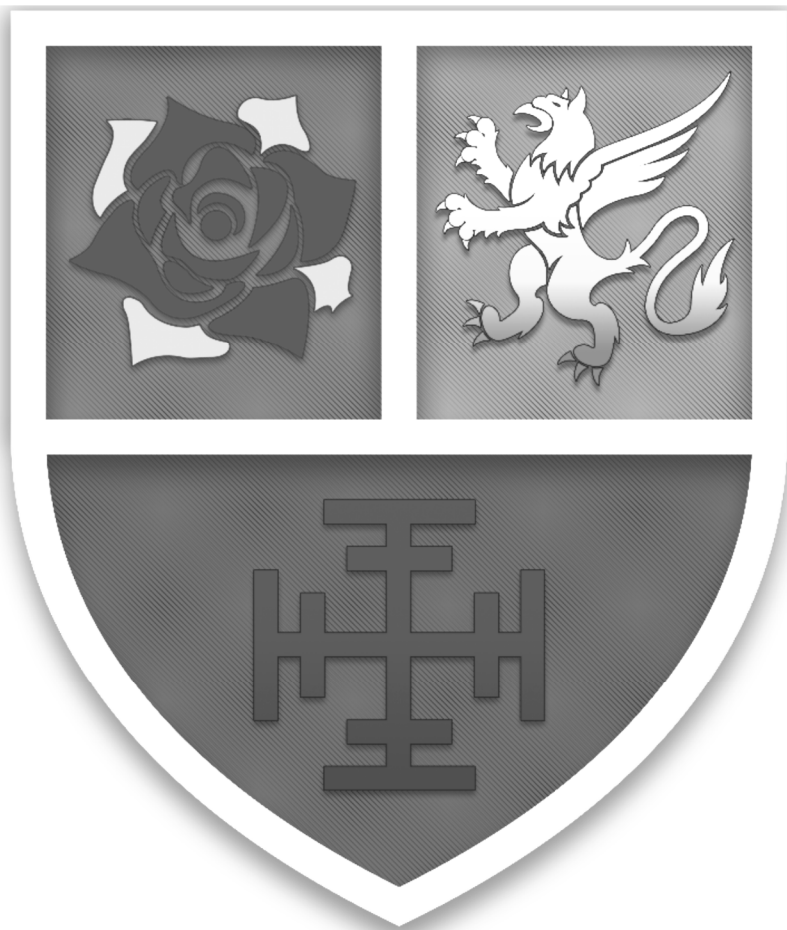


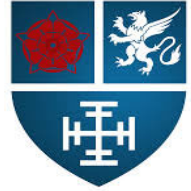
# **Turton School**



**Year 8**

**Physical Education  
Homework Booklet**

# #MYPEHOMework



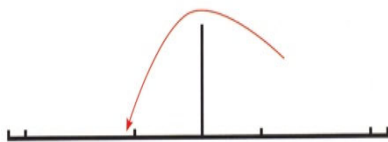
## Badminton -Basic Serve Rules:

**TASK 1:** Read the text and fill the gaps using the words in the table below.

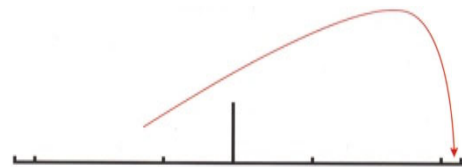
- The shuttlecock must be hit below the server's \_\_\_\_\_.
- The \_\_\_\_\_ must stay below the server's wrist, which means the shot must be played \_\_\_\_\_.
- In singles, players serve \_\_\_\_\_ from one service box to another, alternating between the left and right side of the court as points are won.
- The server always serves from the \_\_\_\_\_ at the start of a game and when they have an \_\_\_\_\_ number of points.
- In doubles, the player on the right always starts the serve and, when a point is won, the players \_\_\_\_\_ and the server then serves from the left, continuing to alternate until a serve is \_\_\_\_\_.

switch sides	diagonally	right-hand box	waist
lost.	even	racket head	underarm

**TASK 2:** Identify 3 teaching points for the low serve and high serve



Low Serve



High Serve

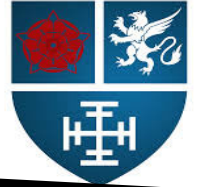
<u>Low serve</u>	<u>High Serve</u>
<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>

### #QUICKQUIZ



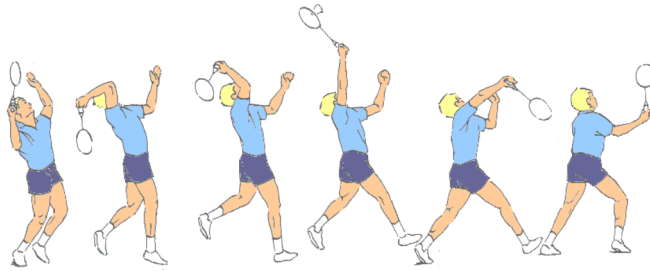
- 1) What is the name of the piece of equipment that is hit across the net during a game of badminton?

# #MYPEHOMEWORK



## BADMINTON-Overhead Clear

### In a Game!!



The **Overhead Clear** can be used in a game to push your opponent to the back of the court. To **outwit your opponent** by playing an overhead clear followed by a drop shot.

**Task 1:** Watch the following video on YouTube and note down the key steps to performing the overhead clear.

<https://www.youtube.com/watch?v=S2brZPqx288>

(How to hit a Forehand Overhead Clear | Badminton)

How to perform the overhead clear: (remember grip, contact point, stance etc.)

### #QUICKQUIZ

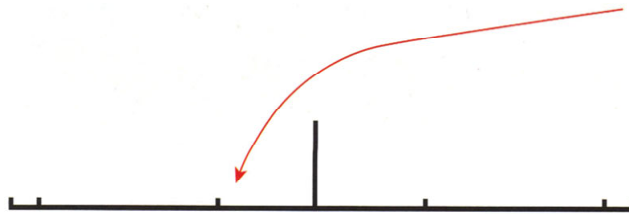


- 1) What grip does the overhead clear use?
- 2) Where on the court should you be aiming when performing the overhead clear?

# #MYPEHOMEWORK



## Badminton- Drop Shot



Drop Shot

**In a Game!!**

The **Drop Shot** is a delicate shot in the game of badminton used to move you opponent to the front of the court. Try the **Drop Shot** followed by an underarm clear to move your opponent around the court.

Task 1- Research the drop shot and note down 5 teaching points.

1	
2	
3	
4	
5	

Task 2- Explain when you might perform a drop shot in badminton.

--

#QUICKQUIZ



1) The drop shot is very similar to another shot, which shot is it?



# #MYPEHOMEWORK



## Badminton- Net shot

**In a Game!!**



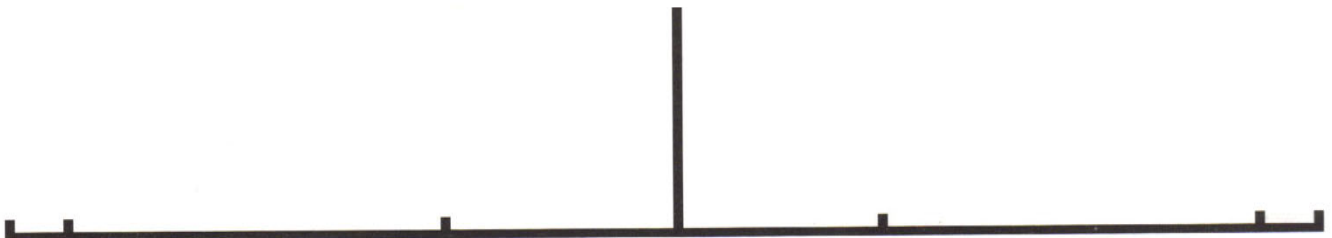
The **Net Shot** is a delicate shot in the game of badminton. This shot drops over the other side of the net making it very difficult for your opponent to return the shot.

Task 1: Using the teaching points below, label where the player is using them in the picture.

- |  |
|--|
| 1) Forehand or backhand grip depending on which side you are hitting the shuttle     |
| 2) Keep your racket up in front of your body   |
| 3) Lunge forward   |
| 4) Racket high, gently push the shuttle over the net, keeping it as low as possible. |
| 5) The softer the push, the lower it will go.  |



Task 2: On the diagram, draw an arrow from where the shot should be performed, to where it should land.



### #QUICKQUIZ



1. A net shot can only be performed using a forehand grip?

True

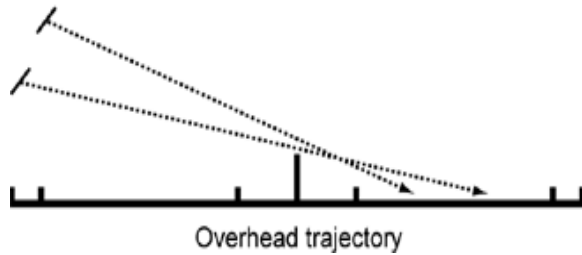
False

# #MYPEHOMEWORK



## Badminton- Smash

**In a Game!!**



The **Smash** is the most attacking of all the badminton shots. This should be aimed mid court, low and with power in your opponent's side of the court. This shot is very difficult to return.

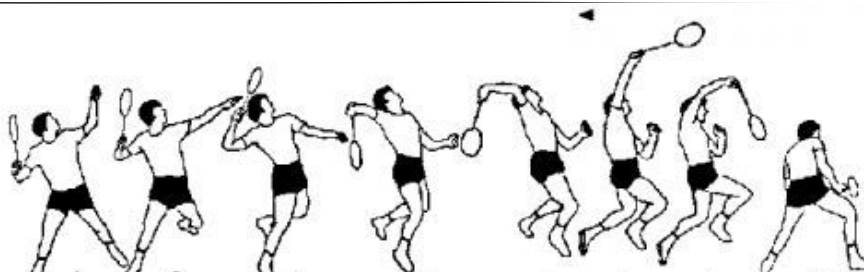
**TASK 1: Fill the gaps in the following passage.**

The smash is an \_\_\_\_\_, a good smash is \_\_\_\_\_. It is hit with power and speed, downward towards your opponent's court.

- 1) \_\_\_\_\_ grip
- 2) \_\_\_\_\_ stance to the net, weight on your back foot
- 3) Bend your elbow and take the \_\_\_\_\_ back
- 4) Contact the shuttle \_\_\_\_\_ and in front of your body using a strong throwing action,
- 5) Straighten your elbow as you hit the shuttle, \_\_\_\_\_ your wrist at the point of impact to add \_\_\_\_\_ and angle.

Forehand	racket	attacking shot	extra power
un-returnable	<u>snap down</u>	Sideways	as high as possible

**Task 2: Looking at the diagram, label where the picture is performing the teaching point**



### #QUICKQUIZ



- 1) What type of shot is the smash?
- 2) When should you hit the shuttle?

# #MYPEHOMework



## Badminton- End of Unit Quiz

### End of Unit QUIZ

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

2) What are the two types of serves used in badminton?

3) Why might you use the overhead clear in a match?

4) Where should the shuttle land after hitting a drop shot?

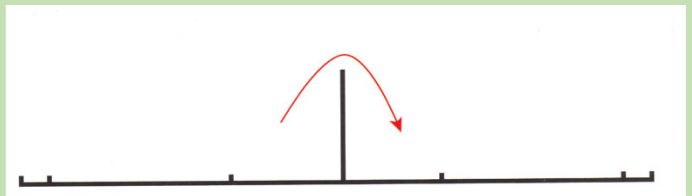
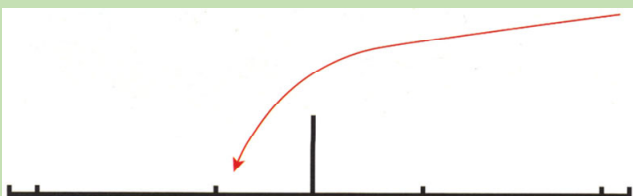
5) The net shot can only be performed using the forehand grip?

True

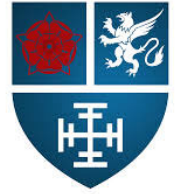
False

6) What type of shot is a smash and, at what point, should you make contact with the shuttle?

7) Identify the type of shot below and label the image:



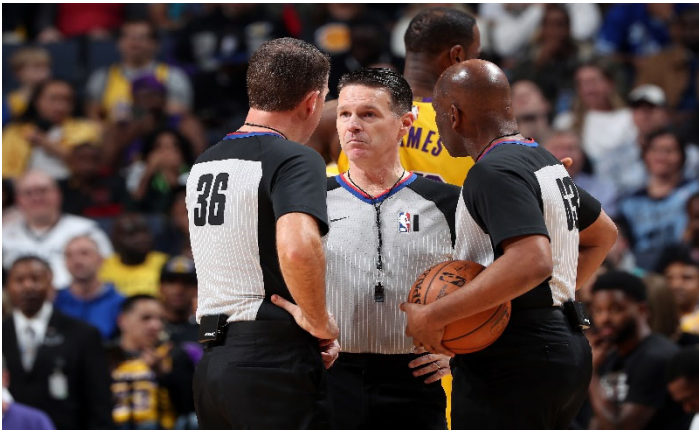
# #MYPEHOMEWORK



## Basketball- Rules and Regulations

### #quicklinks

<https://official.nba.com/rulebook/>



### #MULTIPLECHOICE

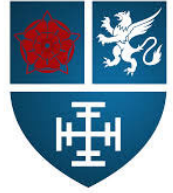


1. To acquire the ball after a missed shot is called a \_\_\_\_\_.
  - A. Lay-up
  - B. Foul
  - C. Free throw
  - D. Rebound
2. A player may intentionally kick the ball for the teams benefit.
  - A. True
  - B. False
3. How many points is a basket worth if shot from inside of the 3-point line?
  - A. 1
  - B. 2
  - C. 3
  - D. 4
4. Two technical fouls result in removal from the game.
  - A. True
  - B. False
5. A team in control of the ball in its front court cannot maintain or regain possession of the ball if it enters the back court, unless a defensive player has touched it. This is called:
  - A. Back and forth
  - B. Side to side
  - C. Front to back
  - D. Over and back

A \_\_\_\_\_ violation is called when a player moves more than two steps without dribbling the basketball.

  - A. Running
  - B. Traveling
  - C. Palming

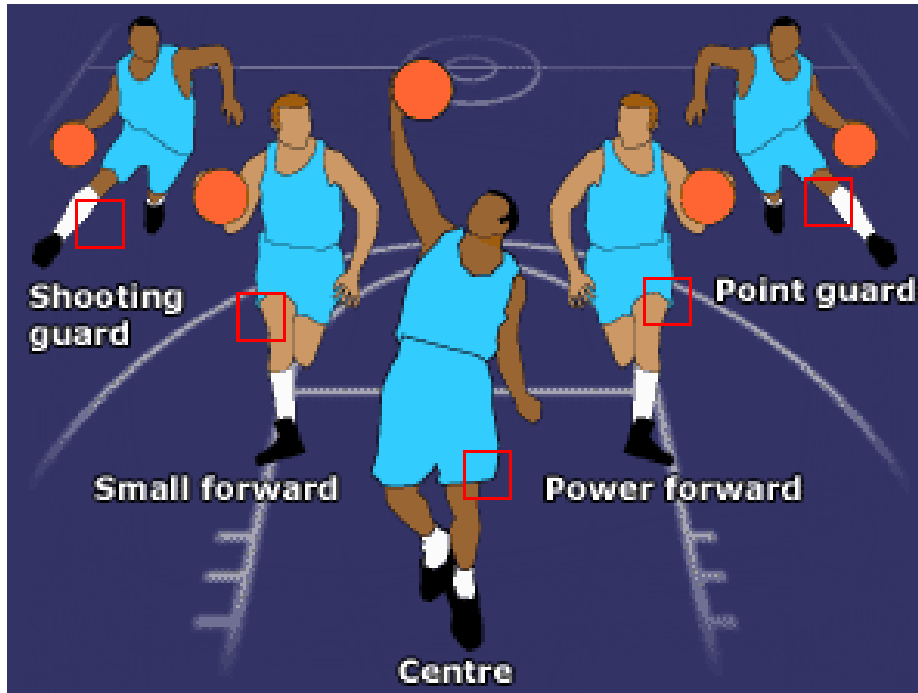
# #MYPEHOMework



## ***Basketball- Roles and Responsibilities***

### ***#quicklinks***

<https://jr.nba.com/basketball-positions/>



For each position, outline the responsibilities expected of the player.

Centre

---

---

Power forward

---

---

Small forward

---

---

Shooting guard

---

---

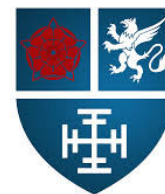
Point guard

---

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# #MYPEHOMEWORK

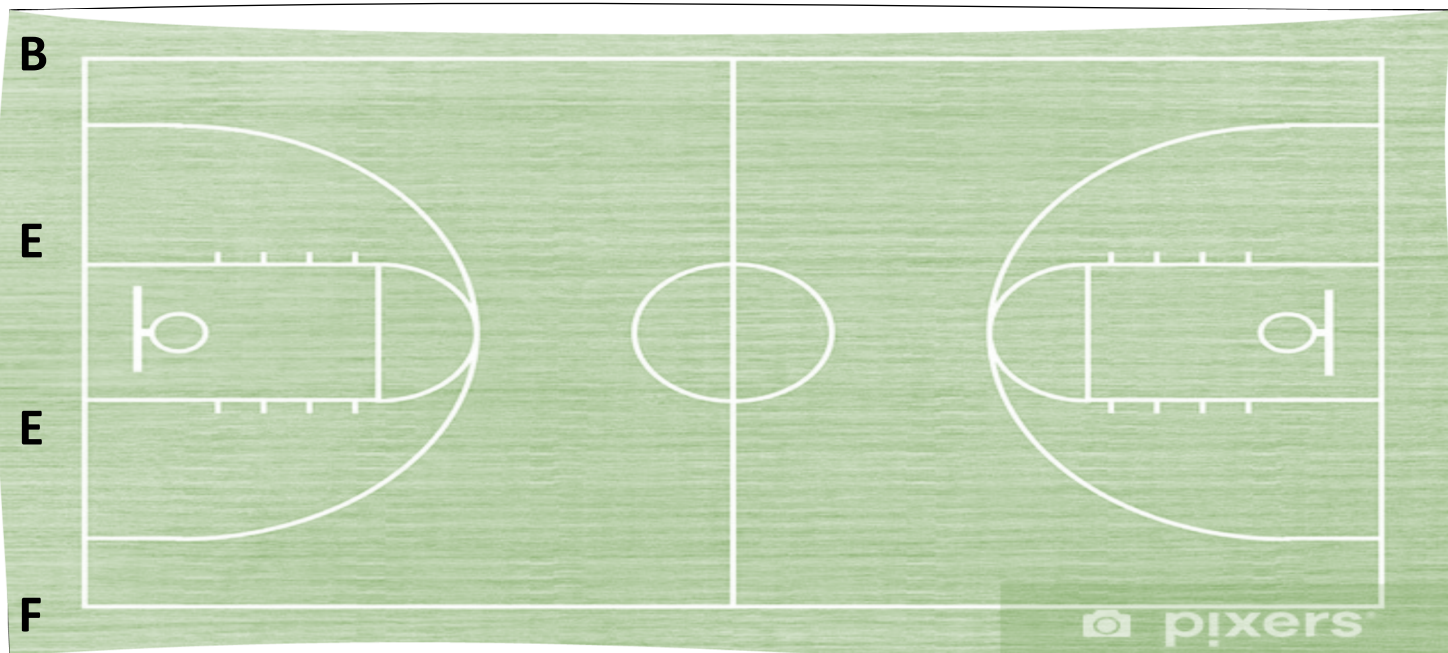


## Basketball- The Set Shot

#quicklink

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

**TASK:** The BEEF acronym signifies the 'perfect formula' when teaching the art of shooting. Describe the 4 key concepts?



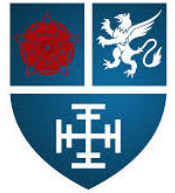
Describe 5 teaching points that you consider crucial to perfecting the lay-up?

.....

.....

.....

# #MYPEHOMework



## Basketball- Time's Up

#quicklink

<https://official.nba.com/rulebook/>



### #QUIZ

Explain the relevance of the following numbers in the rules of basketball?

24-

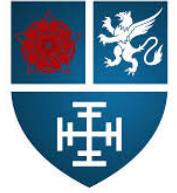
3-

8-

5-

pixers

# #MYPEHOMEWORK



## ***Basketball- Vital Statistics***

### ***#quicklink***

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

The game of basketball involves a lot of numbers. From the one on the player's shirt, to the shot clock, personal/team fouls, timeouts, score, height, weight, field goal attempts, success percentage. They are everywhere.

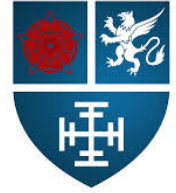
### **Tasks**

**Can you identify 5 key numerical measures from the list above and explain why it is important for success in basketball?**

**Can you choose an NBA player of your choice and research their season averages from last year?**



# #MYPEHOMEWORK



## *Basketball- Derrick Rose Analysis*

**#quicklink**

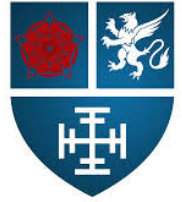
<https://www.youtube.com/watch?v=1DTHJ9y4nK4&t=1s>



Watch the youtube clip (see link) and using last weeks homework task , can you outline the 5 key strengths of the player.

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

# #PEHOMEWORK



## The Pitch

### #QuickLinks

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

#### FILL THE GAPS WITH THE WORDS BELOW:

The field surface must be \_\_\_\_\_, or if competition rules permit, an \_\_\_\_\_ playing surface, or a combination of artificial and natural grass, known as a \_\_\_\_\_.

Grass	Astroturf (3G/4G)	Hybrid System (MIX of Natural and Artificial)
FC Spartak	100	Premier League



***LABEL IT.... Draw the markings for a standard sized football pitch***

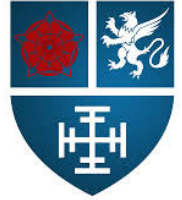
- A) Penalty Spot
- B) 18-yard line
- C) Corner Area
- D) Goal Line
- E) Touchline
- F) Centre Circle
- G) Penalty arc

#### #QUICKQUIZ



- 1) The maximum length of the field is 90yards what is this in metres (To the nearest whole number)?
- 2) Can you state 2 rules about a goal keeper?
- 3) What technology is currently being used to help officials maintain the rules of the game?

# #PEHOMework



## Passing

### #QuickLinks

[https://www.youtube.com/watch?v=-6\\_xZrPc\\_Mk](https://www.youtube.com/watch?v=-6_xZrPc_Mk)

*Using your knowledge of football, describe the techniques of the two passes shown below: try to describe how the player sets up to the ball, which part of the foot they are kicking with, and their body position.*



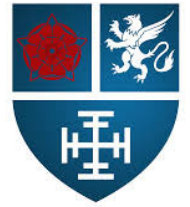
Side foot pass



Lofted pass

*Can you identify when during a football game, where you would use both types of passes*

# #PEHOMEWORK



## Nutrition

*'Diet affects performance, and the foods that we choose in training and competition will affect how well we train and play'*

Carbohydrate supplies the muscles with the fuels they need to meet the stress of training and competition. List at least 5 healthy sources of carbohydrate:

Circle the three 'MACRONUTIRENTS':

Protein

Calcium

Fibre

Fat

Vitamin D

Carbohydrate

Water

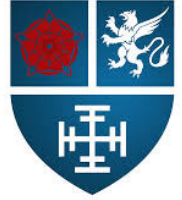


### #QUICKQUIZ



- 1) Define the term 'Carbo-Loading'?
- 2) What mineral aids bone development?
- 3) What nutrient is essential for muscle recovery and growth?

# #PEHOMEWORK



## Football Session Plan

*Developing a football practice session.*

State the BENEFITS of a Warm- up:

My perfect football training drill

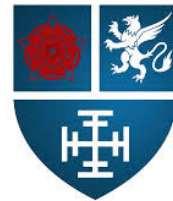
Make sure you tell us:

- What aspect of the game you are working on
- How many players are in the drill
- What the players should do during the drill

## My perfect football drill

Use this space to design your own football practice:

# #PEHOMEWORK



## Formations

**#WatchthisVideo**

<https://www.youtube.com/watch?v=xYDWd47Oe-Q>

List the Formations discussed in the video:

Draw a chosen formation on the pitch and give three benefits of this formation below:



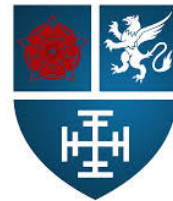
### #QUICKQUIZ



- 1) What formation did arsenal play in their undefeated season? (Included in Video)
- 2) What are the main 4 positions in football?
- 3) How may a manager change his formation if his team is winning and there is only 5 minutes left in the game?



# #PEHOMEWORK



## My Development

### #QuickLinks

<https://grassroots.fifa.com/en/for-coach-educators/technical-elements-for-grassroots-education/the-basic-techniques/the-basic-techniques.html>

*Pick 2 skills/techniques that you have developed and state the 3 coaching points in the two boxes below and a drill that improved these techniques.*



### The '3' Key Coaching Points:

### The '3' Key Coaching Points:

### NEXT STEPS...

My Strength in football is:

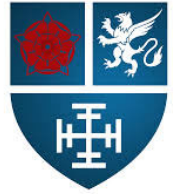
My Area to Improve is:

I can improve by:

### #QUICKFACT

Who was the premier league top goalscorer in 2018/2019 season?

# #MYPEHOMEWORK



## *Hockey- Muscles and Bones*

### *#quicklink*

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

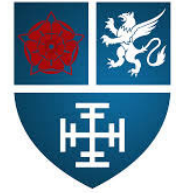
*Task 1 - Using the picture below, use a pen and label as many muscles on the hockey player that you can. Now using a different coloured pen, label as many bones as you can. You should be able to label at least 8 of each. Please use the internet to recap your knowledge of muscles and bones if you need help.*

*Task 2- With a partner test each other on each of the muscles and the stretches that would be used in a warm up from each muscle.*





# #MYPEHOMework



## Hockey- Slap Pass

### #quicklink

<https://www.youtube.com/watch?v=FQOuG6bbEY8>

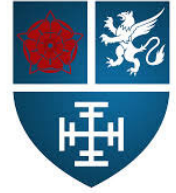
- 1) Research the slap pass that is used in a hockey game. Write below the 5 key teaching points for the slap pass. Sometimes this is also called the drive hit.

- 2) Below explain in what situation you might use a push pass in hockey. Then explain when it would be suitable to use the slap/ drive hit in hockey. Explain why this is the case.

In order to play Hockey at the highest level, athletes need to be extremely fit. When training they will make sure they focus on all areas of their fitness. This is sometimes referred to as components of fitness. Research the following list of components of fitness. Then select 4 to add to the table below and explain why they are important for a hockey player.

Agility, Balance, Coordination, Cardiovascular fitness, Flexibility, Muscular Endurance, Power, Reaction time and Speed.


# #MYPEHOMework



## **Hockey- Indian Dribble**

### **#quicklink**

[https://www.youtube.com/watch?v=dT\\_uVawUpFw](https://www.youtube.com/watch?v=dT_uVawUpFw)

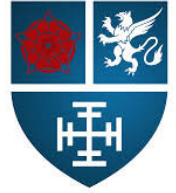
In Hockey there are many different ways that you can dribble with the ball. This changes depending on the scenario a player is faced with. The majority of you will just use, the basic dribbling technique. However, you should now be looking to include both the open and Indian dribble into your practice.

- 1) In the box below explain the key teaching points for the open dribble and Indian dribble

Open Dribble	Indian Dribble

Are you able to now design a practice that would work these two different types of dribbling techniques?

# #MYPEHOMework



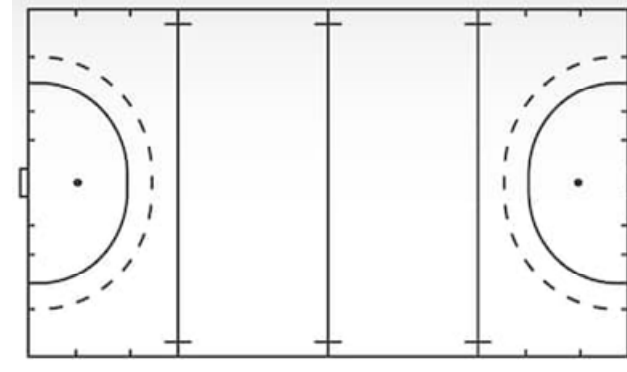
## Hockey- Short and Long Corners

### #quicklink

[https://www.youtube.com/watch?v=DNTIT\\_LKJy0](https://www.youtube.com/watch?v=DNTIT_LKJy0)

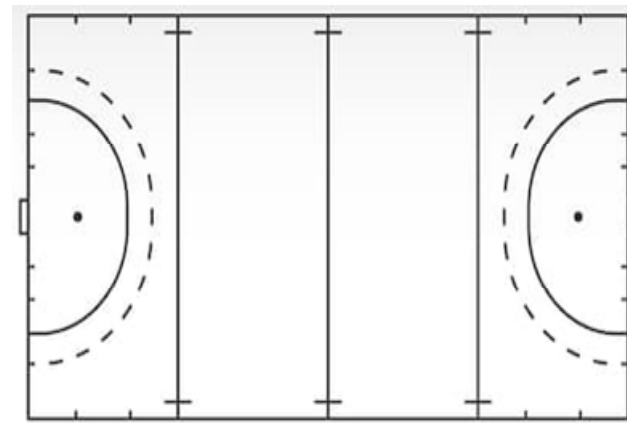
Short and long corners are very technical in Hockey. To be able to safely play a game of Hockey you need to have an understanding of when these are both awarded.

On the diagram below draw what would happen during a short corner:



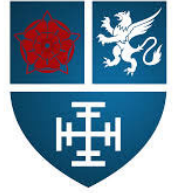
Explain what a short corner is and when it might be awarded?

On the diagram below draw what would happen during a long corner:



Explain what a long corner is and when it might be awarded?

# #MYPEHOMEWORK



## Hockey- Tackling in Hockey

#quickink

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

The best and most powerful way to gain possession in a hockey game is through the block tackle. However, you can also use the jab and lunge tackle.

- 1) Research these two types of tackles used in Hockey
  - a. For each type of tackle – find three key teaching points for each
  - b. Be confident enough to demonstrate the tackle to someone else and talk through your key points. Extension Task – during your next lesson, have a look and analyse another person's

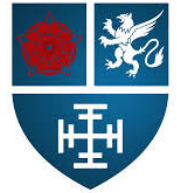
3 key teaching points for the Jab Tackle

3 key teaching points for the Lunge Tackle:

If

These types of tackles aren't performed correct injuries could occur. Can you find what protective equipment might be used in a full size hockey game?

# #MYPEHOMework



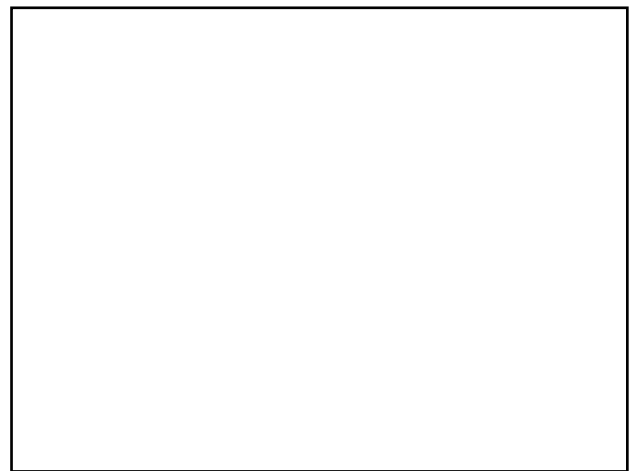
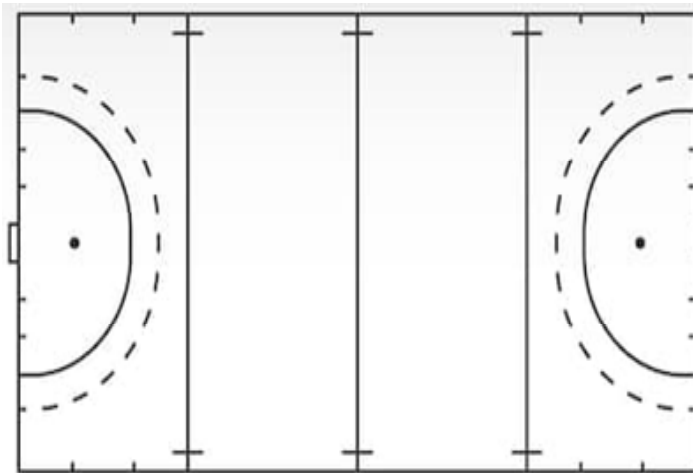
## Hockey- Rules, Regulation and Formations

**#quickink**

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

In a full sized Hockey match you would have 11 players.

- On the diagram below position the players in a formation.
- From the playing roles that you've researched. Explain three different playing positions and their main role.



You should already know about foul play- feet, and back stick as some regulations in hockey. Below are some additional rules. Explain what they are and if they occurred what would be awarded to the opposition.

**Stick tackle –**

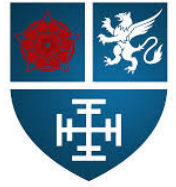
**Penalty Stroke –**

**Obstruction –**

**Advancing: -**

**Extension: Are you able to explain when a green, red or yellow card might be shown?**

# #MYPEHOMEWORK



## ***Netball- Muscles and Bones***

Task 1 - Using the picture below, use a black coloured pen and label as many muscles on the netballer as you can. Now using a blue pen, label as many bones as you can. You should be able to label at least 8 of each. Please use the internet to recap your knowledge of muscles and bones if you need help.



Task 2- With a partner test each other on each of the muscles and the stretches that would be used in a warm up from each muscle.

# #MYPEHOMework



## *Netball- Bounce and Overhead Pass*

### *#quicklink*

<https://www.youtube.com/watch?v=EqJe5XuEUMo>

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 **Bounce Pass**

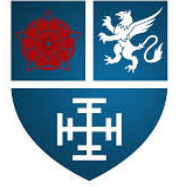
- 1.
- 2.
- 3.

3 key teaching points for the **Overhead 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

# #MYPEHOMework



## ***Netball- Practice/Drill Creation***

### ***#quicklink***

<https://www.youtube.com/watch?v=P9qu84KmWv4>

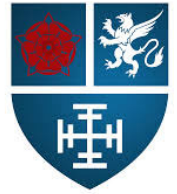
This week you need to create your own netball practice or drill with a specific focus looking at one improvement area. E.g. a practice designed to improve long distance passing or interceptions.

If you need help, then please go online as there are many websites and videos designed to help netballers improve various skills.

Draw/write your practice in the box below, you will need to remember it to potentially lead it to a small group in your next netball lesson. This will help develop your leadership, communication and teamwork skills.



# #MYPEHOMework

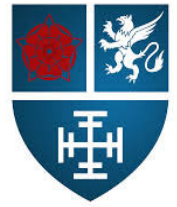


## ***Netball- Injuries***

As in most sports, injuries in netball are common. This week, you need to look into the common injuries in netball. Please complete the table below.

Injury	Description	Symptoms	Treatment
Sprain			
Abrasion			
Strain			
Dislocation			

# #MYPEHOMework



## **Netball- Rules**

### **#quickink**

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

A game of netball is controlled by an umpire.

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

Below are terms used 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.

Year 7 Recap - **Footwork**

**Contact**

**Obstruction**

### Year 8 Key Terms

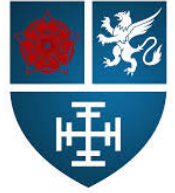
**Replayed Ball**

**Free Pass**

**Penalty Pass**

Can you add any extra to the list?

# #MYPEHOMEWORK



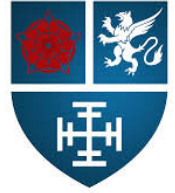
## Netball- My Development

In the space below, we would like you to reflect on the progress that you have made during your netball unit of work. Please think and write in detail to answer the following questions?

- Which Netball position do you most enjoy playing and why?
- Identify 3 netball skills which you consider to be your strengths in netball?
  - Explain how you have come to this decision?
- Identify 1 netball skill which you think you need to work on to improve further?
  - Explain how you have come to this decision?

[illegible]

# #MYPEHOMEWORK



## *Rugby- Muscles and Bones*

### *#quicklink*

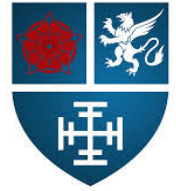
<https://www.youtube.com/watch?v=dG2mPvMbVp8>

**Task 1 - Using the picture below, use a pen and label as many muscles on the rugby player that you can. Now using a different coloured pen, label as many bones as you can. You should be able to label at least 8 of each. Please use the internet to recap your knowledge of muscles and bones if you need help.**

**Task 2- With a partner test each other on each of the muscles and the stretches that would be used in a warm up from each muscle.**



# #MYPEHOMework



## *Rugby- Grubber and Spiral Kick*

### *#quicklink*

<https://www.youtube.com/watch?v=QiU46cO3J-M>

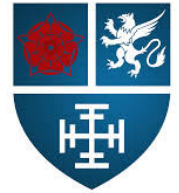
<https://www.youtube.com/watch?v=PazJJTLF0a4>

1. Using the link above, your own knowledge and additional research you need to:
  - a. For each kick – 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 <b>Grubber Kick</b>	3 key teaching points for the <b>Spiral Kick</b>
1.	1.
2.	2.
3.	3.

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

# #MYPEHOMework



## Rugby- Practice/Drill Creation

### #quicklink

<https://www.youtube.com/watch?v=WvuPwJ1ltB8>

This week you need to create your own rugby practice or drill with a specific focus looking at one improvement area. E.g. a practice designed to improve passing or tackling.

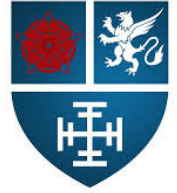
If you need help, then please go online as there are many websites and videos designed to help rugby players improve various skills.

Draw/write your practice in the box below, you will need to remember it to potentially lead it to a small group in your next rugby lesson. This will help develop your leadership, communication and teamwork skills.

In order to perform Rugby at the highest level, athletes need to be extremely fit. When training they will make sure they focus on all areas of their fitness. This is sometimes referred to as components of fitness. Research the following list of components of fitness. Then select 4 to add to the table below and explain why they are important for a Rugby player, and how you could incorporate them into your session

Agility, Balance, Coordination, Cardiovascular fitness, Flexibility, Muscular Endurance, Power, Reaction time and Speed.


# #MYPEHOMework

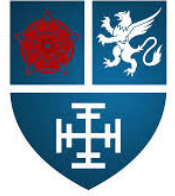


## *Rugby- Injuries*

As in most sports, injuries in rugby are common. This week you need to look into the common injuries in rugby. Please complete the table below.

Injury	Description	Symptoms	Treatment
Sprain			
Abrasion			
Strain			
Dislocation			
Fracture			
Concussion			

# #MYPEHOMework



## Rugby- Rules

**#quickink**

<https://www.rulesofsport.com/sports/rugby.html>

A game of rugby is controlled by a referee.

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

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

Please identify: hand signals; offensives ; and resulting options for each of the key terms.

### Year 8 Key Terms

**Penalty**

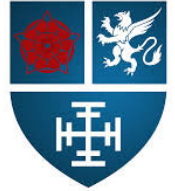
**Free Kick**

**Knock On**

Can you add any extra to the list?



# #MYPEHOMework



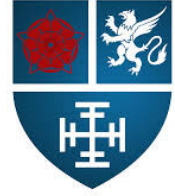
## Rugby- My Development

In the space below, we would like you to reflect on the progress that you have made during your rugby unit of work. Please think and write in detail to answer the following questions?

- Which rugby position would you be most suited to and why?
- Identify 3 rugby skills which you consider to be your strengths in rugby?
  - Explain how you have come to this decision?
- Identify 1 rugby skill which you think you need to work on to improve further?
  - Explain how you have come to this decision?

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.

# #MYPEHOMEWORK



## Swimming- Front Crawl

### #QuickLinks

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

Research and list the key teaching points of:

- Body position (head, hips and feet):

- 
- 
- 



- Leg Action

- 
- 
- 

- Breathing (timing)

- 
- 
- 

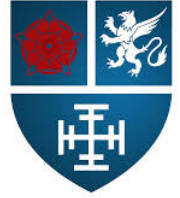


### #QUICKQUIZ



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

# #MYPEHOMEWORK



## Swimming- Front Crawl Arm Position

### #QuickLinks

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

Research and list the key teaching points relating to:

- Elbow:
- Hand entry:
- Catch:
- Head position:

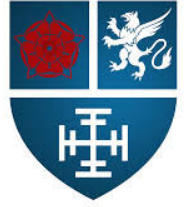


### #QUICKQUIZ



- 1) Name three bones and three muscles found in your arm?
- 2) When competing in a 1500m race, how many lengths will you need to swim if the pool was 25m long?
- 3) What position is most efficient to travel underwater following a dive or tumble turn?

# #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:

○

○

Heels to your bottom:

○

○

Execution 'Karate kick':

○

○



### #QUICKQUIZ

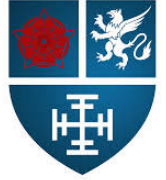


1) Name two muscles you would use when doing breaststroke kick

2) Calculate your maximal heart rate using the following formula ( $220 - \text{age} = \text{maximal heart rate}$ )

3) How could you make your breaststroke kick more efficient?

# #MYPEHOMework



## Swimming – Breaststroke Arms

### #Quicklinks

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

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

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

Starting arm position:

- 
- 

Arm action:

- 
- 

Timing of breathing:

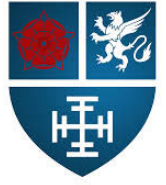


### #QUICKQUIZ



- 1) What type of joint is the elbow?
- 2) Who is the most decorated Olympic swimmer of all time?
- 3) What is the largest muscle in the body?

# #MYPEHOMework



## Swimming - Backstroke

### #Quicklinks

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



Use the above link to recap last years core skills of backstroke. Make notes on body, arm and leg actions:

- ☐
- ☐
- ☐
- ☐
- ☐

How can you swim backstroke more efficiently? (think about rotation!!!)

- ☐
- ☐
- ☐

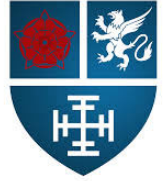
### #QUICKQUIZ



- 1) How far can you swim underwater in backstroke?
- 2) If you are swimming more efficiently what are you using up less?
- 3) What is the anatomical term used for your 'head'?



# #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)



Research and list the key pointers of 'eggbeater kick'

- 
- 
- 

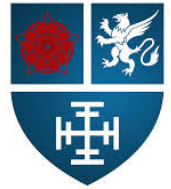


### #QUICKQUIZ



- 1) Are you allowed to touch the sides or walls when playing?
- 2) How long has a team got from gaining possession of the ball in which to shoot?
- 3) What is the format of a water polo game?

# #MYPEHOMEWORK

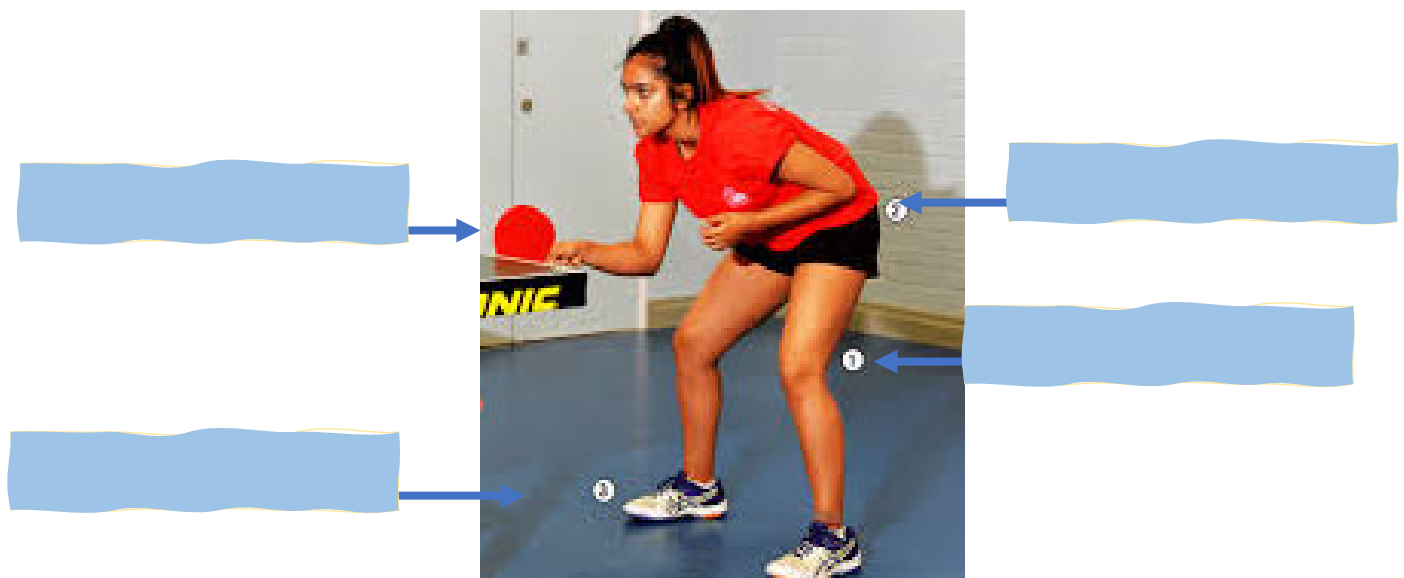


## Ready position

### #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) Name two bones found in your arm?
- 3) What are the three stages of a warm up?



# #MYPEHOMEWORK



## Serve

### #QuickLinks

<https://www.youtube.com/watch?v=s9ELscafqVs>

Recap: list five service rules:

- 
- 
- 
- 
- 

Serving with spin (<https://www.youtube.com/watch?v=JRN4q8mdwJ0>)

1. What is the key word in the video which enables you to generate spin on a serve?
2. How do you create topspin? What is the key word once again in the video discussed?
3. Complete the following:

\_\_\_\_\_ + \_\_\_\_\_ + Speed = Spin



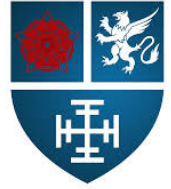
### #QUICKQUIZ



- 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?time\\_continue=34&v=BNZrtYsvKhE&feature=emb\\_title](https://www.youtube.com/watch?time_continue=34&v=BNZrtYsvKhE&feature=emb_title)

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

#### Stance/Start position:

- 
- 

How do I adapt this shot to make it harder for my opponent to return?

#### As the ball approaches:

- 
- 
- 

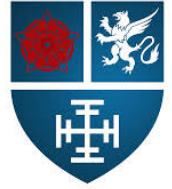
- 
- 



### #QUICKQUIZ

- 1) How do you work out your maximal heart rate is?
- 2) Name two muscles located in the arm:
  - 
  -
- 3) What paddle position has the table tennis player in the right picture above adopted? What spin would this apply to the ball?

# #MYPEHOMework



## Forearm Push

### #QuickLinks

[https://www.youtube.com/watch?time\\_continue=63&v=3D9VWKR-iFc&feature=emb\\_title](https://www.youtube.com/watch?time_continue=63&v=3D9VWKR-iFc&feature=emb_title)

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

Stance/start position and bat position:

- 
- 
- 

Arm Action:

- 
- 

When is the forearm push a good shot to play?

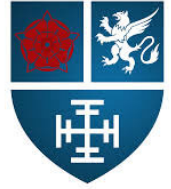
How can you make the forearm push a more challenging return for your opponent?



### #QUICKQUIZ

- 1) Who won Olympic table tennis gold at the Rio 2016 Olympics?
- 2) Name two bones located in your leg
- 3) How many games must you win in order to take the set?

# #MYPEHOMework



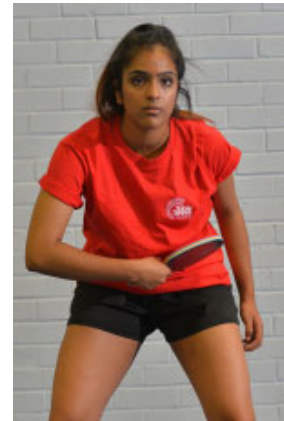
## Backhand Drive

*#WatchthisVideo*

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



*Use the above link to review the backhand drive and make notes ready to feedback to your teacher at the start of next lesson.*



Start/stance/bat position:

- 
- 
- 

Contacting the ball:

- 
- 
- 

Follow through:

- 
- 
- 

What can you do to make the shot harder to return for your opponent?

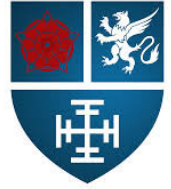
- 
- 
- 

**#QUICKQUIZ**



- 1) How many bones are in the human body?
- 2) Name the largest bone and muscle in the human body

# #MYPEHOMework



## Backhand Push

### #QuickLinks

[https://www.youtube.com/watch?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 link above and make notes in the relevant area ready to feedback to your teacher at the start of the next lesson:

*When to play the backhand push:*

*Starting position:*

*Contacting the ball:*

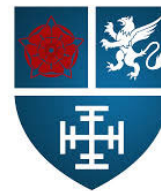


### #QUICKQUIZ



- 1) What is the smallest bone and muscle in the human body?
- 2) What does a ligament attach?
- 3) What does a tendon attach?

# #MYPEHOMEWORK



## Theoretical Aspects

### Topic 1: Warm up/Cool down Injuries/Treatments

<https://www.turton.uk.com/wp-content/uploads/sites/2/2020/02/PE-All-Terms-1.pdf>

*A warm up has three phases!*

*Name four reasons why we warm up!*

Phase 1

\_\_\_\_\_

Phase 2

\_\_\_\_\_

Phase 3

\_\_\_\_\_

1.	2.	3.	4.

*Explain the reason we carry out a cool down following exercise and participation in sport.*

*Name 4 injuries that may occur due to exercising or playing sport.*

--	--	--	--	--

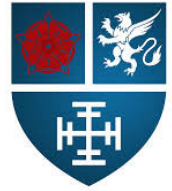
## #QUICKQUIZ



*RICE is a treatment used for strains, sprains and bruises.*

- **R** - \_\_\_\_\_: Stop activity to prevent further injury.
- **I** - \_\_\_\_\_: Apply an ice pack to reduce blood flow, pain and swelling.
- **C** - \_\_\_\_\_: Wrap a bandage tightly around the area to reduce internal bleeding and swelling.
- **E** - \_\_\_\_\_: Raise the injury above heart level to reduce swelling and throbbing.

# #MYPEHOMEWORK



## Theoretical Aspects

### Topic 2: Health and Well-Being / Diet for Performers

<https://www.turton.uk.com/wp-content/uploads/sites/2/2020/02/PE-All-Terms-1.pdf>

List 5 consequences of not being active:

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

Identify the 3 Macronutrients and identify which foods they are contained in.

- 1.
- 2.
- 3.

## #QUICKQUIZ

Using the words below, can you finish the sentences

Carbohydrates serve as the \_\_\_\_\_ source of energy during higher intensity activities or \_\_\_\_\_ sporting events, sports performers such as endurance athletes (\_\_\_\_\_ and marathon runners etc.) require

\_\_\_\_\_ amounts of carbohydrates than compared to \_\_\_\_\_. Consuming carbohydrates prior to exercise also helps of worked muscles.

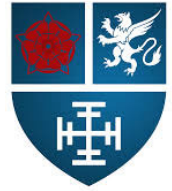
Dietary fats are a \_\_\_\_\_ energy source. Fats as an energy source get used when the carbohydrate energy source is \_\_\_\_\_. If you consume too much dietary fat and carbohydrates together, they will be stored, resulting in \_\_\_\_\_.

Protein plays a key role in \_\_\_\_\_. Sport performers who perform more explosive strength muscular movements, will require a \_\_\_\_\_ of protein in their diet. Examples of sports performers who need higher amounts of protein are \_\_\_\_\_.

primary      prolonged      swimmers      higher      100m sprinters  
aid recovery      secondary      emptied      weight gain      muscle repair and growth  
higher amount      rugby players and weightlifters



# #MYPEHOMEWORK

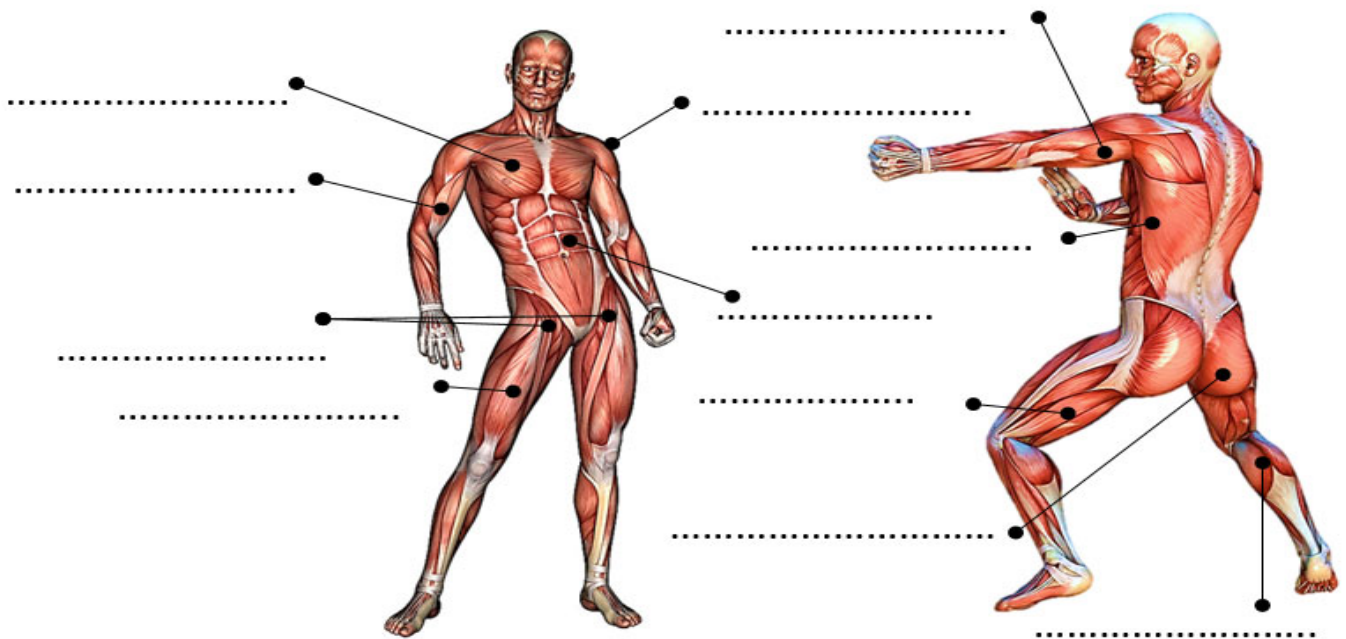


## Theoretical Aspects

### Topic 3: The Muscular System

<https://www.turton.uk.com/wp-content/uploads/sites/2/2020/02/PE-All-Terms-1.pdf>

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



#### #QUICKQUIZ

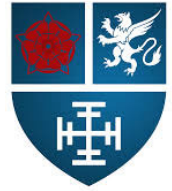


Antagonist and agonist muscles often occur in pairs, called **ANTAGONISTIC PAIRS**. As one muscle contracts the other relaxes. Using your completed muscle man above, can you complete this table of antagonistic pairs? The first one is completed for you.

AGONIST (Prime Mover)	ANTAGONIST
Bicep	Triceps
Deltoids	
	Trapezius
Abdominals	
	Hamstrings
	Gastrocnemius



# #MYPEHOMEWORK

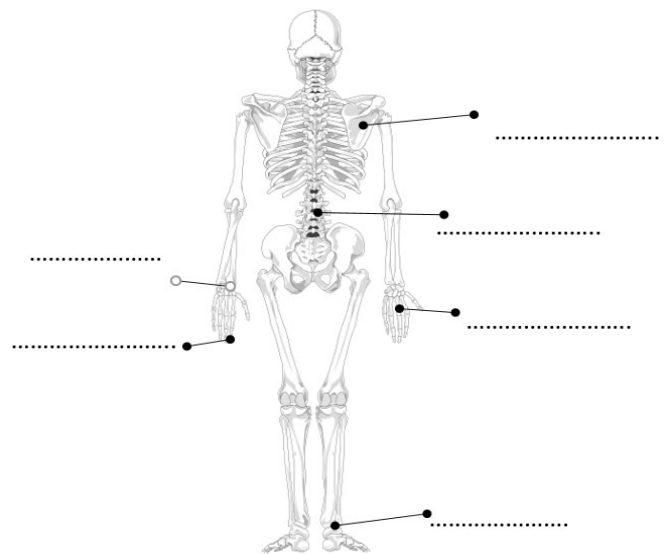
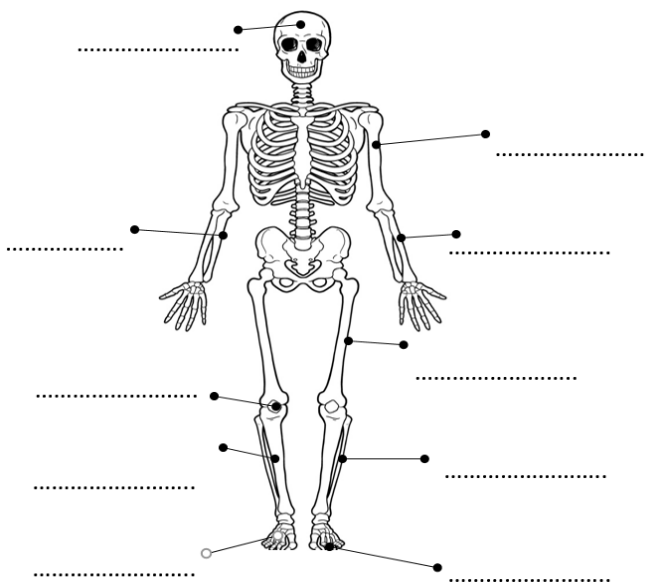


## Theoretical Aspects

### Topic 4: The Skeletal System

<https://www.turton.uk.com/wp-content/uploads/sites/2/2020/02/PE-All-Terms-1.pdf>

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



### #QUICKQUIZ



Can you identify what sporting movement (flexion, extension, abduction and adduction) that occurs at each listed joint and a sporting activity in relation to that movement?

Shoulder:-

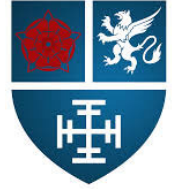
Knee:-

Hip:-

Ankle:-

Elbow:-

# #MYPEHOMework



## Theoretical Aspects

### Topic 5: Fitness Training

<https://www.turton.uk.com/wp-content/uploads/sites/2/2020/02/PE-All-Terms-1.pdf>

*Task 1 – Match up the components of fitness to the appropriate fitness test*

**Standing Broad Jump**

**Sit & Reach**

**12 Minute Cooper Run**

**Alternate hand wall throw**

**Illinois Run Test**

**30 Metre Sprint Test**

**Speed**

**Agility**

**Flexibility**

**Cardiovascular Fitness**

**Co-Ordination**

**Power**

*Task 2 – Can you identify and explain the SMART Targets*

**S**

Explain:

**M**

Explain:

**A**

Explain:

**R**

Explain:

**T**

Explain:









