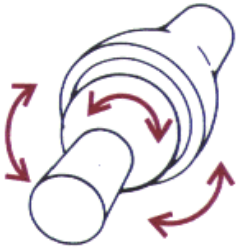
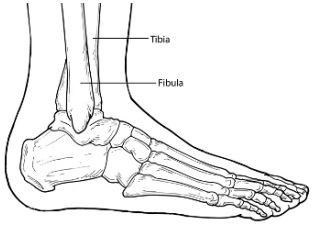
Year 8 Personal Learning Checklist (PLC)

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); ● Weight - resistance work (develops strength and power); ● Fartlek - 'speed play', variable terrain (develops aerobic endurance); ● Plyometric - bounding, hopping, jumping (develops power)	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	Fitness Tests: ● Cooper run - 12 minutes run test (measures aerobic endurance); ● Mini Cooper run - 6 minutes run test (measures aerobic endurance); ● Sit and reach test - flexibility test (range of movement at the hip/trunk); ● Sit-up/press-up/step-up test - 30/60 second test, max. repetitions in a given time (measures muscular 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)	Principles of Training: ● Specificity - activity must match the sport (work the correct muscles/energy systems); ● Progressive overload - gradually increase intensity/volume of training (increase steps/reps, weight, distance); ● Reversibility [rest & recovery] - training effects are reversed (if injured/sick benefits are lost); ● Tedium - variance in training (to reduce boredom, use music, train with others)	FITT Principle: ● Frequency - how often you train (e.g. 3 times a week); ● Intensity - how hard you train (e.g. 60% MHR; 3 sets x 10 repetitions; metres ran); ● Time - how long you train (e.g. 45 minute session); ● Type - method of training (e.g. continuous; circuit; interval; HIIT)
	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)	Defending Principles: ● Delay - hold up play/attack (press the ball/player); ● Depth - provide a deep defence (stay back/retreat in defence); ● Balance - match defenders with attackers (player to player defence)	Types of Guidance: ● Verbal - spoken/auditory feedback (comment on the performance); ● Visual - images/video feedback (show a video of the performer); ● Manual - manipulate to body into position (place limbs in correct place); ● Mechanical - use of external aid/harness (trampolining - somersault)

REVISION TASK

Types of Joint and Movements

Hinge Joint	Ball and Socket Joint	Ankle Joint
		
Movements of a hinge joint: **F**_____ **E**_____ Examples of a hinge joint in the human body: • **E**_____ • **K**_____	Movements of a ball and socket joint: **Ab**_____ **Ad**_____ **R**_____ Examples of a ball and socket joint in the human body: • **H**_____ • **S**_____	Movements of the ankle joint: **D**_____-**F**_____ **P**_____-**F**_____
Answers: ***Abduction, Elbow, Dorsi-Flexion, Shoulder, Flexion, Rotation, Knee, Plantar-Flexion, Extension, Adduction, Hip***		

Types of Guidance

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