STOKE DAMEREL

Aspire Achieve Thrive

Autumn Term

Term 1

Sport

Year 10

Name: _____

Tutor: _____

Year 10 Homework Timetable

Monday	English Task 1	Ebacc Option A Task 1	Option C Task 1
Tuesday	Option B Task 1	Modern Britain Task 1	Science Task 1
Wednesday	Sparx Maths	Option C Task 2	Sparx Science
Thursday	Ebacc Option A Task 2	Sparx Catch Up	Option B Task 2
Friday	Modern Britain Task 2	Science Task 2	English Task 2

Sparx Science

• Complete 100% of their assigned homework each week

Sparx Maths

• Complete 100% of their assigned homework each week

Option A (EBACC)
Computer Science
French
Geography
History

Option B
Business Studies
Hospitality and Catering
Drama
Music
Geography
Health and Social Care
ICT
Media Studies
Music
Sport
Travel and Tourism

Option C
Art
Business Studies
Hospitality and Catering
Child Development
Computer Science
Drama
Photography
Science (Triple)
Sport

Half Term 1 (8 weeks) - Year 10		
Week / Date	**Homework task 1 Cornell Notes**	**Homework task 2 Exam Question**
Week 1 2nd September 2024	**Cornell Notes on:** Components of fitness	**Question**: Identify and provide an example for each of the physical components of fitness being used in a sport or activity (6)
Week 2 9th September 2024	**Revision Cards on:** Components of physical fitness	**Question**: Identify and provide an example for each of the skill related components of fitness being used in a sport or activity (5)
Week 3 16th September 2024	**Revision Cards on:** Components of skill related fitness	**Question**: Describe how a 100m sprinter will use a mixture of physical and skill related components of fitness in a race. (6)
Week 4 23rd September 2024	**Cornell Notes on:** Fitness Testing - Physical	**Question:** Describe how the equipment is used for TWO physical fitness tests. (6)
Week 5 30th September 2024	**Cornell Notes on:** Fitness Testing - Skill related	**Question**: Describe how the equipment is used for TWO skill related fitness tests. (6)
Week 6 7th October 2024	**Revision Cards on:** Cardiorespiratory System	**Question**: Describe the journey of air into the lungs (6)
Week 7 14th October 2024	**Cornell Notes on:** Methods of Training	**Question**: Select 2 methods of training for either a football, netball or rugby player and explain why you have picked them (6)
Week 8 21st October 2024	**Revision Cards on:** Musculoskeletal System	**Question**: Select 6 muscles and describe a stretch for each of these (6)

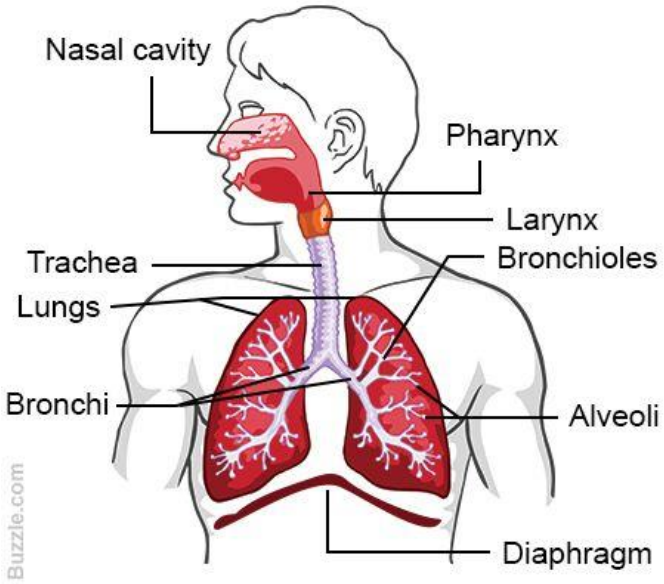
Half Term 2 (7 weeks) - Year 10		
Week / Date	**Homework task 1 Cornell Notes**	**Homework task 2 Exam Question**
Week 9 4th November 2024	**Cornell Notes on:** Responses of the body systems to the pulse raiser	**Question**: What changes occur in the body during a pulse raiser? (6)
Week 10 11th November 2024	**Revision Cards on:** Principles of training	**Question**: Lucy would like to increase her training schedule, how can she use the principles of training to achieve this? (6)
Week 11 18th November 2024	**Cornell Notes on:** Responses of the body systems to the mobiliser	**Question** What changes occur in the body during a mobiliser? (6)
Week 12 25th November 2024	**Revision Cards on:** Exercise intensity	**Question**: Sally wants to improve her maximal strength, her current 1 rep max is 50kg. Calculate the weight she needs to be lifting for 6 reps. (3) John is 30, what are his aerobic training zones? (3)
Week 13 2nd December 2024	**Cornell Notes on:** Responses of the body systems to preparation stretches	**Question**: What changes occur in the body during preparation stretches? (6)
Week 14 9th December 2024	**Revision Cards on:** Motivation and goal setting	**Question**: What is motivation and the types of motivation? How can it be used to benefit performance? (8)
Week 15 16th December 2024	**Cornell Notes on:** Adapting warm-ups	**Question**: Ben is 52 and returning to exercise after a serious injury, what adaptations would need to be made to Ben's warm up? (6)

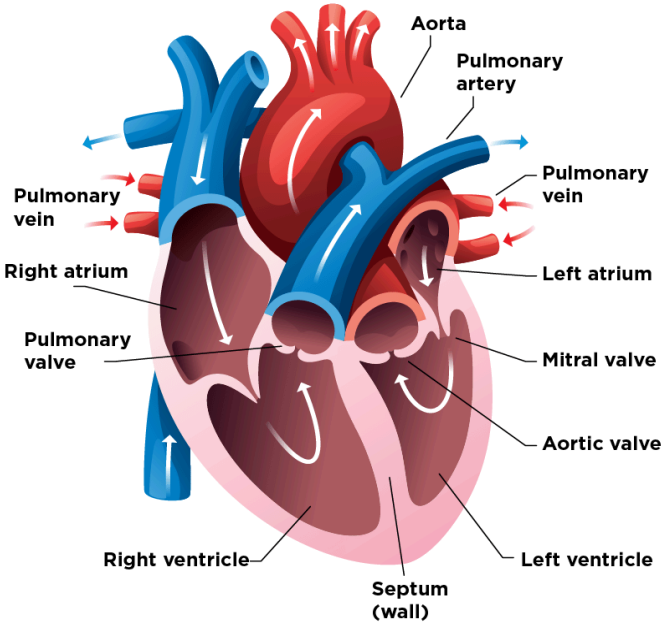
Knowledge Organiser

Week 1-3 - Components of Physical Fitness	Week 1-3 - Components of Skill Related Fitness
Physical: ● Muscular Endurance:the ability of the muscular system to continue to contract at a light to moderate intensity to allow repetitive movements throughout a long event or game. ● Aerobic Endurance: the ability of the cardiorespiratory system to supply oxygen and nutrients to the muscles to sustain low to medium intensity work to delay fatigue. ● Muscular Strength: the maximum force that can be generated by a muscle or muscle group to improve forceful movements within an activity. ● Speed: distance divided by time to reduce time taken to move the body or a body part in an event or game. ● There are three types of speed: 1. Accelerative speed – sprints up to 30 m 2. Pure speed- sprints up to 60 m 3. Speed endurance- sprints with a short recovery period (rest) in between. ● Body Composition: the relative ratio of fat mass to fat-free mass in the body allowing variation in body composition dependent on the sport. ● Flexibility:the range of motion possible at a joint to allow improvements in technique.	**Skill related:** ● Coordination: The smooth flow of movement needed to perform a motor task efficiently (wasting as little energy as possible) and accurately (without going wrong). ● Agility:the time taken between a stimulus and the start of a response, useful in fast-paced sports to make quick decisions about what to do. ● Reaction time: The time that it takes for a sports performer to respond to a stimulus and initiate (start) their response. ● Balance: the ability to maintain centre of mass over a base of support, useful to maintain positions in performance sports (static balance) or when on the move in any other sporting situation (dynamic balance). ● Power: the product of speed and strength to allow for explosive movements in sport.

Week 4 - Fitness test methods for components of physical fitness	Week 5 - Fitness test methods for components of skill-related fitness
Aerobic endurance: ● Multi-stage fitness test, also known as the bleep test (20 metre distance) ○ Equipment - Tape measure, MSFT recording or app, speakers/CD player, cones. ● Yo-Yo test ○ Equipment - Tape measure, MSFT recording or app, speakers/CD player, cones. ● Harvard step test ○ Equipment - metronome, stopwatch, ruler/tape measure, bench. ● 12-minute Cooper run or swim. ○ Equipment - stopwatch, whistle, cones, tape measure. **Muscular endurance:** ● One-minute press-up ● One-minute sit-up ● Timed plank test ○ Equipment - stopwatch and a mat **Flexibility:** ● Sit and reach test ○ Equipment - Sit and reach box, ruler or tape measure, mat ● Calf muscle flexibility test ○ Equipment - Mat, wall ● Shoulder flexibility test. ○ Equipment - 2m rope, tape measure **Speed:** ● 30 metre sprint test ● 30 metre flying sprint. ○ Equipment - Cones, tape measure, stopwatch **Muscular strength:** ● Grip dynamometer ○ Equipment - handgrip dynamometer ● 1 Rep Max. ○ Equipment - fixed or free weights **Body composition:** ● Body Mass Index (BMI) ○ Equipment - scales, tape measure/stadiometer, calculator ● Bioelectrical Impedance Analysis (BIA) - ○ Equipment - BIA machine ● Waist to hip ratio. ○ Equipment - tape measure	Agility: ● Illinois agility run test ○ Equipment - Tape measure, cones, stopwatch ● T Test ○ Equipment - Tape measure, cones, stopwatch Balance: ● stork stand test ○ Equipment - Stopwatch, mat ● Y balance test ○ Tape measure/ruler, stopwatch, mat Coordination: ● Alternate-Hand Wall-Toss test ○ Tennis ball, stopwatch, tape measure, wall ● Stick flip coordination test ○ 60cm long stick, 2cm in diameter with tape or paint at one end. Power: ● Vertical jump test ○ Vertical test jump board or tape measure, chalk, wall ● Standing long/broad jump ○ Tape measure ● Margaria-Kalamen power test ○ Tape measure, scales, cone, stairs, stopwatch Reaction time: ● Ruler drop test ○ Metre ruler ● Online reaction time test (reaction test timer) ○ App, smartphone/tablet

Weeks 6 - Cardiorespiratory System





Week 7 - Fitness training methods for physical components of fitness

Physical Components of Fitness

Aerobic endurance:

- Continuous training – steady pace and moderate intensity for a minimum period of 30 minutes
- Fartlek training – the intensity of training is varied by running at different speeds and/or over different terrain
- Interval training – work period followed by a rest or recovery period
  - for aerobic endurance decrease the number/length of rest periods and decrease work intensity (compared to speed training)
- Circuit training – use of a number of stations/exercises completed in succession with minimal rest periods in between to develop aerobic endurance.

Flexibility:

- Static active – the performer applies internal force to stretch and lengthen the muscle
- Static passive – requires the help of another person or an object, e.g. wall to apply external force causing the muscle to stretch
- Proprioceptive Neuromuscular Facilitation (PNF) technique – the technique involves the use of a partner or immovable object, isometric muscle contractions to inhibit the stretch reflex.

Muscular endurance:

- Free weights and fixed resistance machines – high repetitions and low loads
- Circuit training – using body resistance exercises or weights with low loads and high repetitions.

Muscular strength training:

- Free weights and fixed resistance machines – high loads and low repetitions.

Speed:

- Acceleration sprints – pace is gradually increased from a standing or rolling start to jogging, then to striding, and then to a maximal sprint
- Interval training – work period followed by a rest or recovery period.
  - For speed short, high intensity work periods, increasing the number of rest periods and increasing work intensity (compared to aerobic endurance training)
- Resistance drills – hill runs, parachutes, sleds, bungee ropes, resistance bands.

Skill Related Components of Fitness

Agility:

- Speed Agility and Quickness training (SAQ) – drills used to develop physical ability and motor skills.

Power:

- Plyometrics – lunging, bounding, incline press-ups, barrier hopping and jumping.

Weeks 8 - The Musculoskeletal System

	Function	Example in sport
Deltoid	Abduction of the shoulder (moving the arm outwards and away from the body)	Outward arm action in a jumping jack
Pectoralis major	Adduction of the shoulder (moving the arm towards the body); Shoulder horizontal flexion (moving the arms forwards in front of the body)	Upwards phase of a press up
Triceps	Extend the elbow (straightening the arm)	Shooting in netball
Biceps	Flex the elbow (bending the arm)	Drawing a bow in archery
External obliques	Trunk rotation (turning the body sideways)	Turning the body to breathe to the side when performing front crawl in swimming
Latissimus dorsi	Shoulder adduction (moving the arm towards the body); Shoulder horizontal extension	Butterfly stroke in swimming
Hip flexors	Hip flexion (moving knee up towards the chest)	Performing a rugby conversion kick
Gluteus maximus	Hip extension (moving the leg backwards)	Pulling back leg before kicking a ball
Quadriceps	Extend the knee (straightening the leg)	Kicking a ball
Hamstrings	Flex the knee (bending the leg)	Performing a hamstring curl on a weights machine
Gastrocnemius	Plantar flexion of the ankle (pointing the toes downwards)	Standing on tiptoe to mark a goal shoot in netball
Tibialis anterior	Dorsiflexion of the ankle (bringing the toes up towards the shin)	Foot making contact with a football

Bones			
Upper Body (waist up)		**Lower Body (waist down)**	
Name	**Location**	**Name**	**Location**
Cranium	**Head**	**Pelvis**	**Hips**
Clavicle	**Collar bone**	**Femur**	**Thigh**
Scapular	**Shoulder**	**Patella**	**Knee Cap**
Sternum	**Middle of chest**	**Tibia**	**Front of lower leg**
Ribcage	**Chest**	**Fibula**	**Side of lower leg**
Humorous	**Upper arm**	**Tarsals**	**Ankle**
Radius	**Lower arm**	**Metatarsals**	**Foot and toes**
Ulna	**Lower arm**	**Phalanges**	**End of toes**

Weeks 9 - The responses to the pulse raiser

Types of activities in the pulse raiser – activities that gradually increase in intensity to increase the heart rate.

Examples- Fast walking, skipping, cycling, rowing, jogging, swimming

Response of the cardiorespiratory system to the pulse raiser:

- Increased heart rate - is the number of times your heart beats per minute
- Increased breathing rate - the number of breaths per minute
- Increased depth of breathing - amount of air inhaled
- Increased supply of oxygen to the working muscles
- Increased removal of carbon dioxide.

Response of the musculoskeletal system:

- Increased temperature of the muscles
- Increased pliability of the muscles
- Reduced risk of muscle strain.

Pliability

Pliability describes the state in which your muscles are long, resilient, and move without restriction, enabling them to absorb and dispense forces. Unlike short and dense muscles, pliable muscles allow you to perform and train at your best while avoiding injury.

Strain

A strain is when a muscle is stretched too much and part of it tears. It is also called a pulled muscle. A strain is a painful injury. It can be caused by an accident, overusing a muscle, or using a muscle in the wrong way.

Week 10 - Principles of Training	Week 11 - Responses of the body systems to the mobiliser
The basic principles of training (FITT): ● Frequency: the number of training sessions completed over a period of time, usually per week ● Intensity: how hard an individual will train ● Time: how long an individual will train for ● Type: how an individual will train by selecting a training method to improve a specific component of fitness. **Additional principles of training (SPORVAIR):** ● Specificity definition: training should meet the needs of the sport, or physical/skill-related fitness goals to be developed ● Progressive overload definition: in order to progress, training needs to be demanding enough to cause the body to adapt, improving performance ● Reversibility definition: if training stops, or the intensity of training is lowered, fitness gains from training are lost ● Variation definition: altering types of training to avoid boredom and maintain motivation to train ● Adaptation definition: changes to the body due to increased training loads ● Individual differences/needs definition: training should meet the needs of an individual ● Rest and recovery definition: to allow the body to recover and adapt.	**Types of activities in the mobiliser** – Activities that take the joints through their range of movement starting with small movements and making these bigger as the warm-up progresses. Mobilisers need to include movement. **Examples**- Shoulder rolls, arm swings, opening and closing the gates, leg swings, chest swings, ankle rolls, wrist rolls. hip circles, high knees, heel flicks. **Response of the cardiorespiratory system to the mobiliser**: ● Slight drop in heart rate as intensity of exercise lowers ● Slight drop in breathing rate as intensity of exercise lowers. **Response of the musculoskeletal system to the mobiliser**: ● Increased production of synovial fluid in the joints to increase lubrication of joints and increase range of movement at the joint. **Synovial Fluid** Joints are places in the body where two bones meet, such as your knees, shoulders, hips, hands, and feet. Synovial fluid, also known as joint fluid, is a thick liquid located between your joints. The fluid cushions and protects the ends of bones and reduces friction during movement.

Week 12 - Exercise Intensity	Week 13 - Responses of the body systems to the Preparation Stretches
Heart rate: The number of times the heart beats per minute (bpm) Maximum heart rate – also called HR max Equation: HR max = 220 – age (years) e.g. the maximum heart rate of a 25 year old is 195 bpm **Heart rate training zones:** Aerobic training zone - 50%-80% of HR max Anaerobic training zone - 80-90% of HR max **Working out target zones:** 1. Calculate maximum heart rate (HR max) HR max = 220 – age (years) 2. Find upper training threshold = HR max X 0.8 3. Find lower training threshold = HR max X 0.5 e.g. 220 – 25 (age) = 195 bpm 195 x 0.8 = 156 bpm (upper training threshold) 195 x 0.60 = 97.5 bpm (lower training threshold) Target zone = 97.5 bpm – 156 bpm **The RPE BORG Scale** The numbers on the scale represent the different levels of exercise intensity. Level 6 - level 20 The BORG can be used to estimate a person's heart rate HR (bpm) = RPE x 10 e.g. a perform says they are working extremely hard and give a RPE scale rating of 19 their estimated heart rate is: HR (bpm) = RPE X 10 You can also estimate a RPE scale/Borg scale rating from a heart rate (bpm): RPE scale = HR (bpm) ÷10. *RPE - rating of perceived exertion **Free weight training reps and load** ● Muscular endurance - **low load / high rep** 50-60% 1RM / 20 reps ● Maximal strength - **high load / low rep** 90% 1RM - 6 reps	Types of activities in the preparation stretch Activities to stretch the main muscles that will be used in the physical activity: Types of static and dynamic stretching for each muscle group: ● Static Stretching - are those in which you stand, sit or lie still and hold a single position for a period of time, up to about 45 seconds. ● Dynamic Stretches - are active movements where joints and muscles go through a full range of motion. They can be used to help warm up your body before exercising. Simple stretches - stretches that focus on one muscle Compound stretches - stretches that incorporate a variety of muscles **Response of the cardiorespiratory system to the preparation stretch:** ● Slight drop in heart rate and breathing rate for static stretches ● Maintained elevated heart and breathing rate for dynamic stretches. **Response of the musculoskeletal system to the preparation stretch:** ● Extending muscles so that they are fully stretched and less likely to tear during the sport or activity session.

Week 14 - Motivation and goal setting	Week 15 - Adapting warm-ups
Aims – details of what they would like to achieve for the selected sport E.g a long jumper wants to improve the distance they can jump Objectives – how they intend to meet their aims using an appropriate component of fitness and method of training. E.g. a longer jumper could use different types of speed training and plyometric exercises in their programme **Motivation – the internal mechanisms and external stimuli that arouse and direct behaviour.** Types of motivation: ● Intrinsic - Participation because they want to, enjoyment and pleasure from the accomplishments of taking part ● Extrinsic - Prize money, trophies and status Personal goals – (SMARTER Targets) ● Specific - specific to what they want to achieve - long jumper improving explosive power. ● Measurable - use a system e.g. time, distances, amounts. ● Achievable - able to access training. ● Realistic - goals that are going to be bet in the time frame and from the starting point. ● Time-related - use deadlines so motivation is not lost. ● Exciting - select goals that are going to improve performance and the participant is going to want to meet. ● Recorded = track progress to see if training is working. **Short-term goals** - set over a short period of time, between one day and one month **Long-term goals** - what they want to achieve in the long term, and the best way of doing this **Influence of goal setting on motivation:** ● Provide direction for behaviour ● Maintain focus on the task in hand. **Benefits of motivation on the sports performer:** ● Increase participation ● Maintain training and intensity ● Increased fitness ● Improved performance.	**Adapting warm-ups for different categories of participants:** ● Vary intensity of activities ● Low impact and high impact options; -Low impact- marching, knee drives, no jump jacks -High impact- jogging, high knees, jumping jacks ● Vary timing of warm-up – longer time frame for beginners, participants with low fitness levels and those aged 50 plus ● Types of stretch used – simple stretches for beginners, compound stretch for moderate to advanced participants. **Adapting the warm-up to make it specific to a physical activity:** ● Introduction of equipment in the warm-up that is specific to the physical activity ● Using movements and activities from the physical activity in the warm-up ● Stretching the main muscles required for the specific physical activity. **Delivering a warm-up to prepare participants for physical activity** **Organisation and demonstration of the warm-up activities**: ● Space – areas used ● Equipment ● Organisation of participants ● Timing ● Demonstrations ● Positioning. **Supporting participants as they take part in the warm-up:** ● Observing participants ● Providing instructions ● Providing teaching points ● Providing feedback to participants.

STEP 2: CREATE CUES

What: Reduce your notes to just the essentials.

What: Immediately after class, discussion, or reading session.

How:

- **Jot down key ideas, important words and phrases**
- **Create questions that might appear on an exam**
- **Reducing your notes to the most important ideas and concepts improves recall. Creating questions that may appear on an exam gets you thinking about how the information might be applied and improves your performance on the exam.**

Why: Spend at least ten minutes every week reviewing all of your previous notes. Reflect on the material and ask yourself questions based on what you've recorded in the Cue area. Cover the note-taking area with a piece of paper. Can you answer them?

STEP 1: RECORD YOUR NOTES

What: Record all keywords, ideas, important dates, people, places, diagrams and formulas from the lesson. Create a new page for each topic discussed.

When: During class lecture, discussion, or reading session.

How:

- **Use bullet points, abbreviated phrases, and pictures**
- **Avoid full sentences and paragraphs**
- **Leave space between points to add more information later**

Why: Important ideas must be recorded in a way that is meaningful to you.

STEP 3: SUMMARISE & REVIEW

What: Summarise the main ideas from the lesson.
What: At the end of the class lecture, discussion, or reading session.
How: In complete sentences, write down the conclusions that can be made from the information in your notes.
Why: Summarising the information after it's learned improves long-term retention.

WEEK 1: Cornell Notes (Homework task 1)

Date: 2nd September 2024	**Topic:** Components of fitness	Revision guide page:

links **Questions**	**Notes**

Summary

WEEK 1: Exam Question (Homework task 2)

Date: 2nd September 2024

Question: Identify and provide an example for each of the physical components of fitness being used in a sport or activity (6)

Answer:

WEEK 1: Exam Question review and improvement (Classwork)

Question: Identify and provide an example for each of the physical components of fitness being used in a sport or activity (6)

Answer:

WEEK 2: Exam Question (Homework task 2)

Date: 9th September 2024

Question: Identify and provide an example for each of the skill related components of fitness being used in a sport or activity (5)

Answer:

WEEK 2: Exam Question review and improvement (Classwork)

Question: Identify and provide an example for each of the skill related components of fitness being used in a sport or activity (5)

Answer:

WEEK 3: Exam Question (Homework task 2)

Date: 16th September 2024

Question: Describe how a 100m sprinter will use a mixture of physical and skill related components of fitness in a race. (6)

Answer:

WEEK 3: Exam Question review and improvement (Classwork)

Question: Describe how a 100m sprinter will use a mixture of physical and skill related components of fitness in a race. (6)

Answer:

WEEK 4: Cornell Notes (Homework task 1)

Date: 23rd September 2024	**Topic:** Fitness Testing - Physical	Revision guide page

links **Questions**	**Notes**

Summary

WEEK 4: Exam Question (Homework task 2)

Date: 23rd September 2024

Question: Describe how the equipment is used for TWO physical fitness tests. (6)

Answer:

WEEK 4: Exam Question review and improvement (Classwork)

Question: Describe how the equipment is used for TWO physical fitness tests. (6)

Answer:

WEEK 5: Cornell Notes (Homework task 1)

Date: 30th September 2024	**Topic:** Fitness Testing - Skill related	Revision guide page

links **Questions**	**Notes**

Summary

WEEK 5: Exam Question (Homework task 2)

Date: 30th September 2024

Question: Describe how the equipment is used for TWO skill related fitness tests. (6)

Answer:

WEEK 5: Exam Question review and improvement (Classwork)

Question: Describe how the equipment is used for TWO skill related fitness tests. (6)

Answer:

WEEK 6: Exam Question (Homework task 2)

Date: 7th October 2024

Question: Describe the journey of air into the lungs (6)

Answer:

WEEK 6: Exam Question review and improvement (Classwork)

Question: Describe the journey of air into the lungs (6)
Answer:

WEEK 7: Cornell Notes (Homework task 1)

Date: 14th October 2024	**Topic:** Methods of Training	Revision guide page

links **Questions**	**Notes**

Summary

WEEK 7: Exam Question (Homework task 2)

Date: 14th October 2024

Question: Select 2 methods of training for either a football, netball or rugby player and explain why you have picked them (6)

Answer:

WEEK 7: Exam Question review and improvement (Classwork)

Question: Select 2 methods of training for either a football, netball or rugby player and explain why you have picked them (6)

Answer:

WEEK 8: Exam Question (Homework task 2)

Date: 21st October 2024

Question: Select 6 muscles and describe a stretch for each of these (6)

Answer: _____

WEEK 8: Exam Question review and improvement (Classwork)

Question: Select 6 muscles and describe a stretch for each of these (6)

Answer: _____

WEEK 9: Cornell Notes (Homework task 1)

Date: 4th November 2024	**Topic:** Responses of the body systems to the pulse raiser	Revision guide page

links **Questions**	**Notes**

Summary

WEEK 9: Exam Question (Homework task 2)

Date: 4th November 2024

Question: What changes occur in the body during a pulse raiser? (6)

Answer: _____

WEEK 9: Exam Question review and improvement (Classwork)

Question: What changes occur in the body during a pulse raiser? (6)

Answer: _____

WEEK 10: Exam Question (Homework task 2)

Date: 11th November 2024

Question: Lucy would like to increase her training schedule, how can she use the principles of training to achieve this? (6)

Answer: _____

WEEK 10: Exam Question review and improvement (Classwork)

Question: Lucy would like to increase her training schedule, how can she use the principles of training to achieve this? (6)

Answer: _____

WEEK 11: Cornell Notes (Homework task 1)

Date: 18th November 2024	**Topic:** Responses of the body systems to the mobiliser	Revision guide page

links **Questions**	**Notes**

Summary

WEEK 11: Exam Question (Homework task 2)

Date: 18th November 2024

Question: What changes occur in the body during a mobiliser? (6)

Answer: _____

WEEK 11: Exam Question review and improvement (Classwork)

Question: What changes occur in the body during a mobiliser? (6)

Answer: _____

WEEK 12: Exam Question (Homework task 2)

Date: 25th November 2024

Question:Sally wants to improve her maximal strength, her current 1 rep max is 50kg. Calculate the weight she needs to be lifting for 6 reps. (3)

John is 30, what are his aerobic training zones? (3)

Answer: _____

WEEK 12: Exam Question review and improvement (Classwork)

Question: Sally wants to improve her maximal strength, her current 1 rep max is 50kg. Calculate the weight she needs to be lifting for 6 reps. (3)

John is 30, what are his aerobic training zones? (3)

Answer: _____

WEEK 13: Cornell Notes (Homework task 1)

Date: 2nd December 2024	**Topic:** Responses of the body systems to preparation stretches	Revision guide page

links **Questions**	**Notes**

Summary

WEEK 13: Exam Question (Homework task 2)

Date: 2nd December 2024

Question: What changes occur in the body during preparation stretches? (6)

Answer: _____

WEEK 13: Exam Question review and improvement (Classwork)

Question: What changes occur in the body during preparation stretches? (6)

Answer: _____

WEEK 14: Exam Question (Homework task 2)

Date: 9th December 2024

Question:What is motivation and the types of motivation? How can it be used to benefit performance? (8)

Answer: _____

WEEK 14: Exam Question review and improvement (Classwork)

Question: What is motivation and the types of motivation? How can it be used to benefit performance? (8)

Answer: _____

WEEK 15: Cornell Notes (Homework task 1)

Date: 16th December 2024	**Topic:** Adapting warm-ups	Revision guide page

links **Questions**	**Notes**

Summary

WEEK 15: Exam Question (Homework task 2)

Date: 16th December 2024

Question: Ben is 52 and returning to exercise after a serious injury, what adaptations would need to be made to Ben's warm up? (6)

Answer: _____

WEEK 15: Exam Question review and improvement (Classwork)

Question: Ben is 52 and returning to exercise after a serious injury, what adaptations would need to be made to Ben's warm up? (6)

Answer: _____

Week 2

What are the Components of Physical fitness?	Answers 1 2 3 4 5 6

.....✂.....

Week 3

What are the Components of Skill Related fitness?	Answers 1 2 3 4 5

Week 6

Revision Card on Cardiorespiratory System Identify the key parts of the: Cardiorespiratory System	Answers

1		7	
2		8	
3		9	
4		10	
5		11	
6		12	

.....✂.....

Week 8

Revision Card on: Musculoskeletal System Identify 6 major bones and 6 major muscles	Answers

1		8	
2		9	
3		10	
4		11	
5		12	
6		13	
7		14	

Week 10

Revision Card on Principles of training List the basic and additional principles of training	Answers

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Week 12

Revision Card on Exercise Intensity 1. How is maximum heart rate calculated? 2. What are the aerobic training zones? 3. What are the anaerobic training zones? 4. Maximal weight training requires what to be lifted? 5. Endurance weight training requires what to be lifted?	Answers 1 2 3 4 5

Week 14

Revision Card on Motivation and goal setting. What are the types of motivation? What are the SMARTER targets?	**Answers**

Aspire ACHIEVE Thrive

Develop your character

STOKE DAMEREL

Aspire | Achieve | Thrive