



Year 9 Homework Booklet Autumn Term

Name:

Form:

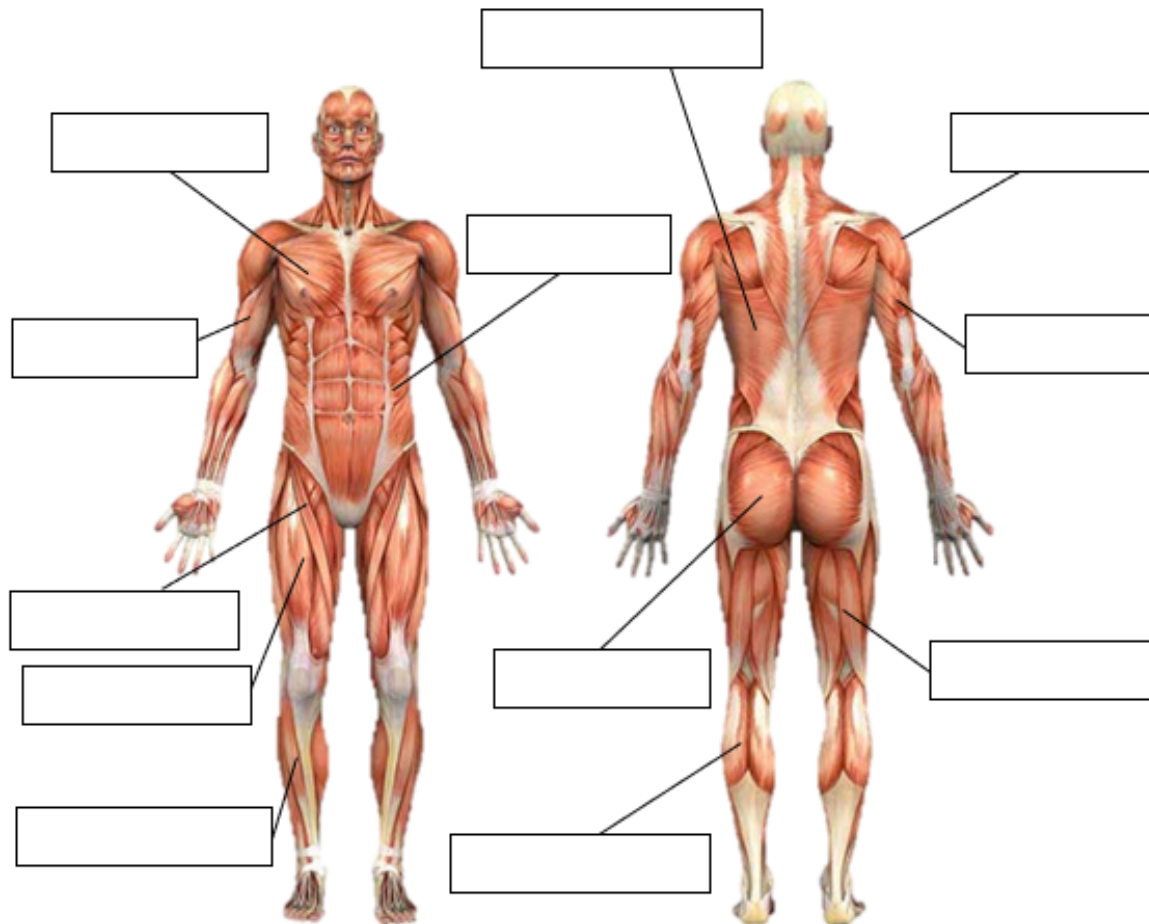
Teacher:

Body Systems



Homework 1

The Muscular System



Key words

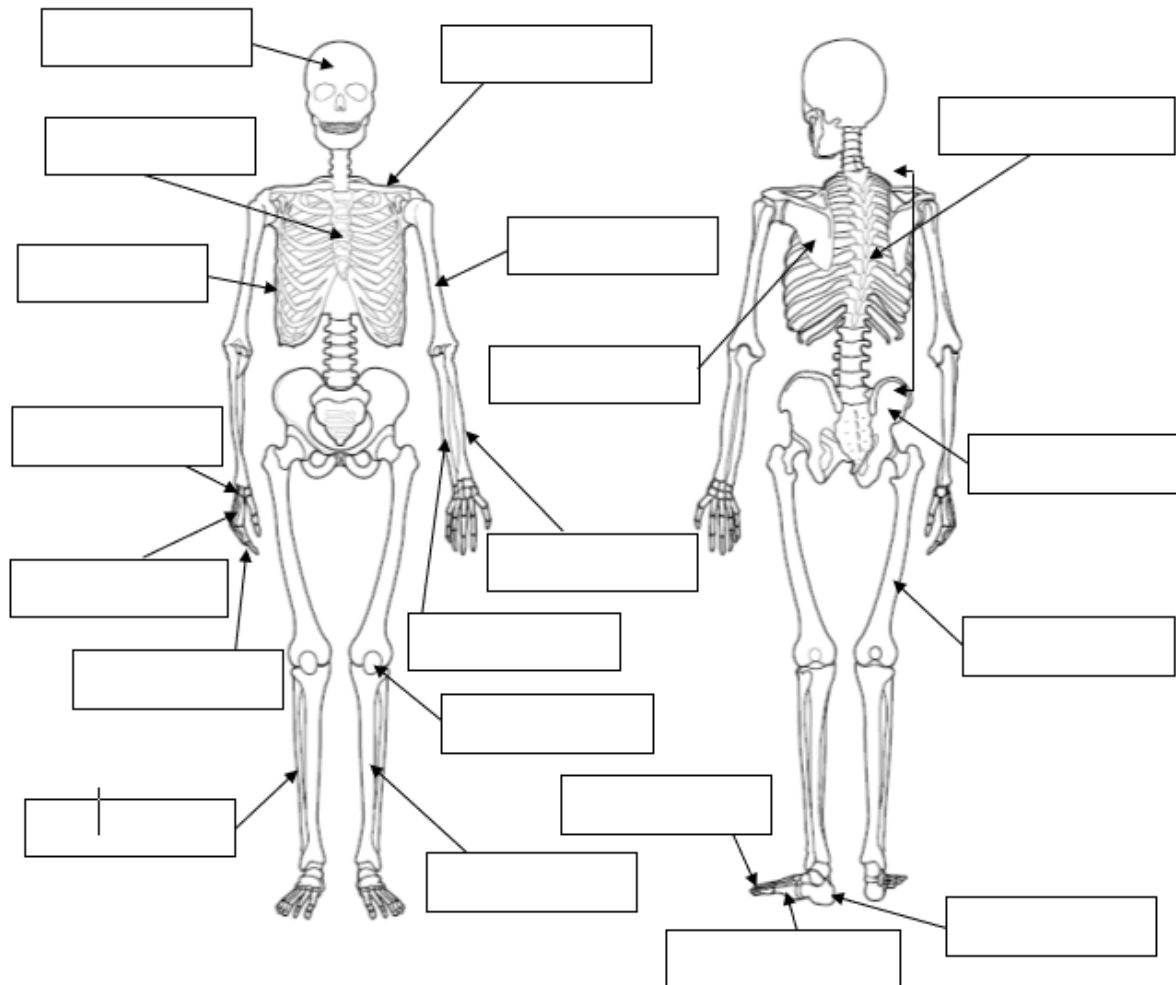
Pectorals	Deltoids	Biceps
Gastrocnemius	Triceps	Quadriceps
External Obliques	Gluteal	Hip Flexor
Hamstrings	Latissimus Dorsi	Tibialis Anterior



Homework 2

The Skeletal System

Fill in the missing blanks!



Key Words

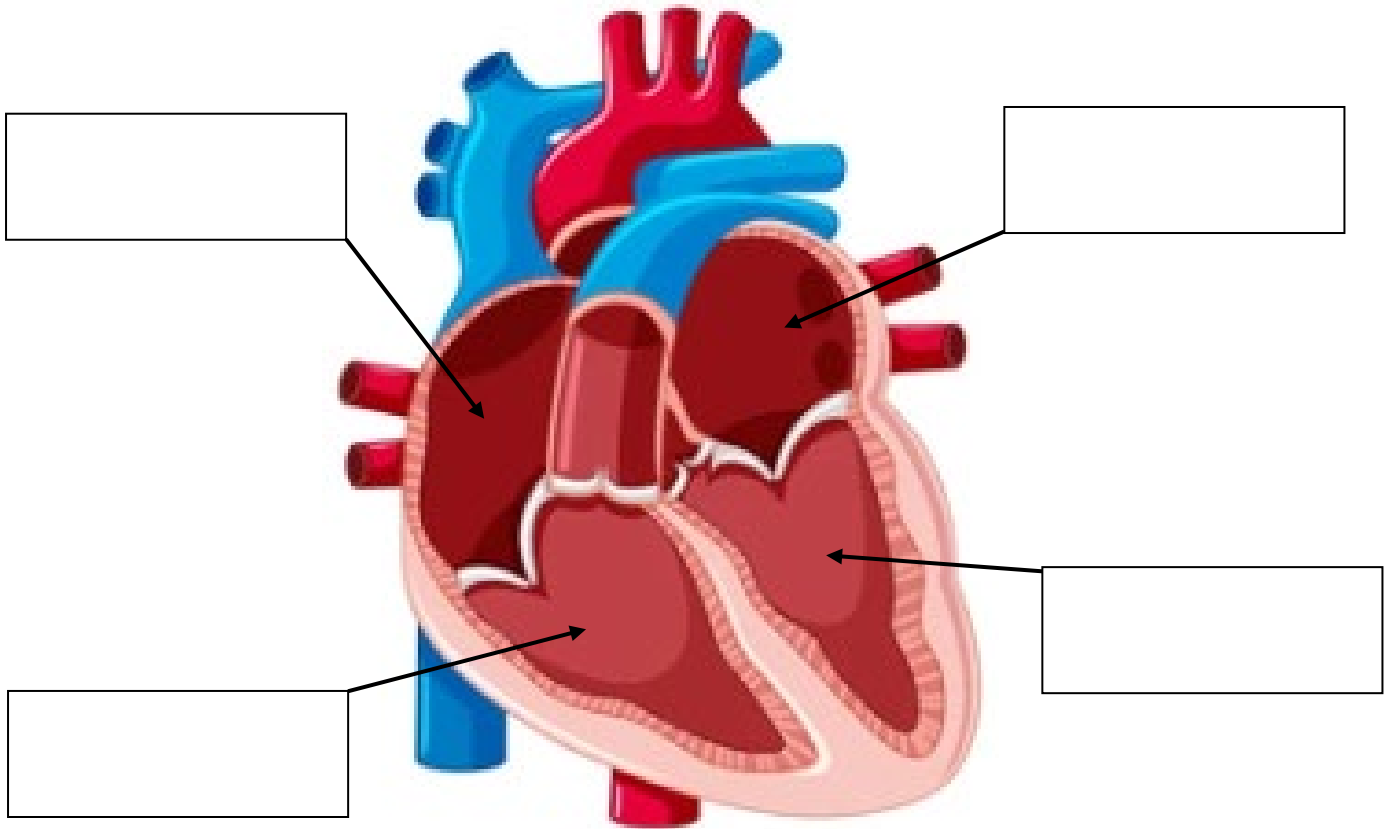
Ulna	Tarsals	Radius
Pelvis	Cranium	Carpals
Femur	Humerus	Scapula
Tibia	Ribs	Vertebrae
Fibula	Patella	Sternum
Metacarpals	Clavicle	Phalanges
Metatarsals	Phalanges	



Homework 3

The Heart

Fill in the boxes, naming the chambers of the heart.



Fill in the missing words.

The functions of the heart are to pump _____ and oxygen around the body.

They deliver waste products such as _____ back to the lungs to be removed.

The heart consists of four chambers, each separated by valves which direct the flow of blood.

When blood is ejected from the heart to the rest of the body it travels through the A _____ to the rest of the body.

Homework 4

Blood Vessels

Name 3 functions of the cardiovascular system?

1:

2:

3:

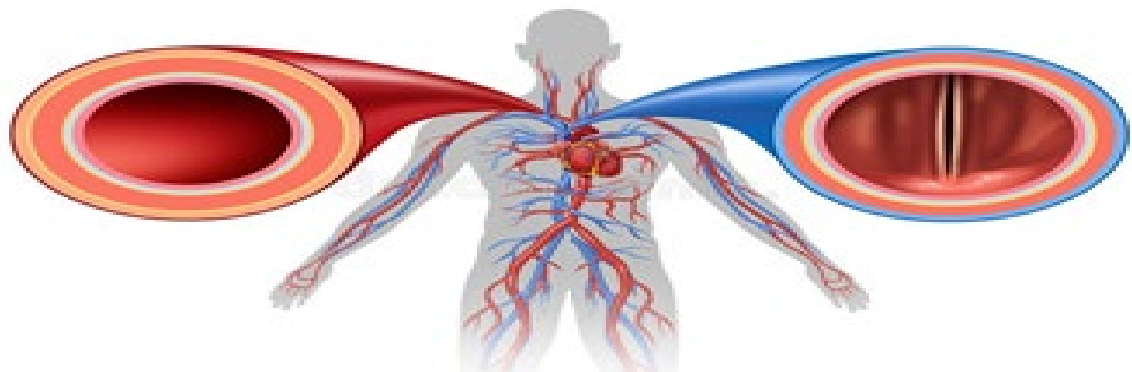
Task 2: Define these key terms

Vasoconstriction:

Vasodilation:

Blood pressure:

Vascular shunting:



Give three characteristics of each type of blood vessel:

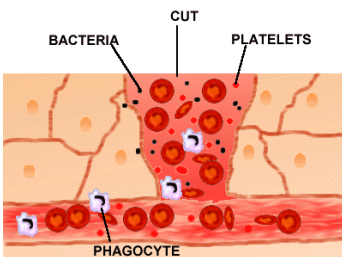
Arteries:

Capillaries:

Veins:

Homework 5

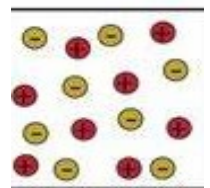
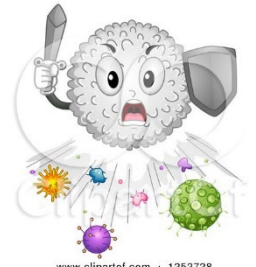
Components of blood



Red Blood Cells

Function:

How this aids a specific sport/performer.



Plasma

White Blood Cells

Function:

How this aids a specific sport/performer.

Plasma

Function:

How this aids a specific sport/performer.

Platelets

Function:

How this aids a specific sport/performer.

Homework 6


Components of Fitness


Add the letter into the empty boxes of each component of fitness to match the statement detailing the definition.


Agility	A		An even distribution of weight allowing someone or something to remain upright and steady.	
Power	B		The percentage of stored fat in a body as compared to lean mass.	
Cardiovascular Endurance	C		The ability to move and change directions quickly.	A
Flexibility	D		The ability of the heart, lungs and blood vessels to deliver oxygen to your body tissues.	
Balance	E		The ability to use different parts of the body together smoothly and efficiently.	
Body Composition	F		The ability to move joints effectively through a complete range of motion.	
Muscular Endurance	G		The amount of force a muscle can produce with a single maximal effort.	
Reaction Time	H		The ability of a muscle (set of muscles) to perform a repeated action without tiring.	
Coordination	I		The combination of strength and speed.	
Speed	J		The ability to react or respond quickly to what you hear, see, or feel.	
Muscular Strength	K		The ability to perform a motor skill as rapidly as possible.	

Homework 7

Applying Components of Fitness

	Name the 3 main components of fitness for a basketballer.	
	Component	Why?
	1.	
	2.	
	3.	

	Name the 3 main components of fitness for a gymnast.	
	Component	Why?
	1.	
	2.	
	3.	

	Name the 3 main components of fitness for a marathon runner	
	Component	Why?
	1.	
	2.	
	3.	

Sports Psychology



Homework 8

Introduction to Sports Psychology - Skill Classifications

Open Skills:

- Open skills are performed in an unpredictable and changing environment.
- These skills require the athlete to adapt and respond to different situations, often quickly and dynamically.
- Examples of open skills include: receiving a pass in football/netball/hockey etc, batting in cricket, tackling in rugby

Closed Skills:

- Closed skills are performed in a stable and predictable environment.
- These skills are typically repetitive and follow a set pattern or routine, allowing the athlete to focus on technique without needing to adapt to changing conditions.
- Examples include: Javelin throw, Forward roll in gymnastics, set shot in basketball

Section A: Multiple Choice

1. Which of the following is the best an example of an open skill?
 - a) Archery shot
 - b) Snooker shot
 - c) Tackling a player in hockey
2. Which skill is most likely performed in a predictable environment?
 - b) Batting in softball
 - c) Performing a somersault
 - d) Making an interception in netball

Section B: Short Answer

4. Explain in your own words what an open skill is.

5. Describe a situation in which an athlete performs a closed skill and explain why it is considered closed.

Homework 9

SMART Targets

In preparation for the upcoming football season in two months, Mia (15) wants to improve her aerobic fitness as a central midfielder. She performed a 12-minute cooper run to test her fitness and ran 1750 metres.

Research **SMART goals**, explain what the acronym SMART stands for and use these principles to help Mia set a SMART goal for the start of the season.

SMART Principle	Explanation	Application to Mia's goal
S		
M		
A		
R		
T . . . - BOUND		



Socio- Cultural Factors



Homework 10

1. Match up the statements by placing the matching number in the final

Sporting Behaviour

<u>1</u>	Sportsmanship	Unacceptable behaviour, where the performer cheats or breaks the rules e.g., match fixing	
<u>2</u>	Gamesmanship	Without breaking them, players may bend the rules and use questionable methods to gain an advantage e.g., wasting time.	
<u>3</u>	Deviance	type of behaviour that you should see in sport. It is where players display good conduct and do not resort to trying to win by unfair means e.g., shaking hands after a game.	

2. Tick all the reasons why someone **might** use deviance

For prizes		More sponsorship	
For fame		Due to pressure from coaches	
To be seen as a role model		Promotion to a higher team	

3. Tick 2 consequences that could happen for using **deviant** behaviour

Red card		Banned from playing	
Promotion to a higher team		Be seen as a good role model	
Loss of sponsors		Fines	

Homework 11

Factors affecting participation

Read the explanations below and add the corresponding letter to the relevant factor.

Factor	Explanation
Age	
Gender	
Disability	
Socio economic group	

Explanation:

A – Gym memberships, facility hire, equipment costs can limit participation of those in a low socio-economic group.

B- Adults have less free time, perceived lack of fitness and lack of choice

C- There is increased opportunity, funding and media attraction for perceived male sports such as football and rugby.

D- A lack of accessible facilities (e.g., Wheelchair access, equipment and specialised coaches.



Homework 12

Commercialism in Sport

1. Write down as many different types of media that you can think of:

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2. Place the following terms next to the correct definition:

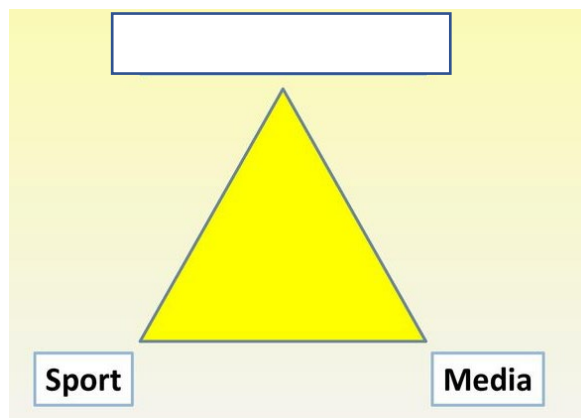
A) Commercialisation

B) Media

C) Sport

Term	Definition
	The main means of mass communication (television, radio, newspaper and internet).
	Sport is a form of physical activity or game. Often competitive and organized, sports use, maintain, or improve physical ability and skills.
	Making something available on the market; using something to make a profit.

3. Identify the missing part of the golden triangle shown below:



Homework 13

CAPD - Value of Leadership

Value of leadership – Homework task

Task 1: Write down three things that you think make a good leader:

1. _____
2. _____
3. _____

Task 2: Plan a 30-Minute PE Lesson on a Sport of Your Choice

Requirements:

1. Warm-Up:
 - Design a three-stage warm-up routine to prepare for the main activity.
2. Main Session:
 - Choose a specific sport and focus on a drill that targets a particular skill or tactic (e.g., forcing a player wide in football).

Warm up:

Main session:

Homework 14

Teacher Task