

PiXL Independence:

PE – Student Booklet

KS4

Physical Training

Contents:

- I. Quizzes – 10 credits each
- II. Reading Task – 50 credits
- III. Research Task – 30 credits
- IV. Website Task – 80 credits
- V. Long Answer Questions – 100 credits
- VI. Videos – 50 credits

I. Quizzes

Complete the quizzes.

10 credits.

Multiple Choice Quiz

1. Which one of the following statements is false?
 - a. Cardiovascular endurance and stamina is the same thing.
 - b. The 12 minute cooper run measures cardiovascular endurance.
 - c. The multi stage fitness test is run over 18m.
 - d. Long distance swimmers need good cardiovascular endurance.

2. Which one of the following is a fitness test to measure strength?
 - a. One minute sit up test
 - b. One repetition maximum test
 - c. Sit and reach test
 - d. Vertical jump test

3. One component of fitness is reaction time. Reaction time is very important for a sprinter. Which other component of fitness is most important for a sprinter?
 - a. Power
 - b. Speed
 - c. Flexibility
 - d. Muscular Endurance

4. Which of the following statements is false?
 - a. A netballer needs agility.
 - b. A footballer needs flexibility.
 - c. A weightlifter needs cardiovascular endurance.
 - d. A basketballer needs power.

5. Which of the following statements is true?

- a. There is only one fitness test to measure muscular endurance.
- b. The wall throw test measures reaction time.
- c. The speed test is completed over 100m.
- d. The stork stand test measures balance.

6. Agility is:

- a. How quickly you can run in a straight line.
- b. How quickly you can change direction.
- c. How quickly you move your legs.
- d. How quickly you move your arms.

7. What is the most important component of fitness for boxer?

- a. Flexibility
- b. Power
- c. Cardiovascular Endurance
- d. Balance

8. Overload is:

- a. Need to work the body harder than normal so that there is some stress and discomfort.
- b. To work the body until injury occurs
- c. Maintain the workload at the same rate
- d. Maintaining the same amount of repetitions.

9. Which of the following is not a method of training?

- a. Continuous
- b. Fartlek
- c. Interval
- d. Progressive

10. A warm up must include 5 main components. Which of the following is not part of a warm up?

- a. Stretching
- b. Pulse raising
- c. Skill rehearsal
- d. Match play

11. Why do we need to perform a cool down? One of the following statements is false.

- a. Gradually increase the heart rate
- b. Gradually lower body temperature
- c. Reduce blood pooling
- d. Increase the removal of lactic acid

12. Circuit training is:

- a. Running and maintaining the speed for a period of 20 minutes
- b. Completing a variety of exercises for a short period of time
- c. Completing a section of sprint work followed by a period of rest
- d. Rapid and repeated stretching and contracting of muscles

13. What is the most important method of training for a marathon runner?

- a. Fartlek training
- b. Continuous training
- c. Weight training
- d. Plyometric training

14. What does the FITT principle stand for?

- | | | | |
|--------------|-----------|--------|--------|
| a. Frequency | Intensity | Type | Tedium |
| b. Frequency | Interval | Time | Type |
| c. Frequency | Interval | Tedium | Time |
| d. Frequency | Intensity | Time | Type |

15. PPE stands for:

- a. Personal Performance Equipment
- b. Personal Protective Equipment
- c. Protective Performance Equipment
- d. Personal Performance Enhancement

16. What injury is the most common in rugby?

- a. Sprain
- b. Strain
- c. Dislocation
- d. Fracture

17. Which of the following statements is false?

- a. Spinal injuries should be treated by an expert and the injured person should not be moved.
- b. Fractured bones always break the surface of the skin.
- c. Strain is a tear to a tendon or muscle.
- d. Blisters are caused by friction.

18. A hazard is:

- a. The chance that someone will be harmed
- b. Something that has the potential to cause harm
- c. The injury that occurs
- d. An injury to a bone

19. A risk assessment must include which one of the following?

- a. Use of chemicals
- b. All previous injuries
- c. At least 20 hazards
- d. First aid instructions

20. Which of the following statements is false?

- a. Lifting and carrying equipment safely can reduce the chance of back injuries
- b. It is compulsory to complete a warm up before sport
- c. All participants must be competing at an appropriate level to themselves.
- d. It is advised you wear the correct clothing and footwear

Fill in the Gap Quiz

1. _____ is measured using the press up test and the sit up test.
2. The sit and reach test is used to measure _____.
3. The ability of repeating a pattern or sequence of movements with fluency and accuracy is known as _____.
4. The most important component of fitness at the start of a 100m race is _____.
5. The most important component of fitness to a long distance swimmer is _____.
6. Power is a combination of _____ and _____.
7. Strength is measured using the one repetition maximum test and the _____ test.
8. _____ is when performance deteriorates due to lack of training.
9. The number of training sessions completed per week is known as _____.
10. Interval training includes periods of _____ and periods of _____.
11. _____ involves hopping, bounding and jumping to work the muscles concentrically and eccentrically.
12. Fartlek training is known as _____ in Swedish.
13. _____ is part of a warm up and includes exercise that takes the joints through their full range of movement.
14. One of the benefits of the cool down is to _____ the heart rate.

15. When you are boxing, you are grouped based on weight. This is because it ensures there is an appropriate level of _____.
16. _____ is a tear to the ligament.
17. A _____ is the chance that someone will be harmed by the hazard.
18. A _____ is the technique used to measure the chance of an accident happening.
19. An example of personal protective equipment is the use of _____ in football to prevent leg fractures.
20. A _____ is caused by a blow to the joint.

Open Ended Quiz

1. Using a practical example, describe the term 'flexibility'?
2. In the multistage fitness test David scored L6 S5. What component of fitness does the multistage fitness test measure? Describe another fitness test that measures this component of fitness.
3. Describe two fitness tests that measure power.
4. Using a sporting example, explain the term 'co-ordination'?
5. In the handgrip dynamometer test Sarah scored 32kg. What component of fitness does the handgrip dynamometer test measure? Describe another fitness test that measures this component of fitness.
6. Describe two fitness tests that measure muscular endurance.
7. Using a practical example, describe the term 'reaction time'?
8. Explain why an athlete would use weight training to improve their performance.
9. Describe interval training and state what this type of training aims to achieve.
10. Why is it important for a sports performer to carry out a warm up before a competitive activity?
11. Using a practical example, describe what is meant by the term 'progression'?

12. Explain why an athlete would use circuit training to improve their performance.
13. Describe plyometrics training and state what this type of training aims to achieve.
14. Using a practical example, describe an effective warm up before performing a sports activity.
15. Describe three ways of minimising risks when exercising in a gym.
16. Identify a hazard in a swimming pool and explain how you would reduce the risks associated with that hazard.
17. Using a sporting example, explain how a concussion can occur and how it would be treated?
18. Explain how a risk assessment is important in sport?
19. Using a practical example, describe how a sprain can occur and how it can be treated?
20. Identify a hazard at a sports field and explain how you would reduce the risks associated with that hazard.

II. Reading Task

Read and summarise the key ideas within the article – ideally in ten points. Create 5 questions relating to both the article and your specification.

50 credits.

<http://www.deccanchronicle.com/sunday-chronicle/phyzzicality/221017/you-can-train-like-a-judoka.html>

<https://www.trainingzone.co.uk/community/blogs/markben/best-delivery-methods-for-adult-training>

<https://www.theguardian.com/sport/2017/oct/17/gordon-hayward-ankle-injury-celtics-cavaliers-nba>

III. Research Task

Research and find an article which supports or disclaims the ideas in the original article. Write a paragraph to summarise your findings. In this paragraph you must provide a sporting example to support your findings.

30 credits.

IV. Website Task

Website task: Select a website and design a power point presentation you could give to a group of students just beginning the GCSE PE course. Include of each slide key notes you could discuss.

80 credits

1. <http://ezinearticles.com/?The-10-Components-of-Fitness&id=6673790>
2. <http://www.s-cool.co.uk/gcse/pe/training-for-sport/revise-it/the-principles-of-training>
3. <http://www.nhs.uk/conditions/Sports-injuries/Pages/Introduction.aspx>

V. Long Answer Questions

Choose a longer answer question from the question bank below. Write a response to the question. You must include a plan of what you are going to include, a key word board and your final written answer which is completed in full sentences and paragraphs.

100 credits

1. Using practical examples, explain how a gymnastics coach would use fitness testing to ensure the best performance by a gymnast at the Olympics.
2. Using practical examples, explain how a rugby coach might reduce the risk of injury to a participant when delivering a training session on a sports field. How could the general health, fitness and wellbeing of a participant influence their risk of injury?
3. Using practical examples, explain how a personal trainer would design a training program for a new member at the gym over a 6-week period.
4. Hannah is a 23-year-old who is maintaining her training to be selected for the sprint cycling squad for the Commonwealth Games. Explain, using examples, how Hannah could adapt her training to give her the best possible chance of selection.
5. Fred wants to pursue a career in boxing. Explain what components are the most important to train for a boxer and how his progress could be measured.

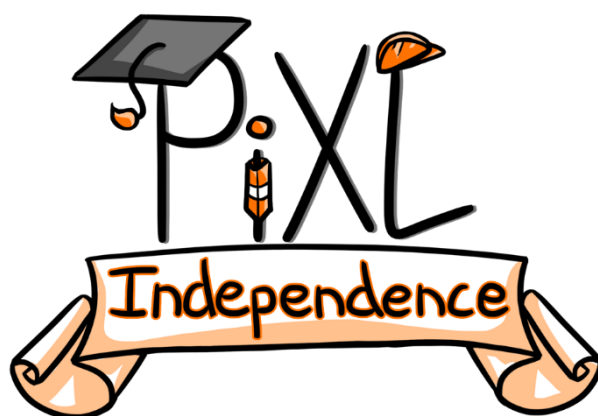
VI. Videos

Produce a video that shows the use of the body in a practical way. The video must include key sporting examples and clear explanations of what is occurring within the video.

Try to include the whole unit topic in one video.

50 credits per topic.

- Components of fitness
- Fitness tests
- Principles of training
- Methods of training
- Minimising risk of injury



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