



Home Learning Project (HLP)

Year 7

Physical Education

Girls PE

Student name: _____

PE class: _____

PE teacher: _____

Teacher use

Mark ____/61

Feedback



Task 1

Select a game of your choice that you have studied during Year 7 (Netball, Badminton or Hockey)

Describe two skills that you have learned during Year 7. Describe how to do the skill.

Skill 1

(3 marks)

Extension task – Explain when you would use this skill in a game

(2 marks)

Skill 2

(3 marks)

Extension task – Explain when you would use this skill in a game

(2 marks)

Task 2

The components of fitness are the different parts that make up overall fitness. Each sport requires different amounts of each component.

Component of fitness	Definition	Example
Cardiovascular Endurance	Exercise for a long period of time	Last for a whole football match
Muscular Endurance	Use the same muscles for a long period of time	Ride a bike for a long period
Muscular strength	The ability to move a heavy object	Push players in a rugby scrum
Flexibility	How much movement you have at your joints	Do the splits in gymnastics
Speed	How fast you can cover a distance	Sprint in to position to receive a pass in netball
Agility	The ability to change direction quickly	To dribble around players in basketball
Balance	To remain stable when moving or still	To hold a headstand in gymnastics
Reactions	The ability to respond to something	To get a fast start in a sprint race
Coordination	Moving body parts at the same time	To run and hit a ball in tennis
Power	To be able to use strength at speed	Throwing a javelin

Select the 3 components of fitness that you think are most important to a player in the sport that you selected in Task 1. Give an example of where the component is needed in your sport.

Example – Basketball – Power is needed in basketball for players to jump as high as possible. The more powerful they are the higher they can jump. They need this to jump when scoring lay ups and blocking shots.

Component 1 - _____

(3 marks)

Component 2 - _____

(3 marks)

Component 3 - _____

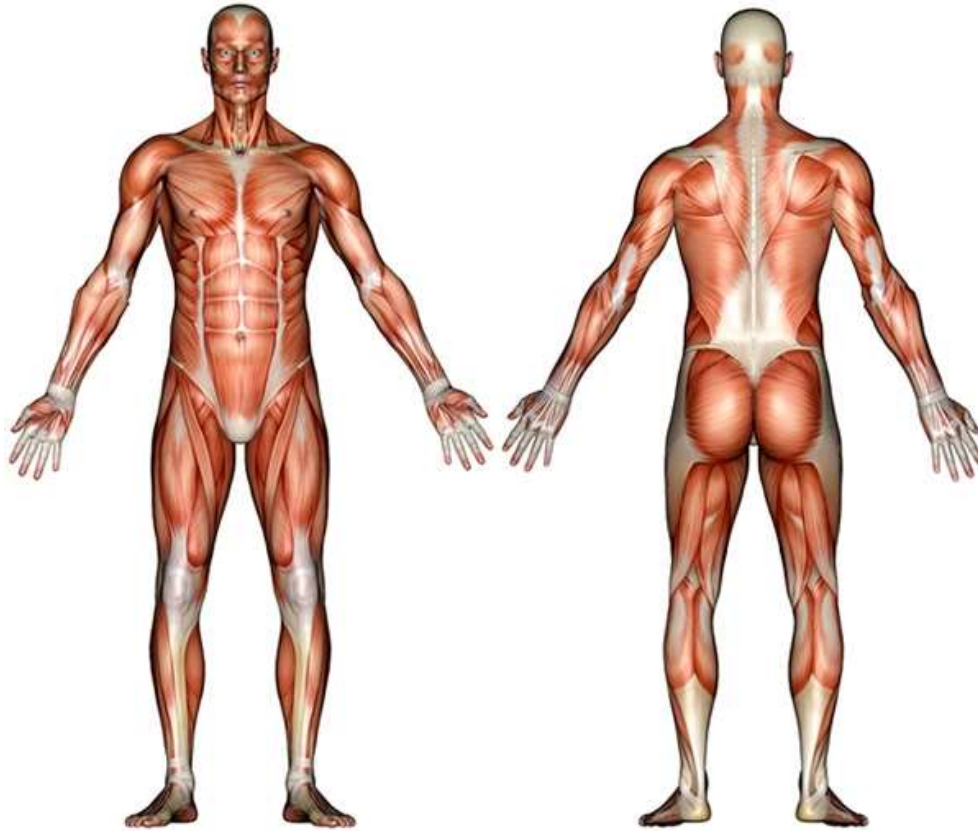
(3 marks)

Task 4 – The muscular system

Independent learning

Label the following muscles on the diagram below (11 Marks)

Biceps / Triceps / Quadriceps / Gluteals / Deltoids / Abdominals / Trapezius / Latissimus dorsi / Hamstrings / Gastrocnemius / Pectorals



Extension task – Explain how muscles work in pairs to produce movement at a joint (3 marks)
