



Year 7 Physical Education – Home Learning

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

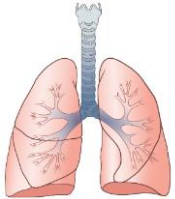
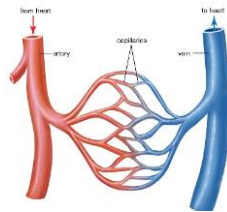


Why do we warm-up before exercise?

We warm-up to our body for exercise.
Our heart rate to pump blood
around the to the working
Our blood carries from the
to our muscles, this helps us to avoid
and exercise

more safely body oxygen injury
muscles prepare lungs increases

Short term effects on the body



INCREASE

Identify each effect and explain
(use the images to help)

Name the 3 parts of a successful warm-up

- 1: P..... R..... (Prepares the body)
- 2: S..... (Muscles)
- 3: S..... R..... A..... (The sport)

Give any examples you can think of each part and use
as many new/key words that you know to explain

Warm-up (Term 1)

Create a 10-minute warm-up that
you can use to prepare your class for
the sport they are completing.

Key questions to remember;

What are the 3 parts of a warm-up?
What muscles do you want to warm-up and why?
What are the short term effects of your warm-up
on the body?

(Include any other information/detail you can think of)

Emerging
Week 2

Why do people take part in sport?

People take part in sport in order to stay
and Team sports help people to be
more sociable and make new

..... sports participation can our
chances of getting illnesses such as;
and disease.

heart lung reduce fit
regular healthy friends

Define the following key words;

Health
Fitness
Social Health
Emotional Health
Mental Health
Physical Health



*(List and define any other key words you think
link well to 'Health & Fitness')*

Mastery
Week 4

Create a detailed mind-map related to the
benefits of taking part in regular sporting activity.

Developing
Week 2

Reduce heart
disease

Stay
healthy

Benefits of
exercise

Make new
friends

Feel good

Health &
Fitness
(Term 2)

(Use the examples above to help you get started)

Give a detailed explanation of how regular
exercise can positively affect someone's life.
Think about the following key health terms;

- Social
- Emotional
- Mental
- Physical



*(To really challenge yourself, can you give different
sporting examples and explain how they link to
your key terms)*

Ambitious
Week 6

How do we record our maximum heart rate?

Working out your Maximum Heart Rate (MHR);

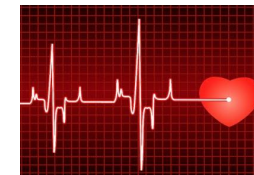
$$220 - \text{age} = \text{MHR}$$

Your MHR =

Task - List 10 different sporting activities that could make your heart been close to its maximum beats per minute.

Define the following key terms;

Resting Heart Rate
&
Active Heart Rate



Task: Teach 3 different people outside of school of to take their heart rate. Record who they are and if possible, take and print images to evidence what you did.
(You must ask participants permission before taking photo's).

Heart rate (Term 3)

Name the pulses we use to measure our heart rate



R..... Pulse



C..... Pulse

Task - Create a diary to record your heart rate 3 times a day for 7 days (at the start, idle and end of the day).
What do you notice? Why do you think this is?

Our heart rate tells us how fit we are.

Task: Set yourself a daily activity in order to increase your heart rate (over 7 days). Make sure that each activity is carried out to a different time length and intensity. Record your heart rate in a table at the start, middle and end of each activity.

Challenge: Put all of your data into a graph and explain what happened to your heart rate the more intense the activity was. Why do you think this was?

The roles of our muscles

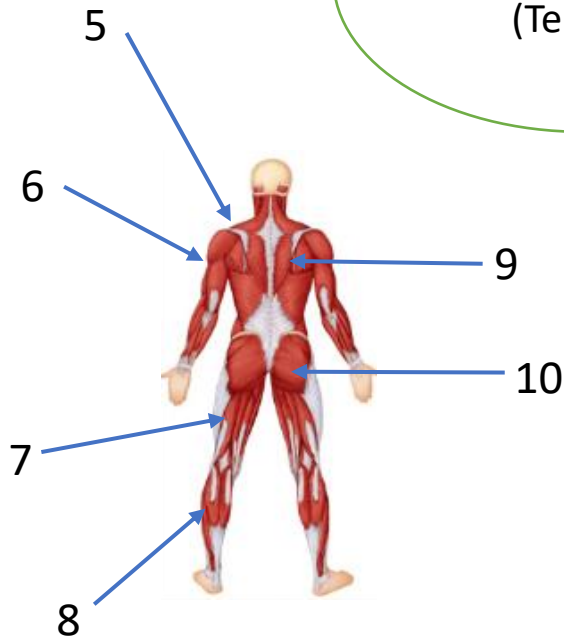
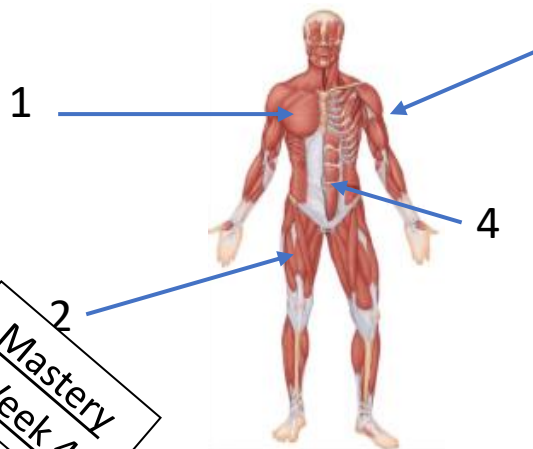
Task 1: List 5 roles that the muscles have to help us in everyday life.

Task 2: If we did not have muscles how would this affect our everyday lives?

Task 3: What exercises/activities could we do to make our muscles bigger and stronger?

Challenge: What would happen to our muscles if we stopped exercising for a long period of time and why?

Name the muscles identified



Muscles (Term 4)

Define the following key muscle terms;

Muscular Strength
&
Muscular Endurance



Task: List as many sporting activities as you can where you would use either one or both of these key terms. Explain why they are important to that activity.
(e.g. Marathon runner would use muscular endurance because they have to run for such a long period of time)

What muscles are used in the following sporting actions?

- 1 – Kicking the ball in football
- 2 – Throwing the ball in cricket
- 3 – Swimming front crawl
- 4 – Running the 110m hurdles
- 5 – Vault in gymnastics



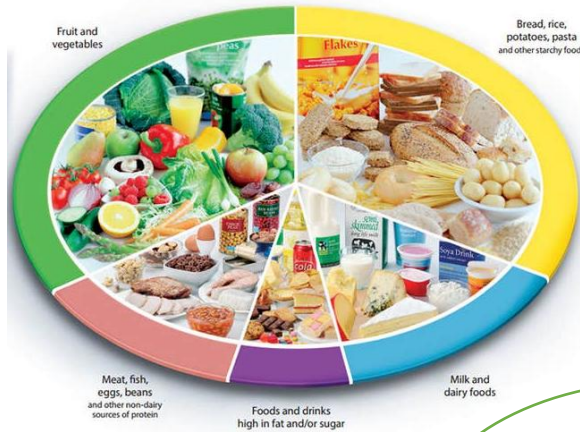
Challenge: Come up with your own sporting actions that you could use to challenge your friends. Remember – The more complex the action, the harder it is to identify the muscles.

Emerging
Week 2

From looking at the 'Eatwell plate', what percentage of each meal do you think should contain each food group and why?

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



What do the following athletes need to eat in order to stay fit and healthy and also allow them to train to the best of their ability?

Max Whitlock (Gymnast)
Adam Peaty (50m swimmer)
Dina Asher-Smith (100m sprinter)
Helen Housby (Netballer)
Mo Farah (Marathon runner)



Developing
Week 2

Challenge: Why are these food groups important to each individual athlete and their training?

Nutrition (Term 5)

Record a food diary for the next 7 days.

Include the following information;

- What have you eaten and drunk throughout each day?
- The times of the day you ate.
- Portion sizes (small/medium/large)
- What percentage of each meal/snack made up your food intake (See the Eatwell plate for help)
- Any exercise completed and its duration and intensity.
- Any other information you can think of.

(Challenge: Include any nutrients eaten as well as food groups)

Create yourself a food plan for the next 7 days.

You must record the following;

- The nutrients important to complete everyday activities well/healthily.
- Take into account any exercise you do as this will increase your daily calorie intake.
- What you eat and drink throughout each day?
- Detail related to your success
- Any other important information you can think of.

(Challenge: In detail, explain why it is important to eat a well-balanced diet.)

Mastery
Week 4

Ambitious
Week 6

Why we use different training methods

Athletes use different training methods depending on the they compete in. Training methods focus on various components of fitness such as, and Strength training would be vital for a, endurance for a and speed for a

speed sprinter weightlifter sport
marathon runner power endurance

Think about one your favourite sport stars. Create a 1-hour fitness training session that they could use to help improve their own performance.

You must;

- Use the training methods you have learnt.
- Draw out your plan and explain each stage.
- Explain how each stage will help them to improve their fitness
- Explain what they could do in future to develop your session further.

(Extension: Giving 3 sporting examples for each training method, explain how that method of training would help a participant succeed in their chosen sport)

Training methods

(Term6)

Define the following key terms;

Continuous training
Interval training
Fartlek training
Weight training
Circuit training



What parts of the body would each method of training improve?

Create your own training programme

Thinking about your own sport/favourite sport, create a 6-week training programme that you could use to improve your own fitness levels.

Think about the following;

- The duration of each training session
- How many times a week you would train
- The training methods required
- Any other important information

Unjumble the letters to create words related to components of fitness

edpse	odrntoiainco
ytiialg	flibexytiil
ablneca	werpo
aerinotc meit	thgstner

Using the unjumbled words from the previous task, link each one to their correct definition.

- The rate at which someone moves
- The range of movement at the joint
- To stay in control of body movements
- The ability to respond quickly to a stimulus
- The ability to move 2 or more body parts under control
- Strength x Speed
- The ability to move quickly and easily
- Maximum force in one repetition

Components of fitness (Extension)

Task: Identify the correct body composition

Create a circuit training session to incorporate all of the components of fitness.

Try to also include muscular endurance and liovascular endurance

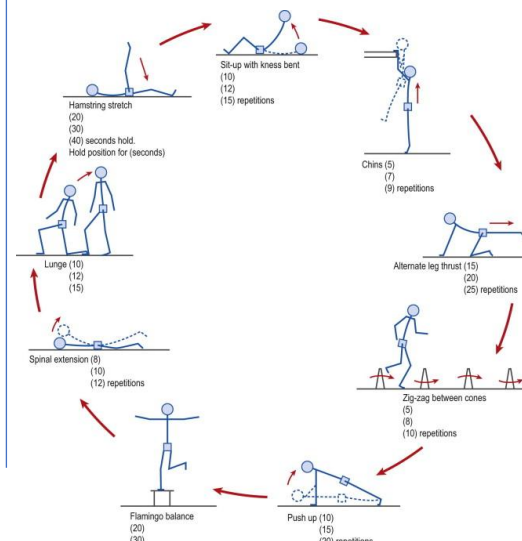
Mesomorph

Ectomorph

Endomorph



Task 2: For each body type, identify 3 different sports and explain why they are important to the success of the individual



Extension: Explain how you could adapt your circuit training session to relate to the training of each body type