

Year 7 Personal Learning Checklist (PLC)

Subject: Physical Education

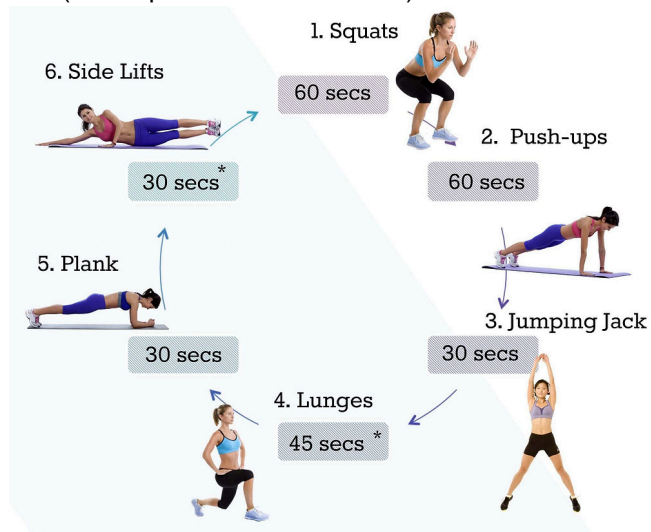
Assessment Area 1: Knowledge & Understanding

Topics: Fitness / Attacking & Defending Principles / Guidance

Spring

Training Types:

- Circuit - series of workstations (working all major muscles/joints);
- HIIT - high intensity interval training (periods of very hard work and rest);
- Continuous - sustained activity without rest (develops aerobic endurance)



Warm-Ups:

- Phase 1 - Pulse raiser - increase HR; O₂; body temp. (shuttles, high knees, side steps);
- Phase 2 - Stretching - active/passive [static] or dynamic [ballistic] (hamstring stretch, lunges/squats);
- Phase 2 - Joint mobilisation - joint loosening (leg swings, open/close gates);
- Phase 3 - Movement - skill/drill practice (lay-up drill, footwork drill)

Fitness Terms:

- BPM (beats per minute) - no. of times heart beats per minute;
- MHR (maximum heart rate) - max. no. of times heart beats per minute [calculated as 220-age];
- WHR (working heart rate) - BPM whilst exercising
- RHR (resting heart rate) - BPM at rest;
- Borg Scale (rate of perceived exertion - WHR ÷ 10) - a subjective fitness score from 6 (no effort) to 20 (max. effort);
- Aerobic (with oxygen) - sustained exercise e.g. marathon;
- Anaerobic (without oxygen) - flat-out exercise e.g. sprint

EXERTION: how do you feel?

6	No effort at all (REST)
7	Very Very Light
8	
9	Very Light
10	
11	Fairly Light
12	
13	Somewhat Hard
14	
15	Hard
16	
17	Very Hard
18	
19	Very Very Hard
20	Maximal Effort

Borg Scale 6-20

Fitness Tests:

- Cooper run - 12 minutes run test (measures aerobic endurance);
- Mini Cooper run - 6 minutes run test (measures aerobic endurance)

Static stretching: Muscles are held in a stretched position (lengthening) for up to 30 seconds (e.g. standing and holding the foot behind your body to stretch the quadriceps)

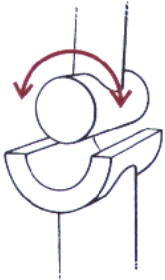
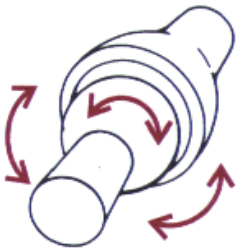
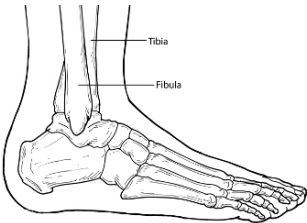
Dynamic stretching: Muscles are moving whilst stretching (e.g. heel flicks to stretch out the quadriceps)

Attacking Principles:

- Penetration - attacking, incisive play (fast break, through-ball);
- Depth/support - provide a deeper outlet (sit deep/back, offer support);
- Width - create width, use of wide players (wingers, wing defence/attack)

REVISION TASK

Types of Joint and Movements

Hinge Joint	Ball and Socket Joint	Ankle Joint
		
<p>Movements of a hinge joint:</p> <p>F _____</p> <p>E _____</p> <p>Examples of a hinge joint in the human body:</p> <ul style="list-style-type: none"> • E _____ • K _____ 	<p>Movements of a ball and socket joint:</p> <p>Ab _____</p> <p>Ad _____</p> <p>R _____</p> <p>Examples of a ball and socket joint in the human body:</p> <ul style="list-style-type: none"> • H _____ • S _____ 	<p>Movements of the ankle joint:</p> <p>D _____-F _____</p> <p>P _____-F _____</p>
<p>Answers: Abduction, Elbow, Dorsi-Flexion, Shoulder, Flexion, Rotation, Knee, Plantar-Flexion, Extension, Adduction, Hip</p>		

Types of Guidance

There are 4 types of guidance (a teacher or coach can use). What are they?	
<p>V _____</p> <p>Definition: <i>Guidance that is provided by another person speaking to you</i></p> <p>Can you give an example?</p> <p>_____</p> <p>_____</p>	<p>V _____</p> <p>Definition: <i>Guidance that you can see, for example a demonstration</i></p> <p>Can you give an example?</p> <p>_____</p> <p>_____</p>
<p>M _____</p> <p>Definition: <i>Guidance that is given by physically moving the performer</i></p> <p>Can you give an example?</p> <p>_____</p> <p>_____</p>	<p>M _____</p> <p>Definition: <i>Guidance that uses mechanical aids to assist a performer</i></p> <p>Can you give an example?</p> <p>_____</p> <p>_____</p>
<p>Answers: Manual, Verbal, Mechanical, Visual</p>	