

Turton School  
Physical Education  
Homework booklet  
Year 8



Name:

Teacher's name:

Form:

## 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 sentences using these words:

Exercise    Heart Rate    30 seconds    Injury    Stretch

We cooldown 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 \_\_\_\_\_.

waste product    oxygen    exercise    cool down  
increasing    intensity

Lactic acid is the \_\_\_\_\_ produced during \_\_\_\_\_. When there is not enough \_\_\_\_\_ in the muscles lactic acid will build up. When completing a \_\_\_\_\_ it can help the removal of lactic acid by \_\_\_\_\_ the amount of oxygen going back to the muscles. A cool down must be low \_\_\_\_\_.

## Homework 4: Heart Rate

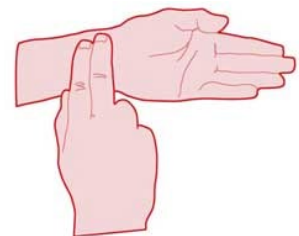
Your heart rate will differ when you are doing different activities.

To work out your maximum heart rate (the fastest it can beat) we use this formula:

$$220 - \text{your age} = \text{Maximum Heart Rate}$$

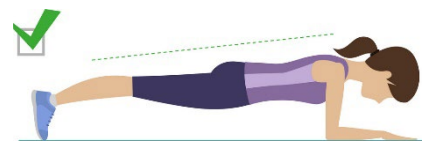
E.g. for a 13 - year-old  $220 - 13 = 107$  beats per minute.

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



Find your pulse for 1 minute after the following activities and count how many times you feel it beat.

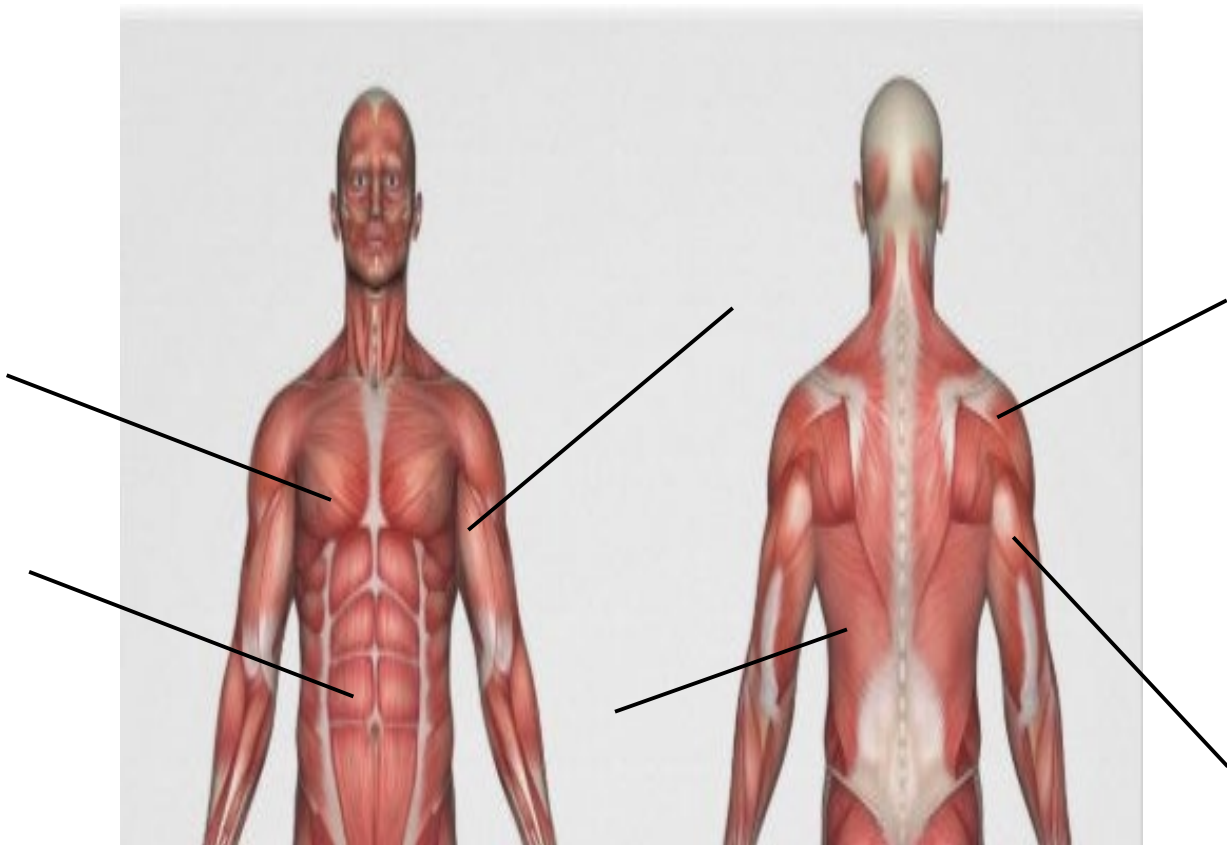
- Laying down resting =
- Jogging on the spot for 30 seconds =
- Holding the plank position for 30 seconds =
- 30 Sit ups =



**Homework 5: Muscles 1**

**Label the following muscles on the diagram below**

- Biceps                      Abdominals                      Quadriceps                      Hip Flexors      Deltoid
- Gluteus Maximus      Triceps                      Pectorals                      Hamstrings
- Latissimus Dorsi      Gastrocnemius



Give two sporting examples of when these muscles would be used.

**Muscle 1- . . . . .**

**Sporting action when this muscle is used – . . . . .**

. . . . .

**Muscle 2 – . . . . .**

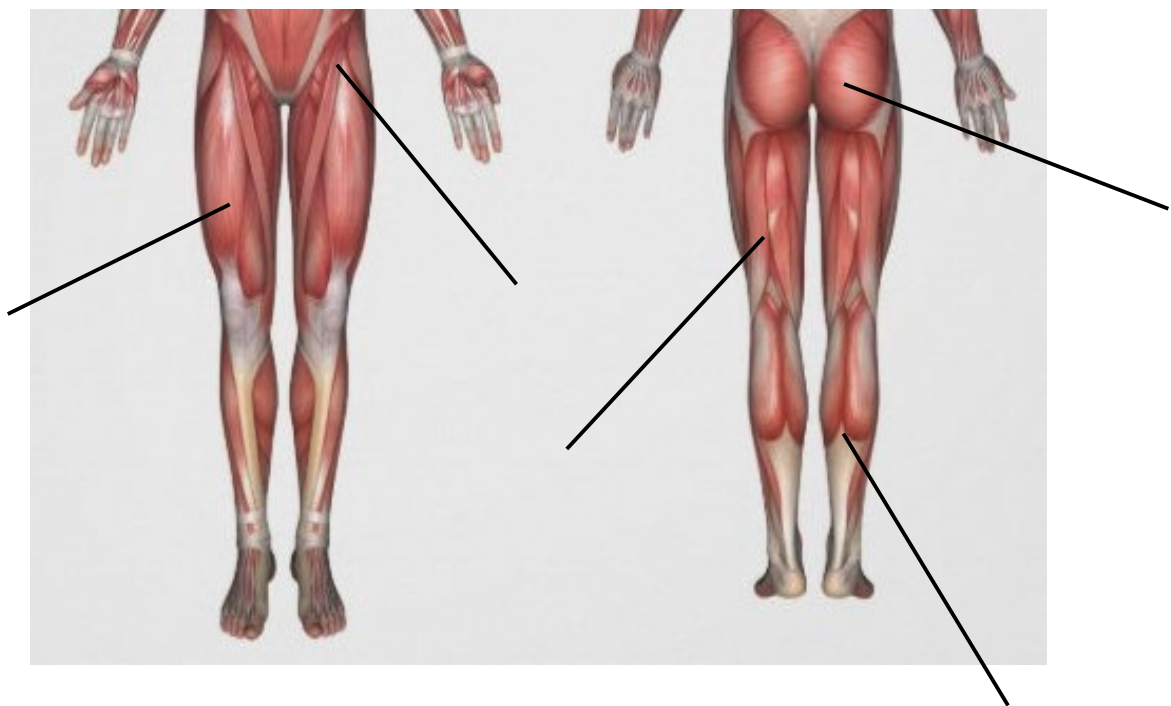
**Sporting action - . . . . .**

. . . . .

## Homework 6: Muscles 2

Label the following muscles on the diagram below

Biceps      Abdominals      Quadriceps      Hip Flexors  
 Gluteus Maximus      Triceps      Pectorals      Hamstrings  
 Latissimus Dorsi      Gastrocnemius      Deltoid



### Antagonistic Muscle Pairs

Muscles work in pairs; they are called antagonistic muscle pairs. As one muscle contracts the other relaxes. Using your muscle knowledge complete the table below.

Agonist (Prime mover)	Antagonist
Bicep	
	Hamstrings
Pectorals	

## Homework 7: Bones

Label the following bones on the diagram below

Humerus

Femur

Sternum

Radius

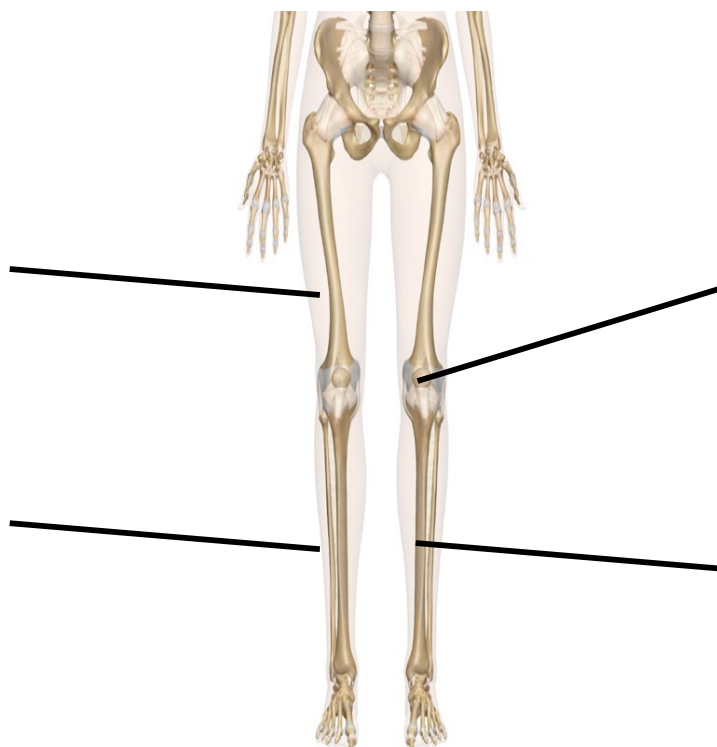
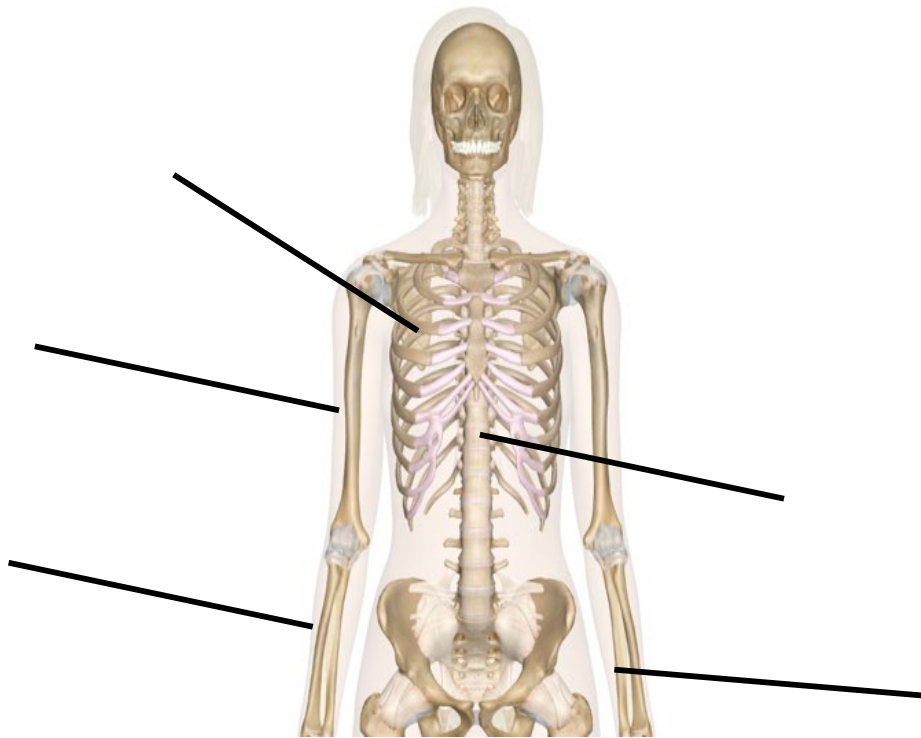
Tibia

Ribs

Ulna

Fibula

Patella





**Homework 8:Injury**

**From time to time sports performers get injured whilst playing sport.**

**Complete some research in order to fill in the table below**

<b><u>Injury</u></b>	<b><u>Description</u></b>
<b><u>Sprain</u></b>	
<b><u>Abrasion</u></b>	
<b><u>Strain</u></b>	
<b><u>Dislocation</u></b>	

Fill in the acronym for a common treatment for a muscle injury

**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

## Homework 9: Injuries 2

<u>Sprain</u>
<u>Abrasion</u>
<u>Strain</u>
<u>Dislocation</u>

In the previous homework, we looked into the above injuries. For this week, you need to choose two of the above and explain how they might be caused in a sporting activity.

Injury 1: . . . . .

Explain how this might be caused in a sporting activity (how might this be caused)?

. . . . .  
. . . . .  
. . . . .  
. . . . .

Injury 2: . . . . .

Explain how this might be caused in a different sporting activity?

. . . . .  
. . . . .  
. . . . .  
. . . . .

**Homework 10: Review questions**

Read and answer the following questions:

1. How long is each stretch held for in a warm up?

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2. What is the correct name given to the 'calf' muscle located at the back of the lower leg?

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3. What is the correct name given to the muscle found in the shoulder?

.....

4. What is the correct name given to the bone known as the 'knee cap'?

.....

5. Name the bone located in the top of the arm?

.....

6. Briefly describe what is meant by the term 'sprain'?

.....

7. Identify what each letter in RICE stands for?

.....

Now come up with your own question from the homework you have covered so far this term.

Own question. ....

.....

.....

.....

## **Homework 11: My development**

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

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

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**Homework: Task set by your teacher**

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