

Home Learning Booklet

Year 7/8 Physical

Education *Components*

of Fitness

Name

Tutor Group

Teacher

Given out: Monday 4 January Hand in: Monday 11 January

Staff

Comment

Parent/ Carer

Comment

Student
Target

Home Learning PE Mark Scheme

All work will be marked on the following scale.

Grade Description Achieved

Outstanding All activities in the booklet completed

accurately and to a **high** standard. Booklet completed on time and with **significant** detail. Student has clearly spent **extra** time and thought on all activities.

Good Most activities in the booklet completed

accurately and to a good standard. Booklet completed on time and with **some** detail. Student has given thought to activities.

Satisfactory Some activities completed to a fair

standard but booklet and activities lack detail and thought in places.

More needed Student has failed to complete tasks and

there is a clear lack of effort shown in booklet.

Home Learning Booklet Schedule *The following diary gives you a guide to when to complete your tasks. Some tasks need to be completed every day!*

Tuesday Task 1

Wednesday Task 2

Thursday Task 3

Friday Task 4

Task 1: Fitness for Sport Read through each definition of the different components of fitness then use the words in the

box to match the definition.

Once you have completed the components put an example of a sport that uses that component of fitness.

Agility Flexibility Muscular endurance Cardio-Vascular Strength

Speed Balance Power Coordination

Component of fitness Definition What sport requires a

high level of this fitness? The ability to sustain exercise for an extended period of time.

The ability of a muscle or group of muscles to keep working over a longer period of time without tiring.

The range of movement at a joint.

The ability to keep the body stable whether still or moving.

The ability to use two or more body parts at the same time.

The rate at which you can complete a task or distance.

The ability to produce a large force in a short amount of time. A combination of speed

and strength.

The ability to change direction quickly and under control.

Task 2: Spider Diagram

There are many reasons why exercise is important, including improving our fitness.

On the page opposite you must produce a spider diagram.

You need to think about the question **‘Why is exercise important?’** You can make notes below whilst thinking about this question and then give the spider diagram opposite 8 legs. You should decorate it with relevant pictures to help you remember them.

Here are some examples you can use:

- ***It helps to reduce stress.***
- ***It gives a sense of wellbeing.***
- ***It helps to maintain a healthy weight.***

Why is exercise important?

Task 3: Fitness Session Plan Design and plan a session or game that could be used to improve a component of fitness or skill for a sport of your choice. Use the template provided and be prepared to teach this to a small group in your PE class.

An example might be a relay style activity to improve speed, a tag game for agility or a ball catching game to improve coordination.

Name of the game

Equipment needed

**Component of
fitness/ Skill it will
require or improve**

**Diagram of playing
area**

**Basic description of
the game, rules and
how it is played**

Task 4: Fitness Diary

Keep a log of any exercise you do this week and over the weekend and then decide what components of fitness you have used.

Tuesday Wednesday Thursday Friday Weekend Activity

Time

**Fitness
used**

**Self Evaluation of my
Homework**

I am a R_____ learner.

I know this because:

I believe that my **effort and attitude to learning** for this booklet is a:

1 2 3 4

I know this because:
