




Year 9 Personal Learning Checklist (PLC)

Subject: Physical Education		Assessment Area 1: Knowledge & Understanding	Topics: Fitness / Attacking & Defending Principles / Guidance
Spring	Training Types: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • Cooper run - 12 minutes run test (measures aerobic endurance); • Multi stage fitness test ("bleep test") - shuttle run test (measures VO2 Max); • 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); • Standing broad jump - test of leg power (jump forward from two feet and land on two feet)
	Warm-Ups: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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

Joints and their movements in Sport

Set shot in basketball	Kick in football	Serving in tennis
		
<p>Joint name: Elbow</p> <p>Joint type: Hinge</p> <p>Movements at this joint:</p> <ul style="list-style-type: none"> • • 	<p>Joint name:</p> <p>Joint type: Hinge</p> <p>Movements at this joint:</p> <ul style="list-style-type: none"> • • 	<p>Joint name:</p> <p>Joint type: Hinge</p> <p>Movement at this joint:</p> <ul style="list-style-type: none"> • •
		<p>Joint name:</p> <p>Joint type: Ball and Socket</p> <p>Movement at this joint:</p> <ul style="list-style-type: none"> •
Answers: Flexion, Extension, Knee, Rotation, Shoulder, Elbow		

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>_____</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>_____</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>_____</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>_____</p>
Answers: Manual, Verbal, Mechanical, Visual			