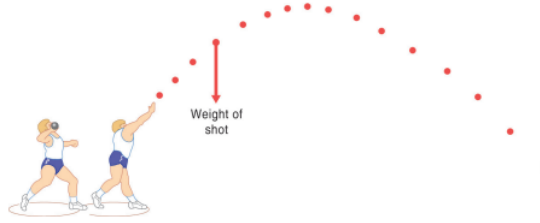

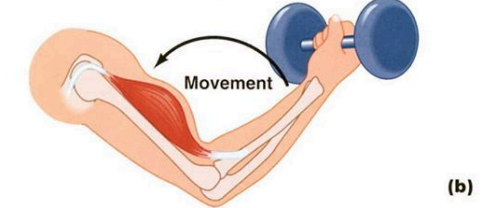
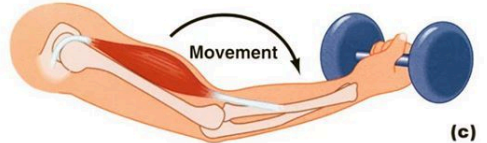



Year 9 Personal Learning Checklist (PLC)


Subject: Physical Education		Assessment Area 1: Knowledge & Understanding	Topics: Component of Fitness / Projectile Motion / Muscular Contractions / Analysis
Summer	<p>Components of Fitness -</p> <ul style="list-style-type: none"> • 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]) 	<p>Principles of Projectile Motion -</p> <ul style="list-style-type: none"> • 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 	<p>Muscular Contractions -</p> <ul style="list-style-type: none"> • Concentric (shortening) - e.g. bicep curl [as it flexes], • Eccentric (lengthening) - e.g. quadriceps during squat [downwards], • Isotonic (moving) - e.g. running, jumping, • Isometric (without motion) - e.g. plank <p>Isometric contraction Muscle contracts but does not shorten</p>  <p style="text-align: right;">(a)</p> <p>Concentric contraction</p>  <p style="text-align: right;">(b)</p> <p>Eccentric contraction</p>  <p style="text-align: right;">(c)</p>
	<p>Analysis -</p> <ul style="list-style-type: none"> • Identify strengths (to know what you are good at), • Identify weakness (to focus on areas to improve), • Apply corrective measures (to modify a skill) 	<p>Key terms -</p> <ul style="list-style-type: none"> • 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 	

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)
Answers: flexibility, agility, power, reaction time, balance, muscular endurance	

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