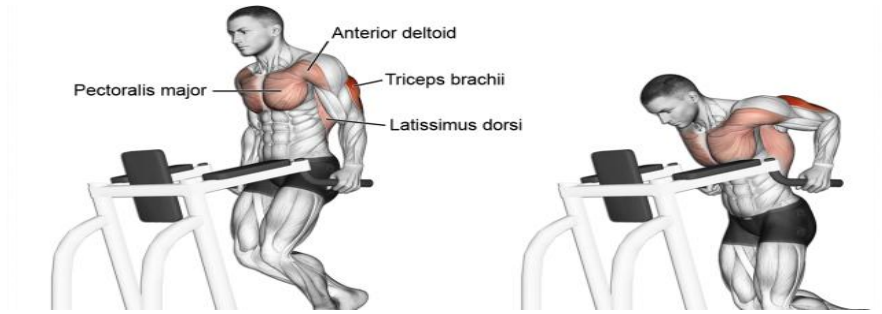
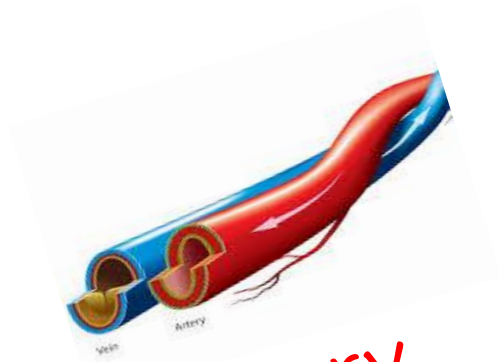


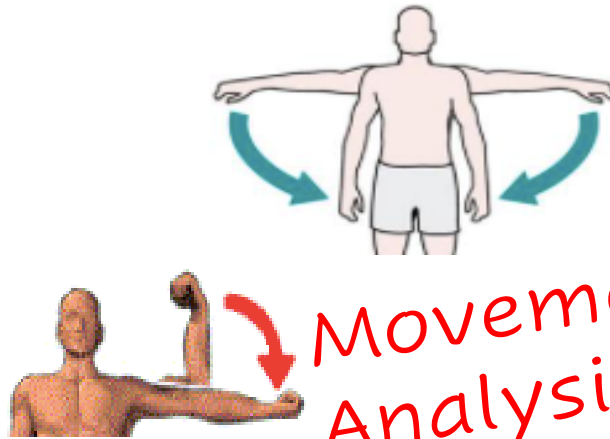
Musculoskeletal



Year 9 Physical Education - Home Learning

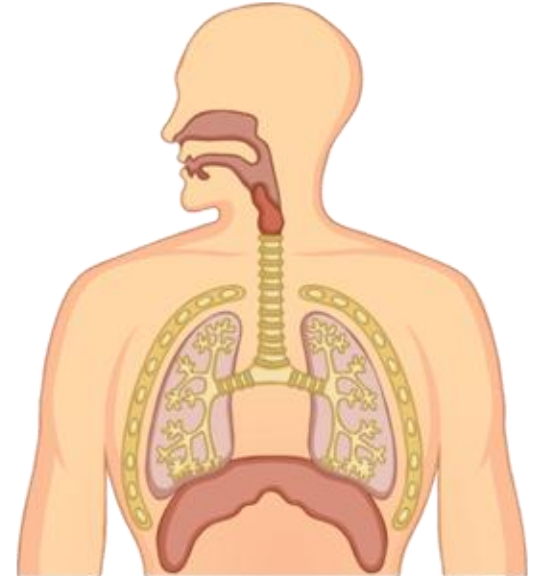


Circulatory



Movement Analysis

Respiratory



Emerging
Week 2

Split the following statements in social, physical and mental benefits of keeping a good level of fitness.

Reduced risk of disease

Improved confidence

Stress Relief

Better cardiovascular fitness

Meeting people

Making New Friends

Improved mental health

Improved posture

Improved body composition

Can you link each sporting activity, to the type of fitness that is most important?
Explain your answer.



Mastery
Week 4

Fitness (Term 1)

There are different types of fitness, therefore different activities will require different levels of fitness from each section. Write a short description for each type of fitness.

Developing
Week 2



Cardiovascular Fitness

Muscular Strength

Muscular Endurance

Flexibility

Body Composition

Speed



Using your knowledge of fitness and training methods, can you suggest a type of training that will improve different groups of fitness. You will need to explain your answer.

Ambitious
Week 6

Emerging
Week 2

Task: Name the 7 essential nutrients that our bodies need to remain healthy.

Using your own knowledge and any other research, you must create a teaching tool that will enable all students who enter into Physical Education to learn about these 7 essential nutrients.

Challenge: Link all nutrients to prior learning and different sports where the athlete would most benefit. (Posters will be judge and displayed –Prizes awarded for best judged)

Nutrition (Term 1)

What is the function of the different micro-nutrients

Vitamin and Mineral	Function	Source

Create a table similar to this.

Identify as many different vitamins and minerals as possible.

What does each vitamin do? – Function

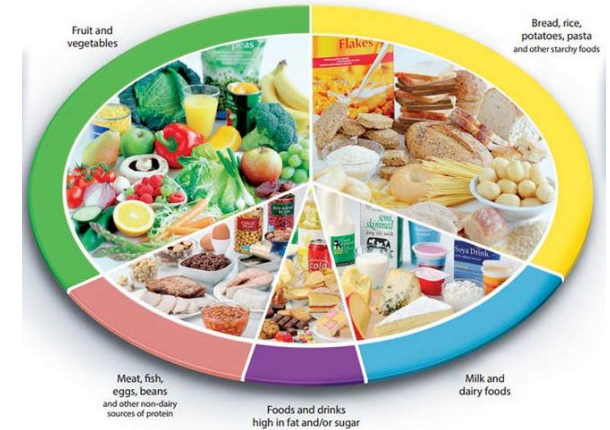
Where can you get it in your diet? - Source

Mastery
Week 4

Create a 2-week food plan for an athlete of your choice. Think carefully about what sport they complete in and how often/intense they must train on a day-to-day basis. What food groups/nutrients best suit their style of fitness?

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.



Developing
Week 2



Explain why it is important for an athlete to get a range of different macro/micro-nutrients in their diet?

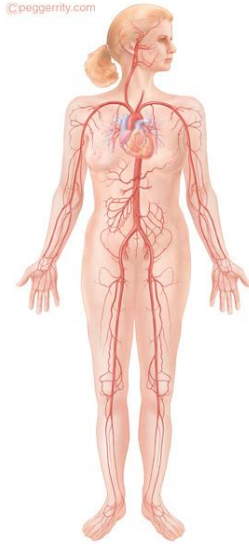
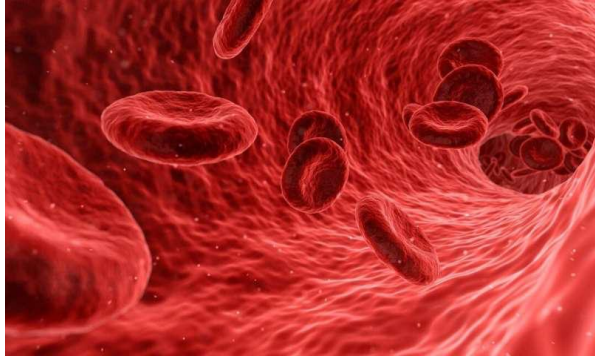
You may want to explain, the negatives on having a poor diet in your argument.



Ambitious
Week 6

Emerging
Week 2

Explain what the circulatory system is?
How does it allow the body to function?



Link the words and explain why you have linked them together.

Heart

Oxygenated Blood

Vein

Aorta

Pulmonary

Working muscles

Deoxygenated Blood

Vena Cava

Artery

Lungs

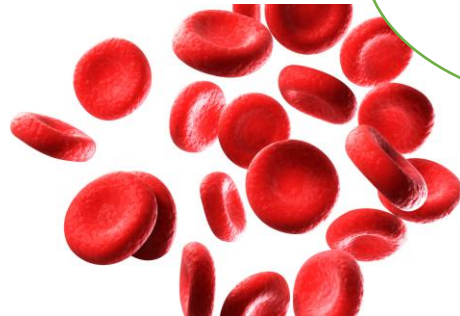
Circulatory
system
(Term 2)

Explain how the circulatory system will change during exercise.

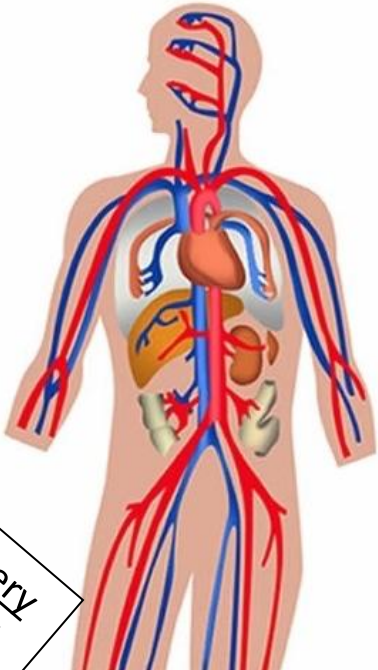
Think about what the body needs during exercise to help explain your answer.



Ambitious
Week 6



Using your knowledge of the circulatory system, can you draw a flow chart of an oxygen atom as it takes the journey around the body.



Mastery
Week 4

Emerging
Week 2

Developing
Week 2

Rearrange the letters to find the different parts of the respiratory system.

Sanla vityca

Pigttloese

hright ungl

Fetl ungl

Apidgarm

nteristcola

hpranxy

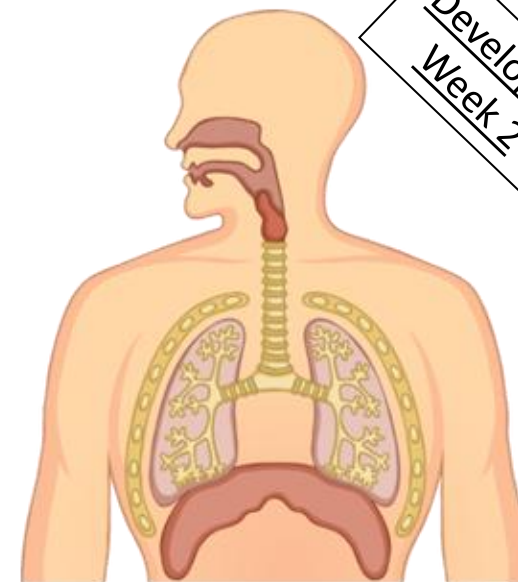
nxyral

aehcart

chusorb

Can you map out where oxygen will go to get to the working muscles and where waste products will leave?

At what point does the oxygen enter the blood stream, and how?



Respiratory system (Term 2)

Fill in the gaps.

When we need to breathe our _____ muscle contracts pulling _____ and our ribs muscles move _____.

This makes our lungs bigger, we open our _____ or _____ and air rushes into our windpipe.

It goes down the _____ into the branches of the lungs called bronchi until it gets to the very _____ sacs at the end called alveoli. We have thousands of very small _____.

In the alveoli the air meets the _____ and all of the oxygen goes into the red blood _____. Any carbon dioxide in the _____ leaves now.

When we _____ out our diaphragm moves _____ and our rib muscles contract making our lungs _____. This squeezes the air out, back through our bronchi, up our windpipe and out of our mouth or _____ ready to start again.

/15

Explain in your own words, how the respiratory system will change during exercise?

What will have to work harder? How will it change?

Think of all the key words you have learnt.



Mastery
Week 4

Ambitious
Week 6

Emerging
Week 2

Task: Name as many bones in the human body as you can

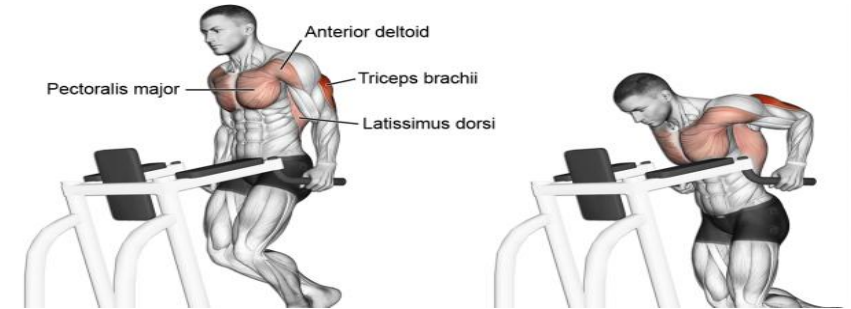
0 - 4 = Poor
5 - 8 = Good
9 - 12 = Excellent
13+ = Outstanding



Skeletal system (Term 3)

Task: Select a range of sporting movements/actions, print and annotate, explaining what muscles and bones are being used to complete each action.

Extension: Analyse the muscles and bones that work together to perform certain actions/movements (e.g. when performing a triceps dip, when the triceps contract the bicep must relax)



Developing
Week 2

Draw a line between the bone and its name



Femur
Cranium
Pelvic Bone
Ulna
Tibia
Metacarpal
Fibula
Vertebrae

Cover... Write.... Check

Try to draw as any bones on the body and label them. You may cover, write then check as many times as possible.



Mastery
Week 4

Ambitious
Week 6

Emerging
Week 2

Link the muscles to the bones they are attached too.

Fibula

Bicep

Pectoral

Humerus

Hamstring

Tricep

Gastrocnemius

Quadricep

Clavicle

Femur

Ligaments & tendons (Term 3)

Link the statements

Ligaments.....

...attach muscle to bones

Tendons....

...attach bone to bone

Femur...

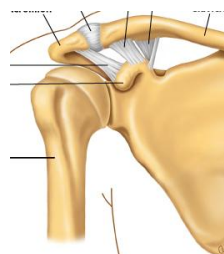
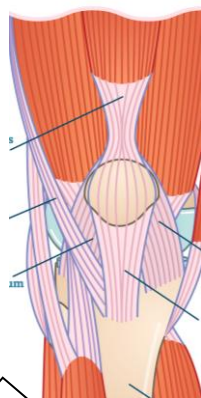
....is a muscle in the arm

Tricep....

..... Is a bone in the leg

Developing
Week 2

Circle the ligaments



Extension... Name the ligaments and tendons

Research Task...

Tearing ligaments and tendons can be caused by playing sport.

Can you research ways in which you can strengthen ligaments and tendons so injuries are less likely to occur.

Mastery
Week 4

Ambitious
Week 6

Can you label as many different joints on the skeleton?



Fill in the gaps.

- _____ consist of ligaments, cartilage and tendons.
- A joint is held together by _____ which give the joints their stability.
- _____ is found at the ends of bones and where joints meet.
- _____ attach muscles to the skeleton.

Joints (Term 4)

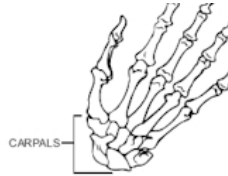
Ligaments

Cartilage

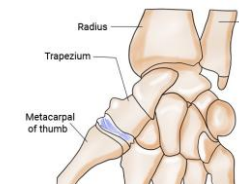
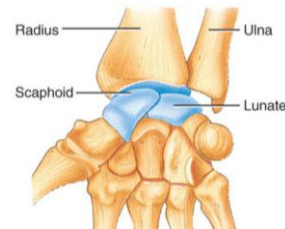
Joints

Tendons

Draw a line between the body and its type of joint.



Gliding.



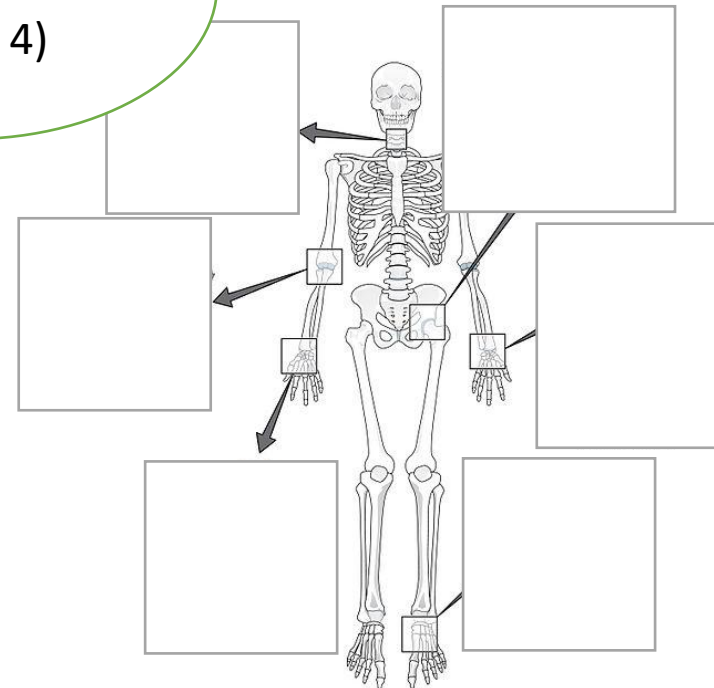
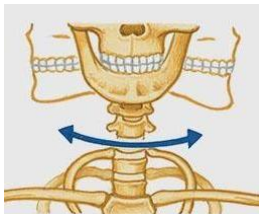
Ball and Socket

Pivot

Condyloid

Hinge

Saddle

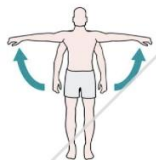
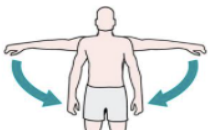


Label the type of joint in each box.

Use your knowledge on joints to explain your decision.

Emerging
Week 2

Can you link the key words to the movement?



Flexion

Extension

Abduction

Adduction

Rotation

Name a sporting movement where each movement analysis takes place.



Flexion

Extension

Abduction

Adduction

Rotation

Plantar flexion

Dorsi flexion

Circumduction



Developing
Week 2

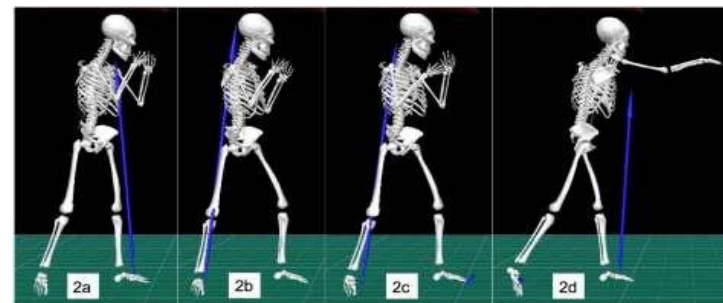
Movement analysis (Term 4)

Explain a whole movement in a sport you are confident with, using all the keywords of movement analysis?

Explain a whole movement in a sport you are not as confident with, using all the keywords of movement analysis?



HELP.... Explain the preparation and execution phase of the movement.



HELP.... Use a YouTube video on the sport to see the whole movement

Mastery
Week 4

Ambitious
Week 6

Emerging
Week 2

Write a short definition of each of the following muscle types.

Voluntary Muscles

Involuntary Muscles

Cardiac Muscle



Sort the following muscles into the muscle types.

Stomach

Bladder

Hamstring

Deltoid

Digestive System

Bicep

Bronchi

Abdominals

Heart

Quadricep

Muscle
characteristics
(Term 5)



All muscles work in pairs.
These are called antagonistic
pairs.
To bend your elbow, your bicep
contracts to pull your forearm
up, causing flexion.
Your triceps contract for
extension at the elbow.

Can you explain three
antagonistic pairs and how
they work together to
complete different sporting
activities.

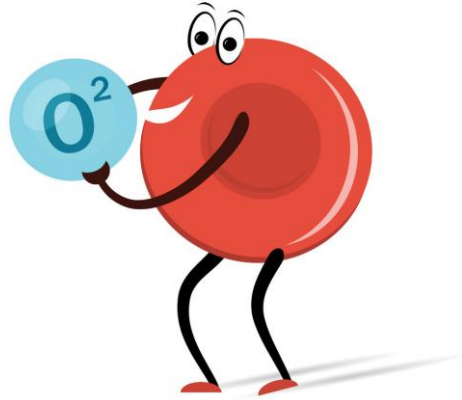


Can you recall three other antagonistic pairs
and describe how they work?

Mastery
Week 4

Ambitious
Week 6

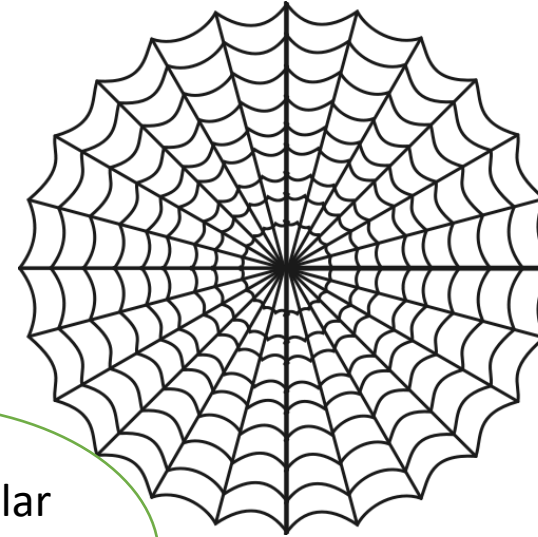
Emerging
Week 2



We need to get oxygen and nutrients for our working muscles to functions.

Explain how we get oxygen to our working muscles and how we get rid of waste products?

Research what the function of platelets are in our blood.

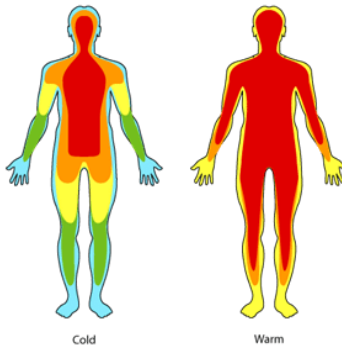


Developing
Week 2



Vasoconstriction and Vasodilation are two ways in which the body regulates temperature.

Can you explain what each of them mean?

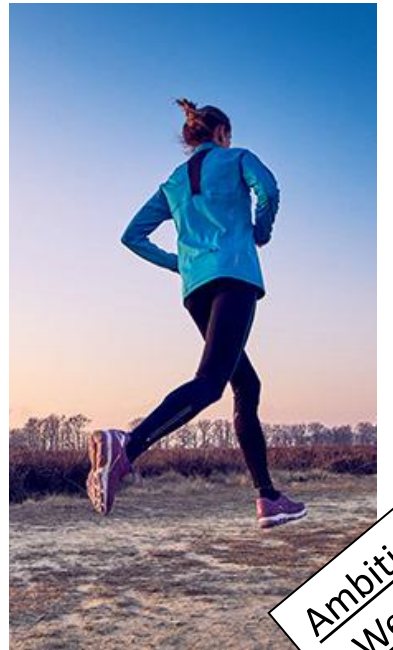


Mastery
Week 4

Cardiovascular system (Term 5)



Using the emerging, developing and mastery tasks, can you explain each one of these will alter during exercise?



Ambitious
Week 6

Emerging
Week 2



Having different types of disabilities can be a barriers for participating in sport.

Can you name as many sports as possible, that have been adapted so they can take part?



These are groups of people who may struggle to take part in types of exercise. Explain one reason why.



Barriers to participation (Term 6)

Lack of transport, lack of facilities, lack of role models, disposable income and no free time are all reasons why some individuals will not take part in physical activity.

Can you think of a solution for each of these problems?



Ambitious
Week 6

Name: Susan Page

Date of birth: 23/09/1943

Gender: Female

Family: Widow, grown up children

Lifestyle info: Retired, doesn't drive, had hip replacement 2 years ago, not very computer literate

Explain in detail, why Susan have difficulty participating in sport?

Mastery
Week 4