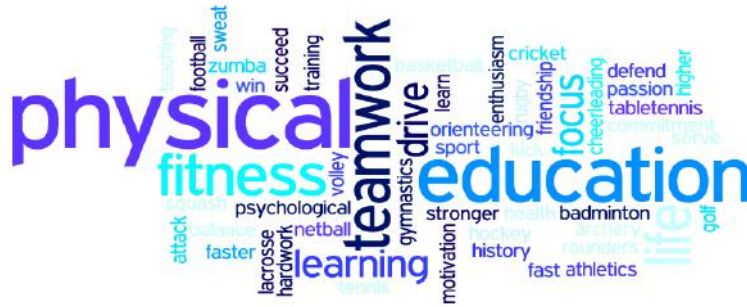




PHYSICAL EDUCATION & SPORTS SCIENCE



KS3 THEORY WORKBOOK, EXAM PRACTICE AND REVISION GUIDE Year 8

Name _____

Y8 - Group _____ **Teacher** _____

	Data	End of year target
Data 1		
Data 2		
Data 3		
Data 4		

Version 2

Year 8

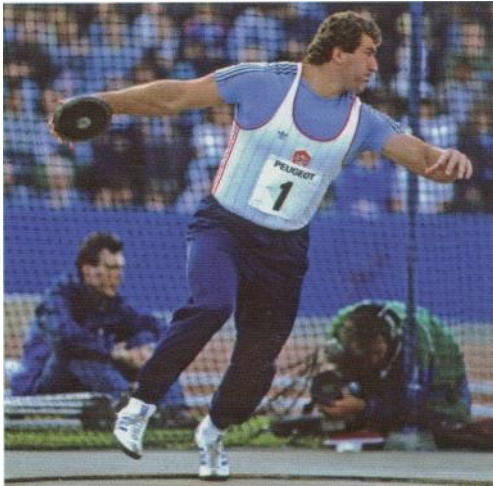
TOPICS	Assessment Criteria	Tasks	Challenge
Training Methods	<ul style="list-style-type: none"> Identify training methods to improve specific component of fitness Be able to actively take part in a selection of fitness training methods, recording results 	<ol style="list-style-type: none"> During fitness block of work students to experience each training method Completion of worksheets and homework tasks in booklet Teacher directed questioning during practical lessons GCSE exam questions 	<ul style="list-style-type: none"> Be able to give when each training method would be used in a selection of different sports. Give advantages and disadvantages of each method.
Fitness Testing	<ul style="list-style-type: none"> Be able to participate in a range of fitness tests, recording results Be able to assess against normative data 	<ol style="list-style-type: none"> Undertake at least one fitness test for each components Complete fitness record card and compare to normative data GCSE exam questions 	<ul style="list-style-type: none"> GCSE exam questions Discuss with teacher reliability and validity of results for each test.
Roles of officials in two selected sports	<ul style="list-style-type: none"> Identify the types of officials in differing sports Understand the responsibilities that different officials have Take on the role of an official in one selected sport and correctly applying the rules and regulations 	<ol style="list-style-type: none"> Identify the official roles in two selected sports and describe the responsibilities of each of those officials. Research rules required for a sport in order to referee the match Use correct terminology when identifying broken rules in selected sports. 	<ul style="list-style-type: none"> Take on the role of an official in one selected sport and correctly applying the rules and regulations. Analyse own performance as an official, identifying areas for improvement and methods to improve these areas.
Respiratory System	<ul style="list-style-type: none"> Identify the components of the respiratory system Understand the structure and function of each component 	<ol style="list-style-type: none"> Label the components of the respiratory system diagram During a practical lesson work out what physical changes take place when breathing in and out Research the structure of each component within the respiratory system and then explain the roles they play. 	<ul style="list-style-type: none"> Be able to explain the process of gaseous exchange in the alveoli.
Types of Guidance	<ul style="list-style-type: none"> Identify types of guidance used in sport Understand the positives and negatives of each type of guidance. 	<ol style="list-style-type: none"> Watch the teaching of the skill and discuss the types of help that you received. Complete worksheet Completing the shuttle relay collect a statement and match to the correct type of guidance completing your worksheet 	<ul style="list-style-type: none"> Know and be able to discuss which guidance method is best for which type of performer

TRAINING METHODS

TRAINING METHOD	Describe each method using the following questions: <ul style="list-style-type: none">• What do you do?• Which component does it improve?• How hard do you work (intensity)?• Is the training aerobic/anaerobic?• How fast do you run/work?
CONTINUOUS TRAINING	
INTERVAL TRAINING	
FARTLEK TRAINING	
WEIGHT TRAINING	
CIRCUIT TRAINING	

Methods of training applied to practical sport

1. Which method of training would best suit the following sporting athletes?
2. State your reasons why you have chosen this method + 1 problem with this method.



Method: _____ T _____

Reasons:

Issue:



Method: _____ T _____

Reasons:

Issue:



Method: _____ T _____

Reasons:

Issue:

Exam Questions

1) Which **one** of the following is the **most** appropriate method of training for a marathon runner?

- A Weight training
- B Circuit training
- C Continuous training
- D Fartlek training

(1 mark)

2) Which **one** of the following describes the Fartlek training method?

- A Speed play
- B Long distance running
- C Training with weights
- D Exercising to music

(1 mark)

3) Circuit training is a commonly used method of training.

(i) Give **two** advantages of using circuit training.

Advantage 1:

Advantage 2:

(ii) Give **one** possible disadvantage of using circuit training.

(3 marks)

4) State what is meant by 'fartlek training' **and** explain why it may be the most appropriate form of training for a games player.

(3 marks)

Fitness Testing

There are many benefits of Fitness Testing, to give you an idea of where your fitness levels are at the start of a programme, to compare results to others, to identify strengths and weaknesses, to design a fitness programme and to monitor progress and success of a fitness programme. Throughout your fitness testing lessons you need to record your results and write down your best score. You will also need to decide which component of fitness each test is testing.

Test	Attempt 1	Attempt 2	Attempt 3	Best Score	Which component of fitness is this testing?	
Multistage Fitness Test					Speed	
					Agility	
					CV Endurance	
					Strength	
Standing Long Jump					Flexibility	
					Power	
					Strength	
					CV Endurance	
Ruler drop					Flexibility	
					Power	
					Reaction time	
					Coordination	
Illinois Agility					Balance	
					Speed	
					Strength	
					Agility	
1min Sit-up					M Endurance	
					Strength	
					CV Endurance	
					Speed	
1min Press-up					Reaction time	
					Strength	
					M Endurance	
					CV Endurance	

Fitness Testing

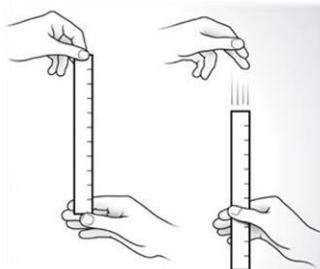
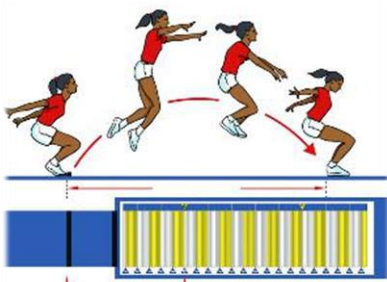
By comparing results to others you can identify the areas of strength and weaknesses in your own levels of fitness.
Use the tables below to highlight your result for each test.

Multistage Fitness Test		
Category	Females 12-13yrs	Males 12-13 yrs
Very poor	< 2/6	< 3/3
Poor	2/6 – 3/5	3/3 – 5/1
Fair	3/6 – 5/1	5/2 – 6/4
Average	5/2 – 6/1	6/5 – 7/5
Good	6/2 – 7/4	7/6 – 8/8
Very good	7/5 – 9/3	8/9 – 10/9
Excellent	> 9/3	> 10/9

Illinois Agility Test		
Category	Females 16-19yrs	Males 16-19 yrs
Poor	> 23.0	> 19.3
Below Average	21.8 – 23.0	18.2 – 19.3
Average	18.0 – 21.7	16.2 – 18.1
Above Average	17.0 – 17.9	15.2 – 16.1
Excellent	< 17.0	< 15.2

1 min Sit up Test		
Category	Females 16-19yrs	Males 16-19 yrs
Poor	<9	<17
Below Average	9-14	17-19
Average	15-20	20-25
Above Average	21-25	26-30
Excellent	> 25	> 30

Ruler Drop Test	
Category	16-19yrs
Poor	> 28
Below Average	20.5 – 28.0
Average	15.9 – 20.4
Above Average	7.5 – 15.8
Excellent	< 7.5



<u>1 min Press Up Test</u>		
<u>Category</u>	<u>Females 16-19yrs</u>	<u>Males 17-19 yrs</u>
Very Poor	0 - 1	<4
Poor	2 - 5	4 - 10
Below Average	6 - 10	11 - 18
Average	11 - 20	19 - 34
Above Average	21 – 27	35 - 46
Good	27 – 35	47 – 56
Excellent	> 35	> 57

<u>Standing Long Jump</u>		
<u>Category</u>	<u>Females</u>	<u>Males</u>
Very Poor	< 141	<191
Poor	141 – 160	191 – 210
Below Average	161 – 170	211 – 220
Average	171 – 180	221 – 230
Above Average	181 – 190	231 – 240
Very Good	191 – 200	241 – 250
Excellent	> 200	> 250

My Fitness Summary

To start analysing your results use the normative data to write down which category you achieved for each test. Depending upon your category rating state whether that fitness component is a strength or a weakness.

<u>Fitness Test</u>	<u>Category</u>	<u>Strength or Weakness?</u>
Multistage Fitness Test		
Standing Long Jump		
Ruler Drop		
Illinois Agility		
1 min Sit up		
1 min Press up		

Exam Questions

5) Which **one** of the following is the **most** appropriate fitness test for testing Cardiovascular Endurance?

- A Illinois Agility Test
- B Ruler Drop Test
- C Multistage Fitness Test
- D 1 min Sit up Test

(1 mark)

6) Which **one** of the following fitness components does the 1 min Press up Test measure?

- A Cardiovascular Endurance
- B Power
- C Strength
- D Muscular Endurance

(1 mark)

7) The Illinois Agility Test is a maximal test that measures agility.

Describe how to carry out this test.

(2 marks)

8) Jack is a talented sports performer who wants to improve his level of fitness.

Explain why fitness testing is important before Jack begins a training programme.

(2 marks)



Officials in Sport



Without officials sports competitions could not take place. The officials preside over competitive athletic or sporting events to help maintain standards of play. During your practical lessons you may be asked to participate as an official.

There are many different types of officials, depending on the sport / competition taking place. Find the name of 2 officials for 3 different sports and then explain what their job role is.

Sport	Official name & Job role
Example – <i>Basketball</i>	<i>Scorers – to keep a running summary of points scored, record the fouls called on each player, note the time-outs.</i>
Sport 1 -	
Sport 1 -	
Sport 2 -	
Sport 2 -	
Sport 3 –	
Sport 3 -	

In order to take up the role of an official during a PE lesson you will need to understand the rules of the sport you are officiating.

Rules define what is allowed or not allowed to occur during situations on and off the court/pitch ensuring participants play correctly, safely and fairly.

Eg – In Hockey the ball is not allowed to touch your feet.



For a selected sport describe 5 rules that you would need to know in order to referee a match. You will also need to explain the sanction (what the referee would do) when that rule is broken.

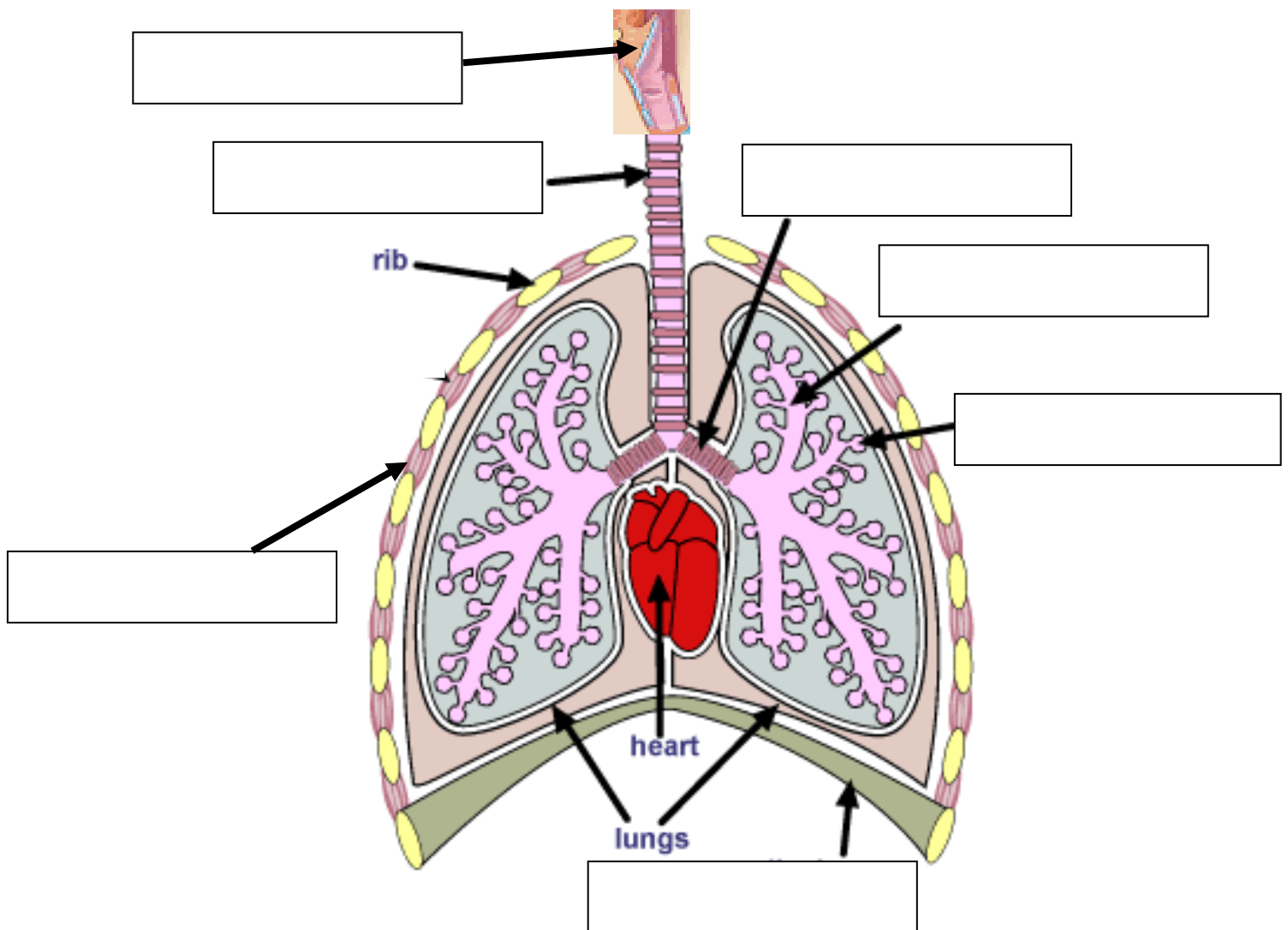
<u>Rule</u>	<u>Sanction</u>
1.	
2.	
3.	
4.	
5.	

Respiratory System

The respiratory system provides oxygen to the body's cells while removing carbon dioxide, a waste product that can be lethal if allowed to accumulate. The respiratory system includes the nose, lungs and pipe-like organs which connect them enabling breathing to take place.

Label the diagram below ensuring that you include the following labels:

- *Epiglottis, Trachea, Bronchus, Bronchioles, Alveoli, Diaphragm, Intercostal muscles*



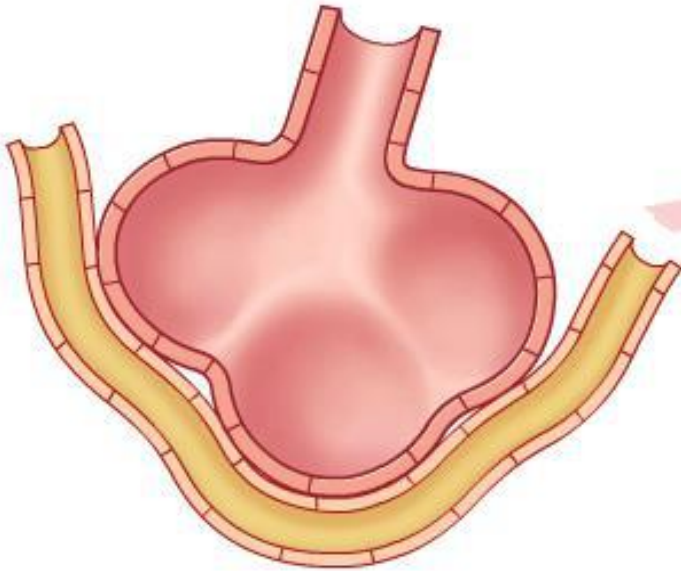
Each component in the Respiratory system plays an important part in the delivery of oxygen and the removal of carbon dioxide. For each component describe its structure (what it is made up of) and function (what job it does) in the table below.

<u>Component</u>	<u>Structure & Function</u>
Epiglottis	
Trachea	
Bronchus	
Bronchioles	
Alveoli	
Diaphragm	
Intercostal Muscles	

CHALLENGE – Gaseous Exchange

Label the diagrams below to help you to explain the process of gaseous exchange in the alveoli to demonstrate how oxygen and carbon dioxide is transported into and out of the blood stream.

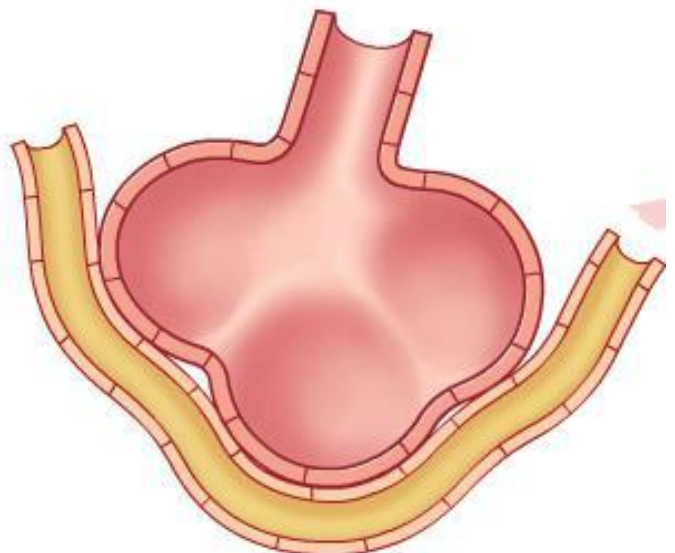
Inspiration (Breathing in)



How does oxygen enter the bloodstream?

How does carbon dioxide leave the bloodstream?

Expiration (Breathing out)



SUMMARY OF GUIDANCE/HELP THAT CAN BE GIVEN TO PERFORMER

GUIDANCE METHOD	WHAT IT INVOLVES	WHY THE GUIDANCE IS GOOD/BAD
VISUAL	EXAMPLES	
VERBAL	EXAMPLES	
MANUAL	EXAMPLES	
MECHANICAL	EXAMPLES	

