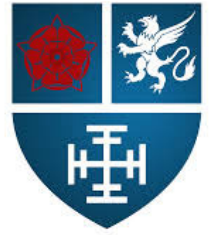
Footwork:-

Contact:-

Obstruction:-

Can you add any extra to the list?

#MYPEHOMEWORK



Passing

#WatchthisVideo

Push Pass

<https://www.youtube.com/watch?v=pAa7J1kciVU>

Spin Pass

<https://www.youtube.com/watch?v=bUEiQSuVaQ>

PASSING:

(Watch the two videos above a write down the key points of each pass that are identified)



Key points of each pass

-
-
-
-
-

-
-
-
-
-

#QUICKQUIZ



- 1) What direction can't a pass travel?
- 2) What happens if a person drops the ball and it goes forward?



#MYPEHOMework



Catching

#WatchthisVideo

<https://www.youtube.com/watch?v=8nXtb1MVHvI>

Or search 'Jonny Wilkinson Catching'

CATCHING THE RUGBY BALL:

Watch the above video and see if you can identify the key points of catching the rugby ball.



- Keep your _____ on the ball all the time.
- Extend your arms, _____ to receive the ball.
- Use _____ to catch the ball whenever possible.
- Keep the ball off or _____ the chest when receiving it. Only bring it to the chest if taking contact.

Eyes	Flexible	Hands and fingers
Away From	Both hands	Any time

#QUICKQUIZ

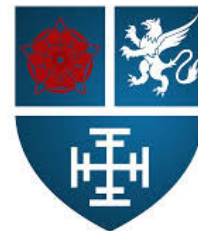
1) How many fingers do you think you should have on the ball when you catch it? Circle your answer

Ten

Five

Eight

#MYPEHOMEWORK



Scoring

#QuickLinks

A Beginners Guide to Rugby Union

AIM OF THE GAME (Fill the gaps with the words below):

Rugby is a game in which the object is to
the





over the _____ and force it to

ground to score

opponents' goal line

carry the ball

Four Ways to Score Points: Read through the webpage and fill in the following boxes

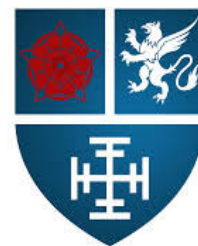
TRY		Points scored: Description:
Penalty kick		Points scored: Description:
Conversion kick		Points scored: Description:
Drop Goal		Points scored: Description:

#QUICKQUIZ



1. Which method scoring gives the team the most points?
2. Which type of 'kick' is used after a try is scored? (for an extra two points)

#MYPEHOMWORK



Open Play

#QuickLinks

Search (or click link):

A Beginners's Guide to Rugby Union: Open Play

(<https://passport.worldrugby.org/?page=beginners&p=6>)

OPEN PLAY (Fill the gaps with the words below):

The term 'open play' refers to any phase in the match where the ball is being _____ between team mates and both teams are _____. In open play, the team in possession tries to get the ball to players in space who can make _____ towards the opposing goal line.

forward progress

passed or kicked

contesting for the ball

Kick off & Handling: (Read the section online and answer the questions)

Kick-off:

When is a kick off used?

Where is the kick taken from?

Passing:

In what direction must the ball go?

What happens if a forward pass occurs?

Knock On:

When does a knock on occur?

What direction must the ball travel?

#QUICKQUIZ



1) What type of kick is used during kick off? Circle the answer

Penalty kick

Drop kick

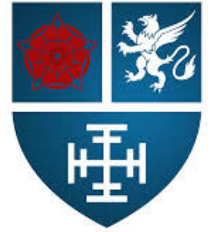
Conversion kick

2) How is game restarted after both a forward pass and a knock on? Circle the answer

Scrum

Free Kick

Try



Tackle, Ruck or Maul?

#QuickLinks

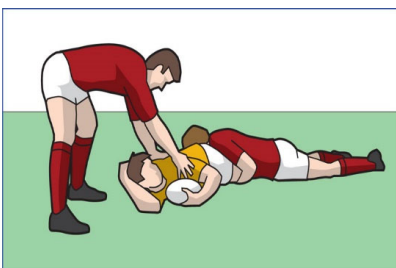
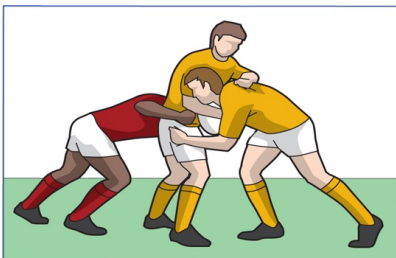
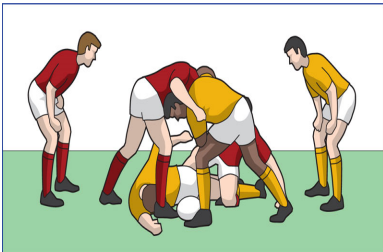
Search (or click link):

A Beginners's Guide to Rugby Union: Tackle, ruck and maul

(<https://passport.worldrugby.org/?page=beginners&p=7>)

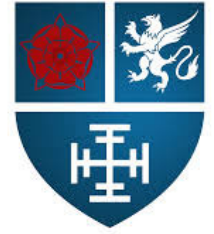
Tackle, Ruck or Maul?

1. Identify what each of the below referee signals below are:
2. Read through the above link:
3. Write a brief description of what each is:



#QUICKQUIZ

- 1) In rugby union, how many players are there per team at any one point?
- 2) What part of the body is it 'illegal' to tackle in rugby union?
- 3) What happens if a forward pass happens in rugby union?



Positions

#QuickLinks

Search (or click link):

A Beginners's Guide to Rugby Union: Positions

Positions:



Read through the webpage and click on each players number. Now label them below:

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)
- 11)
- 12)
- 13)
- 14)
- 15)

#QUICKQUIZ



YOU WILL NEED TO HAVE CLICK ON EVERY PLAYER ON THE WEBPAGE LINK

1) What numbers do the **FORWARDS** play in?

2) What numbers do the **BACKS** play in?

3) What is the key characteristic of a **LOCK**? Circle your answer

Weight

Height

Speed

4) Which player is usually considered the **LAST** line of defence? Circle your answer

Hooker

Fly Half

Fullback

#MYPEHOMework

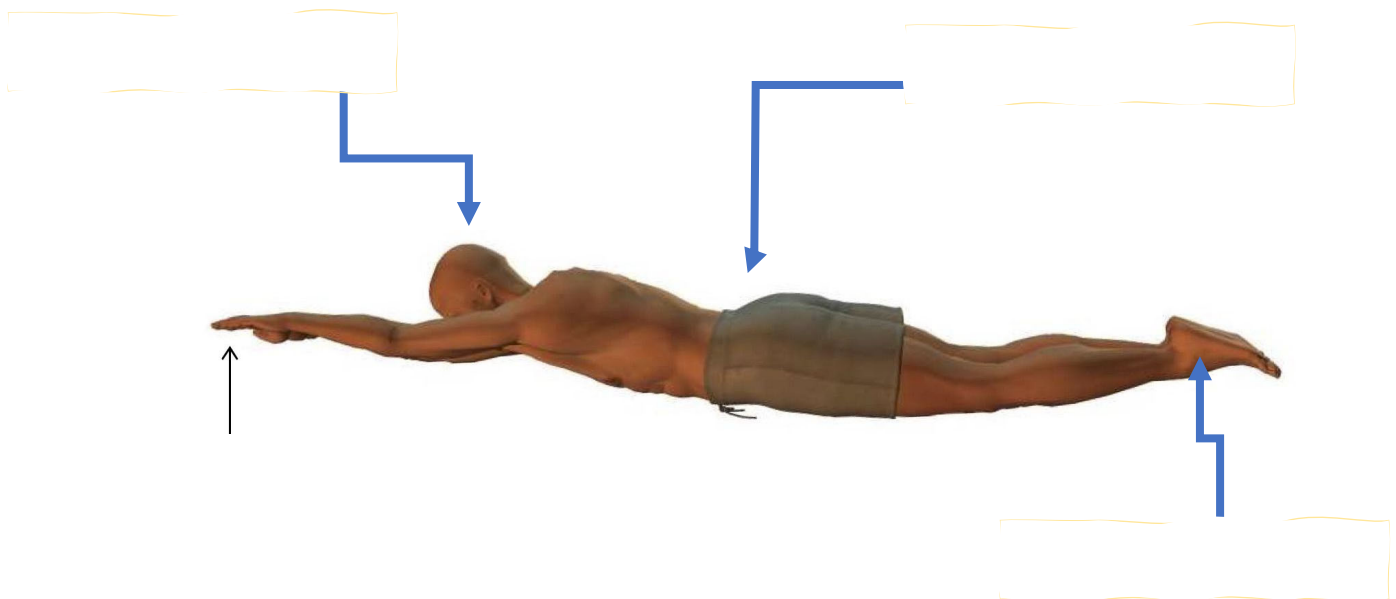


Swimming - Front Crawl (Body position & Legs)

#QuickLinks

<https://www.swimming.org/masters/improving-front-crawl-technique/>

LABEL THE KEY POINTS OF THE FRONT CRAWL BODY POSITION



Watch the following video (<https://www.youtube.com/watch?v=5CSFmJrLJLA>) and answer the questions below relating specifically the leg action:

- 1) *Where does the movement of the kicking action come from?*
- 2) *Should your feet come out of the water fully?*
- 3) *What is crucial about your ankles during the kick to make it an efficient kick?*

#MYPEHOMework



Swimming - Front Crawl (Arms)

#QuickLinks

Watch the video linked above and fill in the blanks below:

Your arm enters the water in line with your _____, extending as far as you can _____. To propel yourself through the water we need to make sure we have an efficient 'catch', to do this pull your arm down towards your _____, bending at the _____. As your arm reaches your hip you enter the recovery stage of the stroke. During this recovery stage your _____ should be the highest body part out of the water.

elbow	hips	reach	elbow	shoulder
-------	------	-------	-------	----------



#QUICKQUIZ

- 1) Name the three bones in your arm?
- 2) What is the difference between bilateral and trilateral breathing?
- 3) How could you make yourself more efficient when swimming?

#MYPEHOMework



Swimming - Breaststroke Legs

#QuickLinks

<https://www.youtube.com/watch?v=QGZ8rly-YtI>

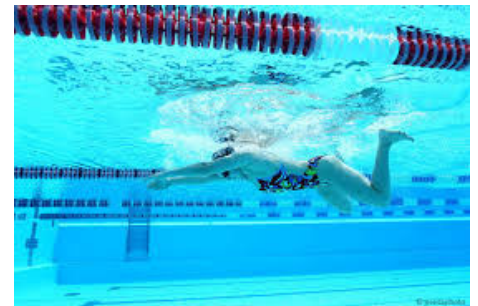
Use the above website to make notes on the following areas ready to review with your teacher next lesson:

Starting position for breaststroke legs:

What should you do with your heels?

Heels to your bottom or knees to chest?

How do you finish off your breaststroke leg kick?



#QUICKQUIZ



- 1) Name two muscles you would use when doing breaststroke kick
- 2) In a 50m swimming pool how many lengths is 800m?
- 3) Who holds the 50m and 100m Breaststroke World Record?

#MYPEHOMework



Swimming - Breaststroke Arms

#WatchthisVideo

<https://www.youtube.com/watch?v=Ir0VWUxGLrw>

<https://www.youtube.com/watch?v=QGZ8rly-YtI>

Watch the above linked video and write down any notes that link to the following:

Starting arm position:

-

-

Arm action:

-

-

Breathing:

-

-



#QUICKQUIZ



1) Name two muscles you would use during the breaststroke arm action?

2) In a 50m swimming pool how many lengths is 400m?

3) What is an individual medley (IM)?

#MYPEHOMework



Swimming - Backstroke

#WatchthisVideo

<https://www.youtube.com/watch?v=UqHBB96Pw7w>



Use the above link and pictures to make notes about each core aspect of backstroke



Body Position (head, arms, legs):

-
-
-

Leg Action:

-
-
-

Arm Action:

-
-
-

#QUICKQUIZ



- 1) What are the flags found at both ends of a swimming pool used for?
- 2) Who was the 2016 100m Olympic Backstroke Champion?
 - Men-
 - Womens-

#MYPEHOMework



Swimming - Waterpolo

#QuickLinks

<https://www.rulesofsport.com/sports/water-polo.html>

Please research and list five rules of Water Polo:

1.

2.

3.

4.

5.



#QUICKQUIZ



1) Who is the only person who can use two hands in Water Polo?

2) How many players per team in Water Polo?

3) How long is a Water Polo match?



#MYPEHOMework

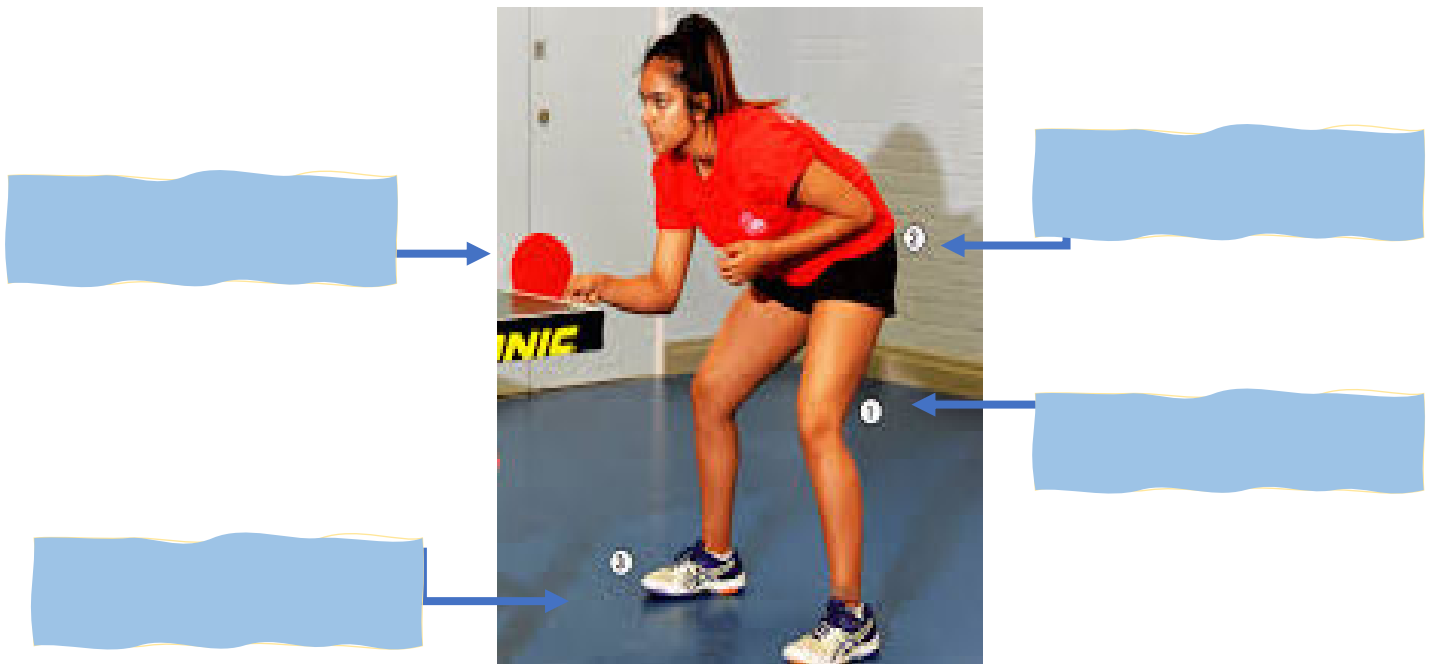


Ready position/Grip

#QuickLinks

<https://www.experttabletennis.com/table-tennis-stance-and-ready-position/>

LABEL THE FOUR KEY POINTS OF THE READY POSITION...



#QUICKQUIZ



- 1) Research and list two types of table tennis grip types.
- 2) What happens if a player hits their paddle on the table during play?
- 3) What position on the table should you return to after every shot?

#MYPEHOMework



Serve

#QuickLinks

Research and list five service rules:

1.

2.

3.

4.

5.



#QUICKQUIZ



1) How often do you alternate service?

2) List three types of table tennis serves.

-
-
-

3) Research three paddle positions you could adopt:

-
-
-

#MYPEHOMEWORK



Forearm drive

#QuickLinks

[https://www.youtube.com/watch?](https://www.youtube.com/watch?time_continue=34&v=BNZrtYsvKhE&feature=emb_title)

[time_continue=34&v=BNZrtYsvKhE&feature=emb_title](https://www.youtube.com/watch?time_continue=34&v=BNZrtYsvKhE&feature=emb_title)

Watch the video linked above and fill in the blanks below:

The forearm drive starts with your bat at _____ height, rotate backwards from your _____. As the ball approaches accelerate _____ and _____, hitting _____ the ball to produce _____ in the shot. Your bat should finish just below _____ height.

Power

Head

Waist

Waist

Forwards

Up

Through



#QUICKQUIZ



- 1) What position does the forearm drive start in?
- 2) Name two bones located in the arm:
 -
 -
- 3) What paddle position has the table tennis player in the right picture above adopted?

#MYPEHOMEWORK

Forearm Push Shot

#WatchthisVideo

https://www.youtube.com/watch?time_continue=63&v=3D9VWKR-iFc&feature=emb_title



Watch the above linked video and write down any notes that link to the following:

Stance/start position:

-
-
-

Bat Position (Circle the correct option):

- Open
- Neutral
- Closed

Arm action:

-
-
-



#QUICKQUIZ



- 1) What two situations is the forearm push likely to be played in?
- 2) How can you vary the amount of spin?
- 3) How many games must you win in order to take the set?

#MYPEHOMework



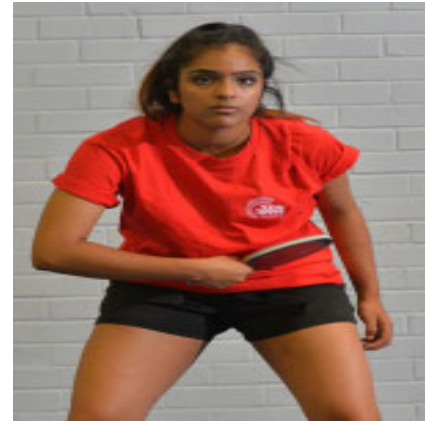
Backhand Drive

#WatchthisVideo

<https://tabletennisengland.co.uk/wp-content/uploads/2016/11/BACKHAND-DRIVE.pdf>



Use the above link to make notes about each stage of the backhand push ready to discuss with teacher at the start of next lesson.

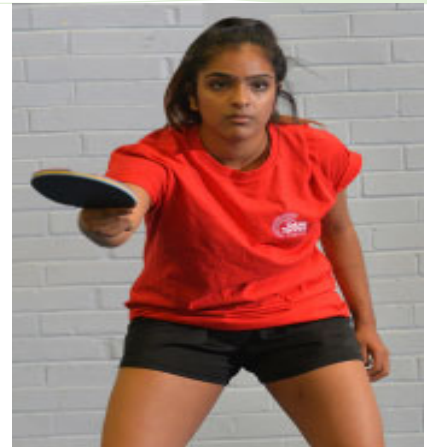


1) Ready position:

-
-
-

2) Backswing:

-
-
-



3) Forward Movement

-
-
-

4) Follow Through:

-
-
-

#MYPEHOMEWORK



Backhand Push shot

#QuickLinks

[https://www.youtube.com/watch?](https://www.youtube.com/watch?time_continue=15&v=i_NAMempMvs&feature=emb_title)

[time_continue=15&v=i_NAMempMvs&feature=emb_title](https://www.youtube.com/watch?time_continue=15&v=i_NAMempMvs&feature=emb_title)

Watch the video linked above and fill in the blanks below:

The backhand push is a useful stroke to play against a _____ or if you want to generate a backspin for your opponent. Your starting position should be _____ onto the table, bat in front of your _____ with an _____ paddle position which _____ and generates the back spin. To contact the ball, you should push _____ down towards the _____, _____ under the ball.

Backspin shot

Table

Forwards

Counters

Body

Square

Brushing

Open



#QUICKQUIZ



- 1) How could you make this shot harder for your opponent to attack?
- 2) What position should you immediately resume after completion of the shot?
- 3) How many sets is a table tennis match typically played over?

#MYPEHOMEWORK



Theoretical Aspects

Topic 1: Warm up/Cool down

<https://www.turton.uk.com/wp-content/uploads/sites/2/2020/02/PE-All-Terms.pdf>

Pulse raising activity

The pulse raiser will increase deep muscle temperature, loosen joints and increase respiratory and cardiac rates. Stroke volume increases allowing for greater oxygen delivery to the muscles that will work during the performance.

Light jog

The light aerobic work allows for the respiratory and cardiac levels to reduce gradually. Core muscle temperature is maintained while capillaries are flushed with oxygenated blood. Lactic acid and other toxins are removed from worked muscles more efficiently.

Stretching and mobility exercises

Stretching and mobility exercises increase the range of motion at joints, increase the extensibility of the muscle and helps to reduce the risk of soft tissue injuries such as sprains and strains.

Stretching

Stretches within the cool down are typically held for 30 seconds. As the muscle stretches blood flow is increased allowing for faster recovery. Muscles are better prepared for the next training session and soreness and pain experienced after training is reduced.

Sport specific activities

Sport specific activities involving drills and practices that develop the core skills of the performance. This causes an increased coordination of antagonistic pairs of muscles, an increased feeling of confidence and increased coordination between players in team sports.

Refuelling

Consuming carbohydrates, proteins and fluids within the first two hours post-exercise allows for optimal recovery. Carbohydrates replace the glycogen burned during training. Proteins help the adaptation process by allowing muscles and other soft tissues to be rebuilt stronger. Fluids such as water and isotonic drinks allow for rehydration.

Using the information above, devise a warm up for a sport of your choice:

(Add timings of stages and how long you would hold each stretch)

Using the information above, devise a cool down for a sport of your choice:

(Add timings of stages and how long you would hold each stretch)

#MYPEHOMEWORK



Theoretical Aspects

Topic 2: Health and Well-Being

<https://www.turton.uk.com/wp-content/uploads/sites/2/2020/02/PE-All-Terms.pdf>

What are the health risks of an inactive lifestyle?

Having an inactive lifestyle can be one of the causes of many chronic diseases. By not getting regular exercise, you can raise the risk of conditions associated with poor health. Can you name the following health conditions associated with being inactive?

O _____

High b _____ pressure

#QUICKQUIZ



Mo Farah is a professional athlete who runs the 5000m, 10,000m and marathon.

- 1. Which type of food does he need in order for him to have lots of energy to keep running at a fast pace throughout the race?*

C _____

- 2. When we eat a large amount of this type of food in the build up to an endurance event, what is it known as?*

C _____ L _____

#MYPEHOMework



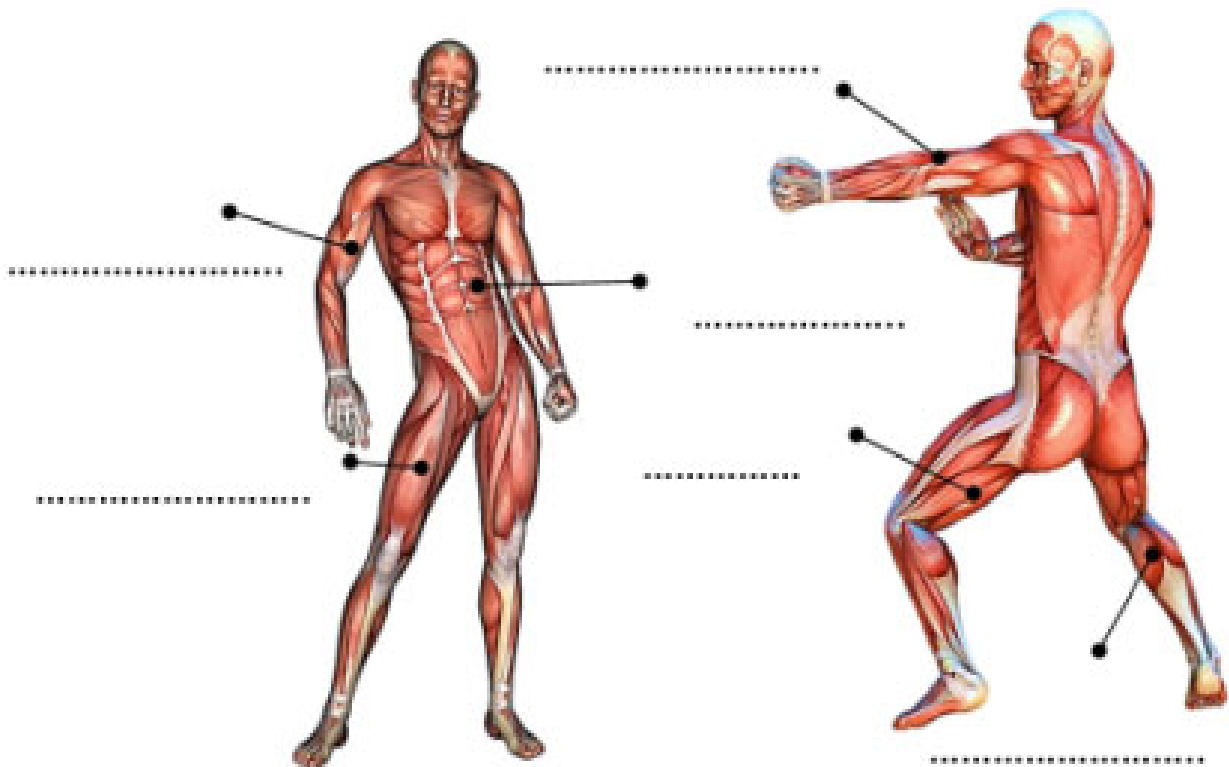
Theoretical Aspects

Topic 3: The Muscular System

<https://www.turton.uk.com/wp-content/uploads/sites/2/2020/02/PE-All-Terms.pdf>

Task 1 – Using the list of muscles, please fill in the missing gaps on the worksheet below:

Quadriceps Biceps Hamstrings Triceps
Abdominals Deltoid Gastrocnemius Pectorals



#QUICKQUIZ



- 1) When throwing a ball, what are the main muscles being used?
- 2) When running, what are the main muscles being used?

#MYPEHOMework

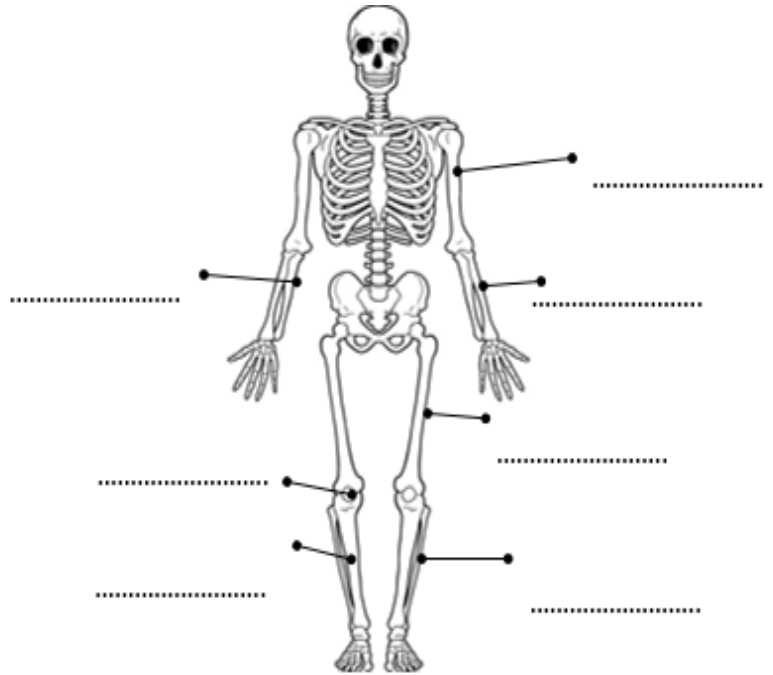


Theoretical Aspects

Topic 4: The Skeletal System

Task 1 – Using the list of bones, please fill in the missing gaps on the worksheet below:

Patella
Humerus
Femur
Radius
Ribs
Ulna
Tibia
Sternum
Fibula



You have learned about two types of movement. Please fill in the blanks from the paragraph below:

_____ refers to a movement that decreases the angle between two body parts.

Please give a sporting example of this type of movement below.

_____ refers to a movement that increases the angle between two body parts.

Please give a sporting example of this type of movement below.

#MYPEHOMework



Theoretical Aspects

Topic 5: Fitness Training

<https://www.turton.uk.com/wp-content/uploads/sites/2/2020/02/PE-All-Terms.pdf>

Task – Using your knowledge of components of fitness to help you, complete crossword by answering the questions below:

DOWN

3. *muscles working over and over again*
4. *the make-up of the body (fat, bones, muscle)*
5. *use two or more body parts at once e.g. hand-eye*
6. *how quickly someone responds to a stimulus*
11. *when someone's muscle are strong they have good*

ACROSS

1. *speed and strength together*
2. *keep the body still in one position*
7. *the range of movement at a joint*
8. *keep running for a long time*
9. *these can be big and strong or smaller and endure lots of activity*

