

## Year 8 Personal Learning Checklist (PLC)

**Subject: Physical Education**

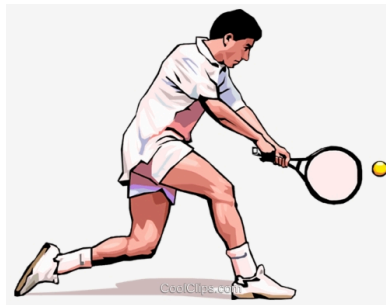
**Assessment Area 1: Knowledge & Understanding**

**Topics: Component of Fitness / Projectile Motion / Muscular Contractions / Analysis**

Summer

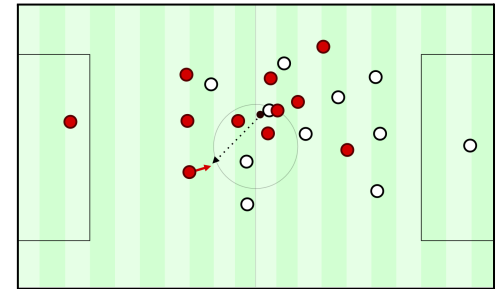
### Components of Fitness -

- Aerobic Endurance (strength & health of heart & lungs - eg. running, swimming, cycling);
- Muscular Endurance (muscles ability to repeat contractions - eg. continuous running, lifting, jumping);
- Power (combination of speed and strength - eg. boxing, triple jump);
- Speed (how quickly an object/body moves - eg. sprinter);
- Muscular Strength (the force generated by a muscle - eg. weightlifter);
- Flexibility (range of movement at a joint - eg. gymnast, dancer, trampoline);
- Agility (move and change direction quickly and with control - eg. footballer, hockey player, skiing);
- Balance (static v dynamic - to keep the body stable - eg. gymnast [still], skier [moving]);
- Coordination (to move 2 or more body parts - eg. tennis [hand-eye]);
- Reaction time (the time taken to respond to a stimulus - eg. starting gun, whistle, lights in F1);
- Body composition (body mass index - measure of fat-free mass [muscles], vital organs and fat - eg. dancer [low BMI], boxer [high BMI])



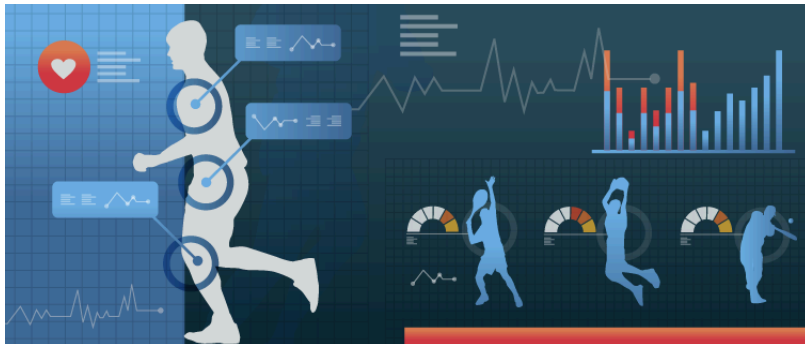
### Key terms -

- Formations (how a team sets up) - e.g. defence, attack, midfield, 4:4:2, 3:4:3;
- Tactics/strategy (how to outwit a team/player) - e.g. Gegenpress in football, counter,
- Set play (a series of predetermined moves) - e.g. corner, centre pass, free kick,
- Aesthetically pleasing (something that looks good) - e.g. pointed toes in seat landing



### Analysis -

- Identify strengths (to know what you are good at),
- Identify weakness (to focus on areas to improve),
- Apply corrective measures (to modify a skill)



### Principles of Projectile Motion -

- Height of release (height of release of body/object) - release object at its highest position,
- Angle of release (angle of release of body/object) - release angle 36-42 degrees,
- Speed of release (velocity of release of body/object) - release object at its fastest speed




## REVISION TASK

### Components of Fitness

Identify the component of fitness and match it to its definition	
Mu _____ En _____	The time taken to respond to a stimulus (e.g. starting gun, whistle, lights in Formula 1)
P _____	The range of movement at a joint (e.g. gymnast, dancer)
F _____	The ability to move and change direction quickly and with control (e.g. hockey player, skiing)
Ag _____	The ability to keep the body stable (e.g. gymnast [static], skier [dynamic])
R _____ T _____	A combination of speed and strength (e.g. boxing, triple jump)
Ba _____	The ability of muscles to repeat contractions (e.g. continuous lifting, jumping)
<b>Answers: flexibility, agility, power, reaction time, balance, muscular endurance</b>	

### Projectile Motion

What are the 3 main concepts of Projectile Motion?		
		
H _____ of release	Release object at its highest point	
A _____ of release	Optimum is 36-42 degrees	
S _____ of release	Release object at its highest velocity	