

# Year 7 Homework Booklet

## Physical Education

Term 1

(September – December)

Name:

Form:

Teacher:

## Homework 1: Organisation & Naming Kit

- 1) **Important**: Make sure that each piece of your PE kit has your name in it (both first name and surname)
- 2) Make sure you have your indoor/outdoor lessons recorded on your timetable correctly and in your planner
- 3) Tell parents/guardians at home when you have PE each week so they can help you get your kit ready and organised
- 4) Extension: Find out about the extra-curricular clubs that Turton has to offer and try out something new!

## Homework 2: Warm Up

Before we take part in sport, we must warm our bodies up. There are three stages of a warmup:

1 – **Pulse raiser**, we need to increase the oxygen that travels around our body. Our hearts must work harder for this to happen.

2 – **Stretches** these should be dynamic (moving), it is important to stretch our muscles before we exercise to prevent injury.

3 – **Sport Specific**, this gets our body prepared to take part in the activity.

Plan a 3 stage warm up for a sport of your choice:

1 - Plan pulse raiser (this should last about 2 minutes). What would you do to get your heart rate up?

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2 – Stretches. How long should each stretch be held for?

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3- Plan a drill or practice that could be done before going into the main sporting activity. This should last about 5 minutes

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## Homework 3: Cool Down

Cooling down after exercise helps our body recover by allowing our heart rate to gradually decrease back to its normal rate and preventing injury to our muscles.

Complete the sentence using these words:

exercise      heart rate      30 seconds      injury      stretch

We cool down after \_\_\_\_\_ to help reduce our \_\_\_\_\_ back to its normal rate, by doing a gentle job gradually slowing down to a walk. As part of our cool down we \_\_\_\_\_ to prevent \_\_\_\_\_, we hold a stretch for \_\_\_\_\_.

## Homework 4: Muscles Upper Body

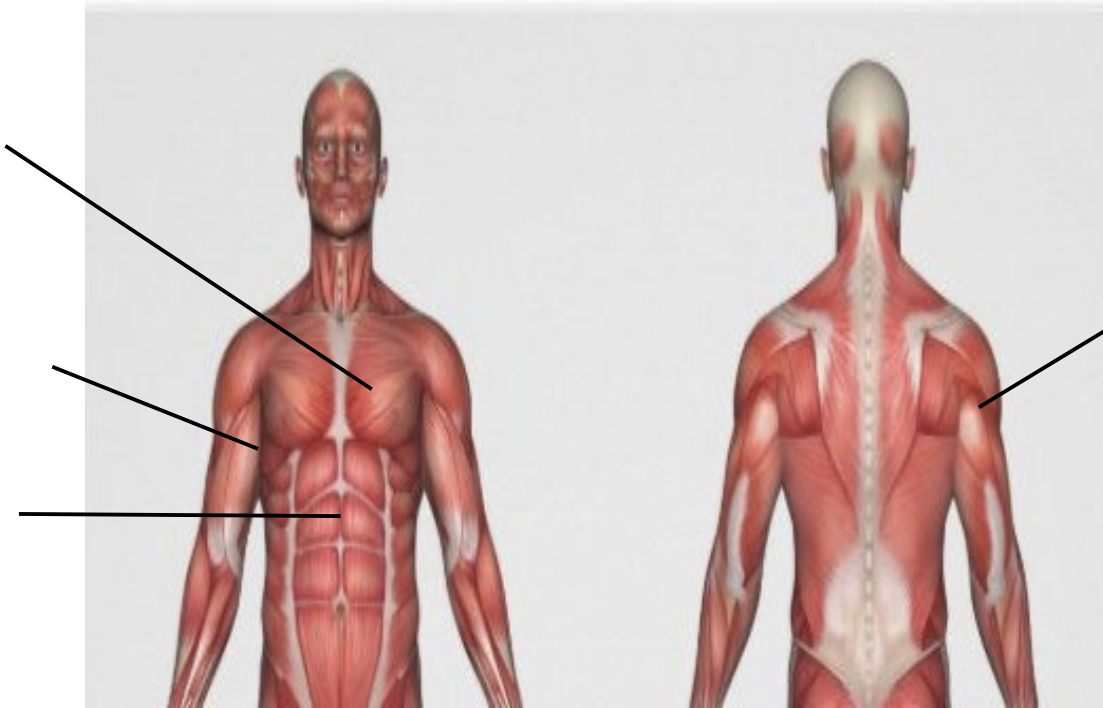
Labels these muscles in the upper body correctly on the diagram below

Biceps

Abdominals

Triceps

Pectorals



Write each of these four muscles out three times each to help you remember them and how they are spelt. Learn these!

1	1	1	1
2	2	2	2
3	3	3	3

## Homework 5: Muscles Lower Body

Labels these muscles in the lower body correctly on the diagram below

Quadriceps

Hamstrings

Gastrocnemius



Write each of these three muscles out three times each to help you remember them and how they are spelt. (Some of these are more difficult to spell)

1

1

1

2

2

2

3

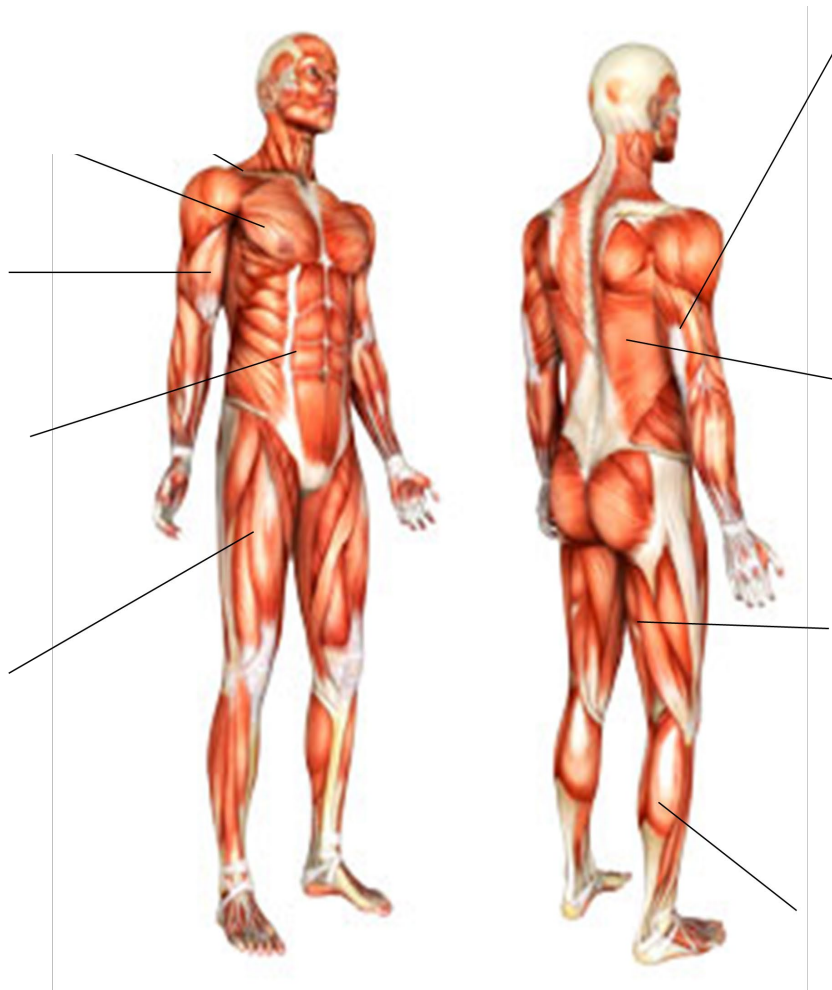
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3

## Homework 6: Muscles

Now we have looked at all the muscles. Recap by labelling all the muscles on one diagram (Make sure you concentrate on some of the spellings)

Biceps      Triceps  
Abdominals      Gastrocnemius  
Quadriceps      Hamstrings      Pectorals



## Homework 7: Muscles

Now you have learned about several muscles, let's apply them in sporting situation.

**Use three of the muscles and explain when they would be moved in a specific sporting movement**

e.g. -The gastrocnemius is used when jumping up from the ground when heading a ball in football  
-The triceps is used when shooting a basketball.

Your turn.

**Choose from: Biceps, Abdominals, Quadriceps, Hamstrings, Pectorals**

**Muscle 1:** \_\_\_\_\_

**Sporting example:** \_\_\_\_\_

\_\_\_\_\_

**Muscle 2:** \_\_\_\_\_

**Sporting example:** \_\_\_\_\_

\_\_\_\_\_

**Muscle 3:** \_\_\_\_\_

**Sporting example:** \_\_\_\_\_

\_\_\_\_\_

**Homework 8: The skeletal system**

**Have a guess at the following question:**

**How many bones are there is in the human body?**

**96**

**156**

**206**

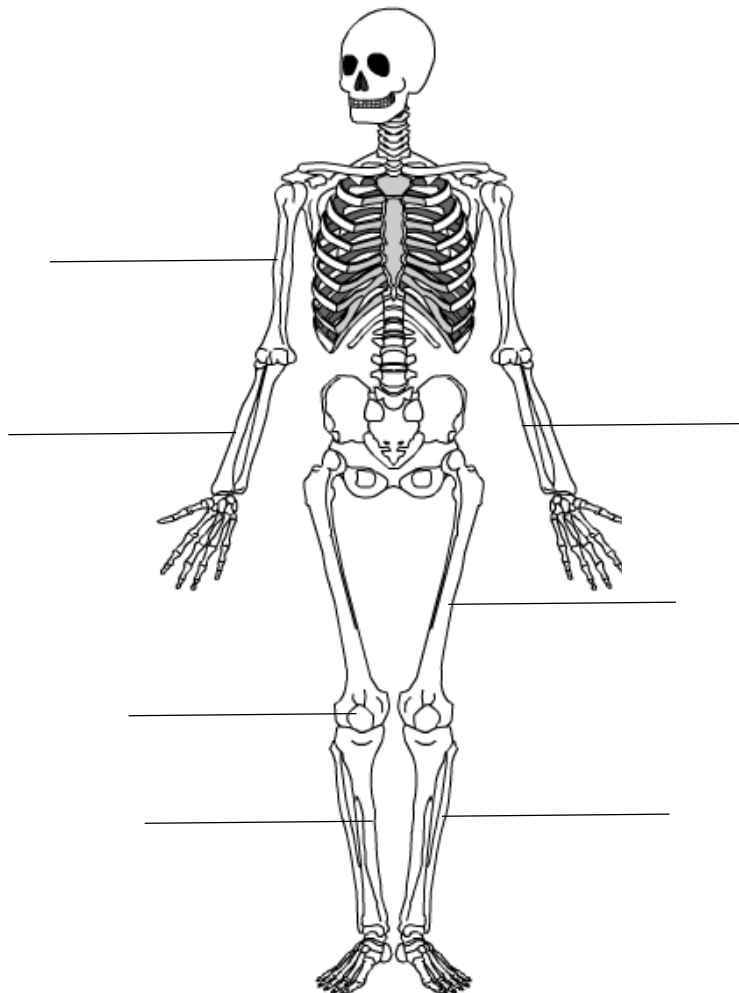
**256**

**Label the following bones:**

Humerus  
Femur

Radius  
Tibia

Ulna  
Fibula Patella





## Homework 9: Review Questions

1. Name three stages of a warm up:

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- 
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2. How long should each stretch be held in a warm up?

3. How long should each stretch be held within a cool down?

4. Name the four muscles found in the upper body

5. Name the three muscles found in the lower body

6. Name the three bones located in the arm.

## Homework 10: The cardiovascular system

The Cardiovascular system is made up of the heart and blood

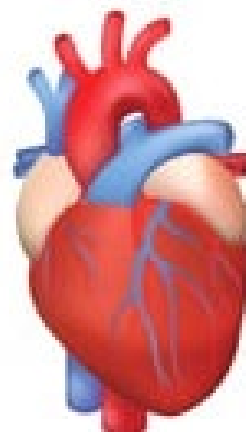
Complete the sentence using these words:

blood      arteries      muscle      oxygen      veins      waste products

Your heart is really a \_\_\_\_\_. It's located a little to the left of the middle of your chest, and it's about the size of your fist.

But the heart muscle is special because of what it does. The heart sends blood around your body. The \_\_\_\_\_ provides your body with the \_\_\_\_\_ and nutrients it needs. It also carries away \_\_\_\_\_.

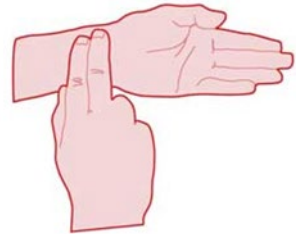
You probably guessed that the blood just doesn't slosh around your body once it leaves the heart. It moves through many tubes called \_\_\_\_\_ and \_\_\_\_\_, which together are called blood vessels. These blood vessels are attached to the heart. The blood vessels that carry blood away from the heart are called arteries. The ones that carry blood back to the heart are called veins.



## Homework 11: Heart Rate

The average person's heart beats at 72 beats per minute whilst at rest (sitting or lying down).

To find your pulse place your fingers on your wrist like the diagram shows:



Sit down: Find your heart rate and count how many beats you feel over a minute:

What is your resting heart rate:

What happens to your heart rate when you begin to exercise?

- A** Increases
- B** Stays the same
- C** Decreases
- D** Stops

Explain why you think the heart rate changes when you begin to exercise:

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**Homework: Task set by your teacher**

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