

Y9 PE Assessment Revision

- Please look through the following slides in order to revise for your upcoming PE assessment.
- Slide 2 – this contains information on what you need to know and the type of questions that you may be asked. Please have a go at answering the questions (you could ask somebody at home to test you).
- Slide 3 – 14 – these slides contain all the information you need to know before completing your assessment. Read through these first before answering the questions on slide 2.

Yr. 9 PE Knowledge Organiser

What do I need to know.	What will you be asked to do?
1. The phases of a warm-up.	Identify what are the phases of a warm-up. Describe activities that could be suitable for each of the phases.
2. Static and dynamic stretching.	Describe the difference between a static and dynamic stretch.
3. Mobility exercises.	Define what a mobility exercise is and give an example linked to the shoulder or the hip joint.
4. Why we warm-up.	Explain what happens to the body when we warm-up and why this can help our performance.
5. The locations of major muscles within the body.	Label a diagram with the correct names of muscles. Identify which muscles are responsible for creating sporting movements at the elbow or the knee joint.
6. Skill related components of fitness	Define the skill related components of fitness Apply the skill related components of fitness to a particular sporting activity or sporting movement.
7. Health related/physical components of fitness	Define the health related/physical components of fitness Apply the health related/physical components of fitness to a particular sporting activity or sporting movement.
8. Fitness tests.	Identify the component of fitness that is tested by a named fitness test. Interpret give back about fitness tests.
9. Rules, regulations, techniques and terminology linked to sports cover in Physical Education lessons.	Identify the correct rules and most efficient technique in sports that you have covered in your PE lessons. Interpret written information about rules, regulations and techniques.

1. Phases of a warm-up

- Pulse Raiser
- Mobility Exercise
- Stretches
- Sport specific/Game related activity

Warm up – purpose and importance

4 The warm up gradually raises body temperature and heart rate and improves the delivery of oxygen from haemoglobin. A warm up is essential to:

- prevent injury
- improve performance
- practise skills before the event, match or game
- prepare psychologically for the event.

A warm up should provide a smooth transition from rest to the intensity of the main activity or competitive situation. For example, in football the first sprint should be during the warm up, not the match! This applies equally to all games, players and athletes.

9. [Practical Sports Fact Files](#) – Click on this link to find out about rules, skills and techniques in sports that you have covered in PE.

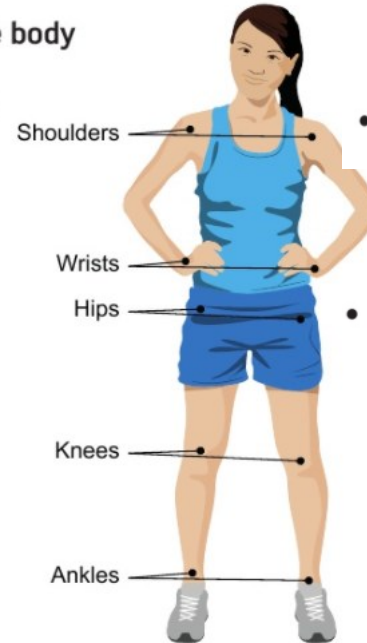
3. Mobility Exercises

Moves the joint through it's full range of movement.

Main joints of the body

The main joints that need to be mobilised in the body include:

- shoulders
- wrists
- hips
- knees
- ankles.



• Shoulders – with bent elbows, circle the shoulders backwards and then forwards, then straighten the arms, circling arms forwards and backwards.

• Pelvis – hip circles, moving the pelvis round in one direction and then back in the other direction.

2. Stretching

Stretching forms the second phase of the warm up.

There are two main sorts of stretching:

- static stretching – easy, on-the-spot stretches that are held without straining
- dynamic stretching – stretches that use movements specific to a sport, gradually increasing your reach and speed.

Dynamic stretching will also help you with your emotional/psychological preparation for the game/competition ahead and will also help to prevent injury as they are more like the game situation.

Exam-style question

Complete the table below, giving an example of an activity associated with each phase of a warm up that would be suitable before a basketball game (or a game of your choice). **(3 marks)**

Phase	Example activity
Increase heart rate	
Stretching	
Drills (more intense exercise)	

Phases of a Warm-up

- Pulse Raiser
- Mobility Exercise
- Stretches
- Sport specific/Game related activity

Stretching

- There are two main types of stretching:
- Static – easy, on the spot stretches that are held (between 8-10 seconds) without straining.
- Dynamic – stretches that use movements specific to a sport, gradually increasing your reach and speed.

Mobility Exercises

- Definition – moves the joint through its full range of movement.

Exam-style question

Complete the table below, giving an example of an activity associated with each phase of a warm up that would be suitable before a basketball game (or a game of your choice). **(3 marks)**

Phase	Example activity
Increase heart rate	
Stretching	
Drills (more intense exercise)	

Warm-up Purpose and Importance

Warm up – purpose and importance

The warm up gradually raises body temperature and heart rate and improves the delivery of oxygen from haemoglobin. A warm up is essential to:

- prevent injury
- improve performance
- practise skills before the event, match or game
- prepare psychologically for the event.

A warm up should provide a smooth transition from rest to the intensity of the main activity or competitive situation. For example, in football the first sprint should be during the warm up, not the match! This applies equally to all games, players and athletes.

5. Muscles

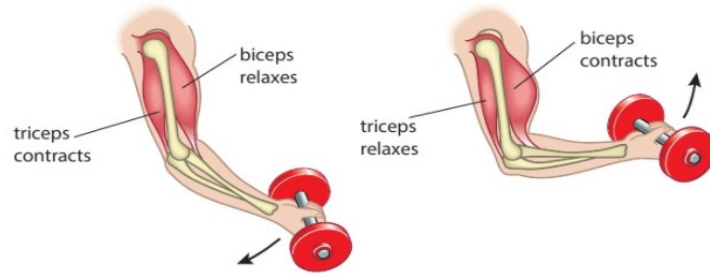
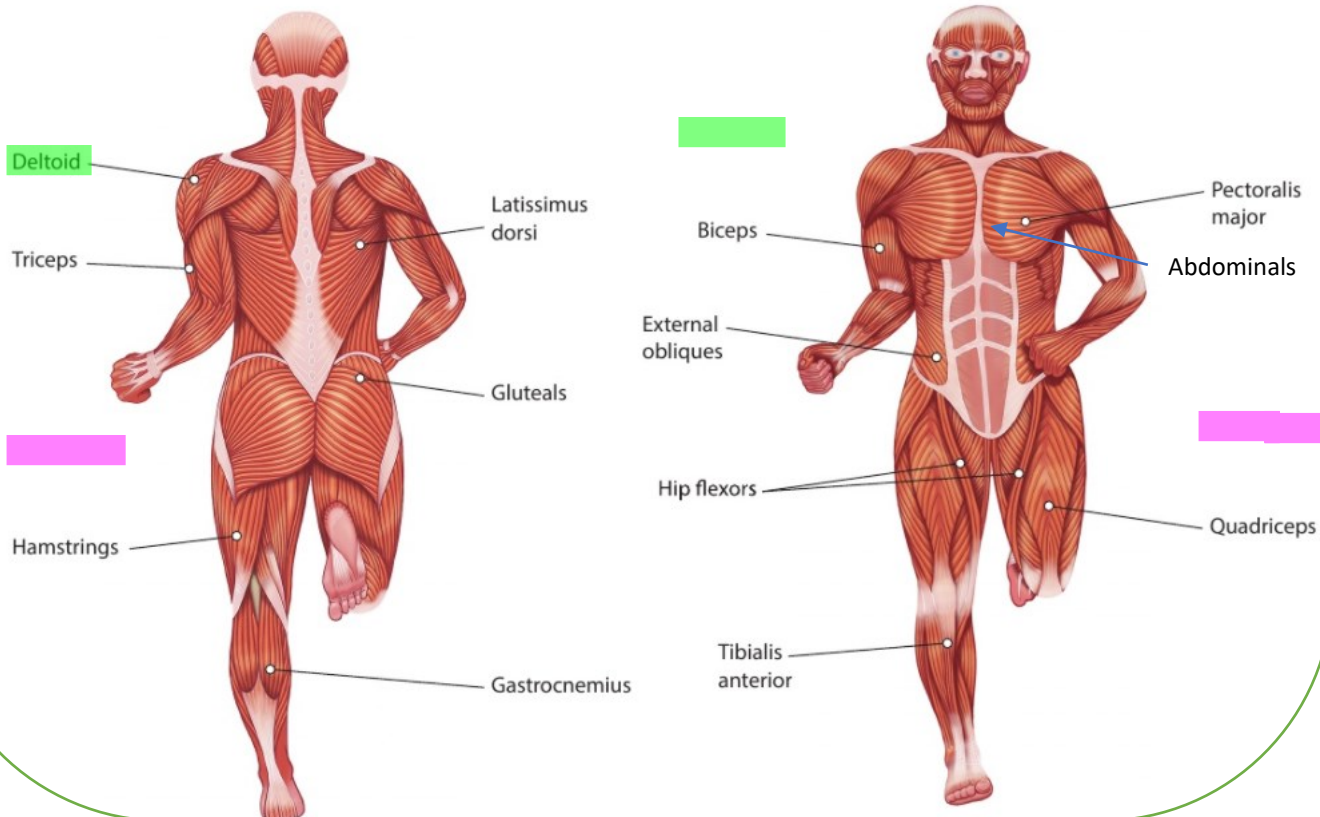


Figure 1.11 Two antagonistic pairs of muscles: the biceps and triceps

Exam-style question

- 1 Give an example of an antagonistic pair of muscles. **(1 mark)**
- 2 For the pair you have chosen, explain how they function together to perform a specific action. **(3 marks)**



Components of fitness

6. Health Related Fitness/Physical Fitness

- **cardiovascular fitness** – your ability to exercise your whole body for long periods of time, sometimes called stamina or aerobic endurance
- **muscular strength** – your ability to exert force, such as when you lift a weight
- **muscular endurance** – your ability to use voluntary muscles repeatedly without getting tired
- **flexibility** – the range of motion of your joints or the ability of your joints to move freely
- **body composition** – the percentage of body weight that is muscle, fat or bone.

7. Skill Related of Fitness

Agility: the ability to control the movement of the whole body and change position quickly.

Balance: being able to keep the body stable, while at rest or in motion.

Co-ordination: the ability to use two or more body parts together.

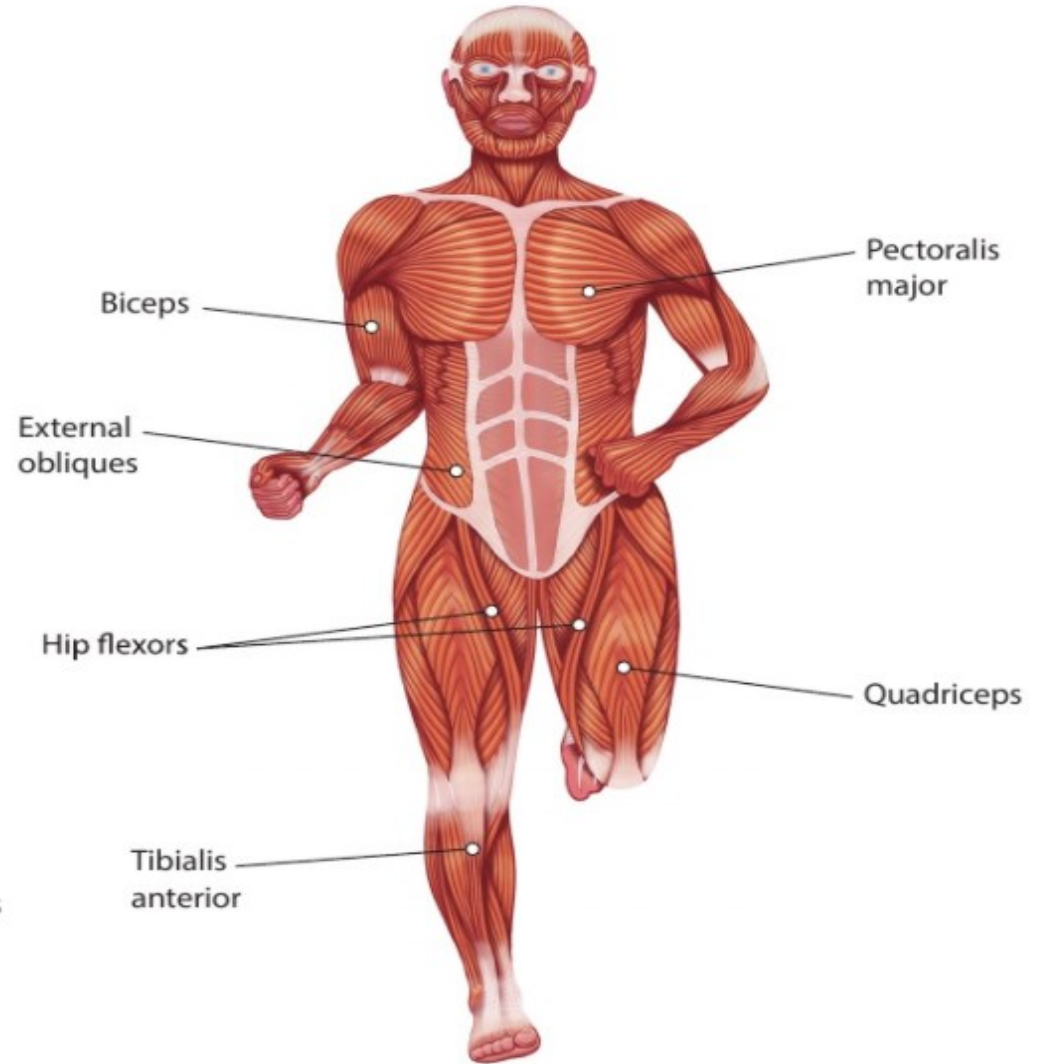
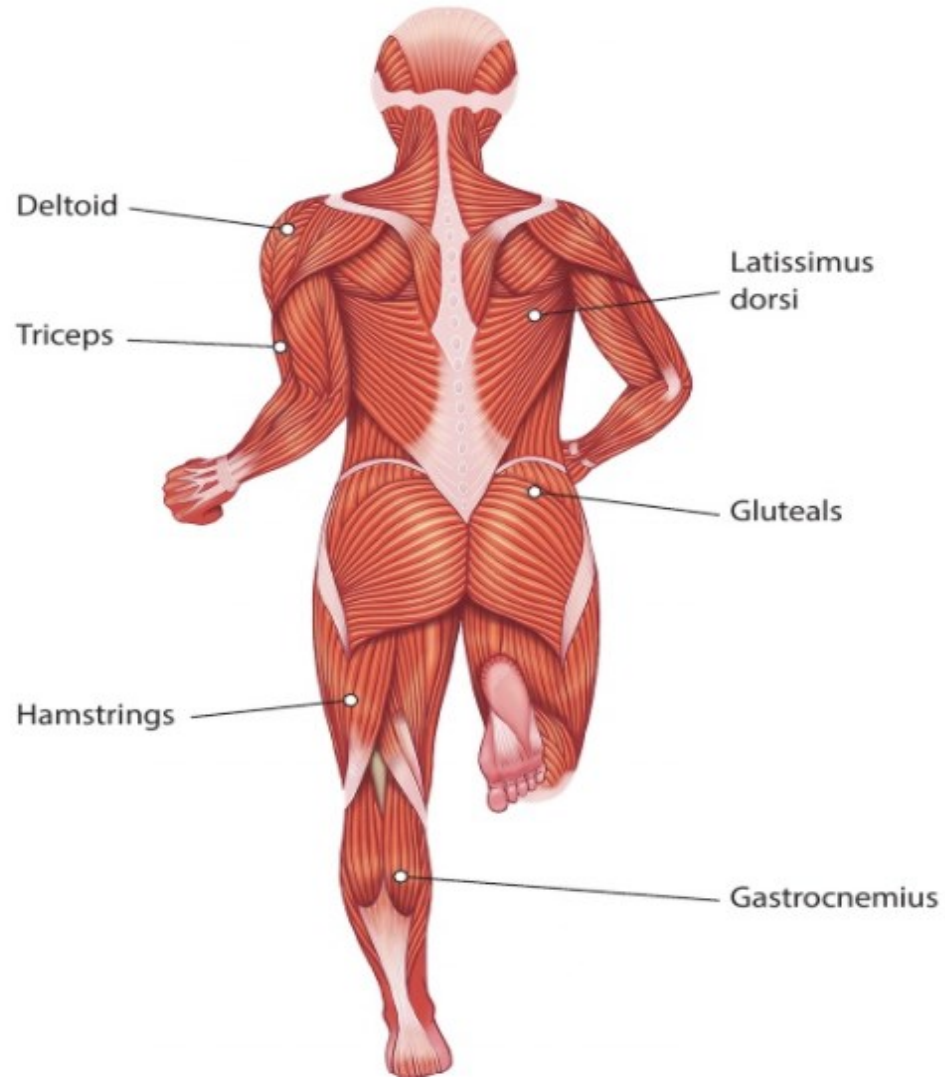
Power: the ability to undertake strength performances quickly.

Reaction time: the time between the presentation of a stimulus and the onset of movement.

Speed: the rate at which an individual can perform a movement or cover a distance.

- **A** – Agility
- **B** – Balance
- **C** – Co-ordination
- **P** – Power
- **R** – Reaction Time
- **S** – Speed

Muscles



Muscles Movement

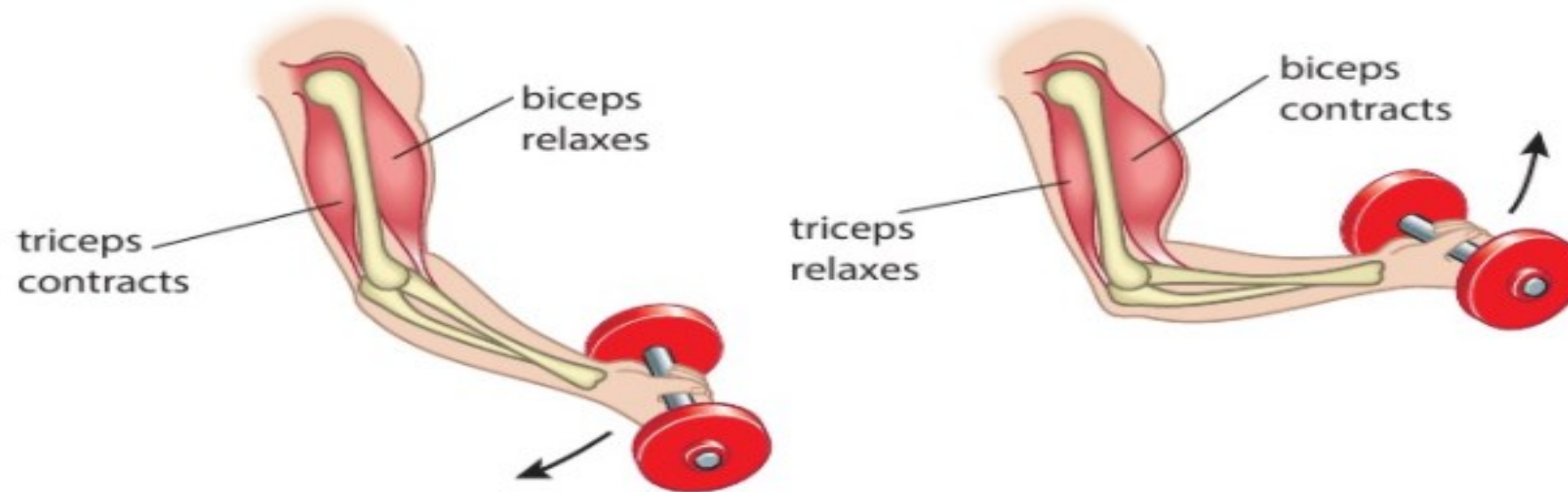


Figure 1.11 Two antagonistic pairs of muscles: the biceps and triceps

Exam-style question

- 1** Give an example of an antagonistic pair of muscles. **(1 mark)**
- 2** For the pair you have chosen, explain how they function together to perform a specific action. **(3 marks)**

Components of Fitness (Fundamental Movements)

- Health related/physical fitness
 - **cardiovascular fitness** – your ability to exercise your whole body for long periods of time, sometimes called stamina or aerobic endurance
 - **muscular strength** – your ability to exert force, such as when you lift a weight
 - **muscular endurance** – your ability to use voluntary muscles repeatedly without getting tired
 - **flexibility** – the range of motion of your joints or the ability of your joints to move freely
 - **body composition** – the percentage of body weight that is muscle, fat or bone.

Components of Fitness – Skill related

Agility: the ability to control the movement of the whole body and change position quickly.

Balance: being able to keep the body stable, while at rest or in motion.

Co-ordination: the ability to use two or more body parts together.

Power: the ability to undertake strength performances quickly.

Reaction time: the time between the presentation of a stimulus and the onset of movement.

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8. Fitness testing

Component of fitness	Example sport/sporting action.	Fitness test
Cardiovascular endurance	Marathon running	12 minute Cooper Run
Muscular Endurance	Playing a 90 minute football game.	1 minute press-up or sit-up test
Flexibility	Gymnastics	Sit and reach test
Speed	100m sprint	30m sprint test
Power	High jumper	Vertical Jump test
Agility	Rugby player dodging a tackle.	Illinois agility test

This is the type of data table that you may have to interpret.

Gender	Excellent	Above average	Average	Below average	Poor
Male	>65 cm	50–65 cm	40–49 cm	30–39 cm	<30 cm
Female	>58 cm	47–58 cm	36–46 cm	26–35 cm	<26 cm

>65cm means less than 65cm.

<26cm mean more than 25cm.

A question could be.....Identify the category that a female who got 49cm would fit into.

Gender	Excellent	Above average	Average	Below average	Poor
Male	>65 cm	50–65 cm	40–49 cm	30–39 cm	<30 cm
Female	>58 cm	47–58 cm	36–46 cm	26–35 cm	<26 cm

Answer = The category is 'Above Average'

Teaching Points and Rules

- A teaching point is something that you would advise a performer to do to improve their performance or technique. For example, if you were advising a performer to improve their passing in football, you may say things like; put your non-striking foot next to the ball, keep your head over the ball, bring your striking leg back and then bring forward towards the ball, strike the ball with your instep and follow through with the appropriate amount of power.
- A rule is something the performer must do otherwise the referee/judge/official will sanction you e.g. by giving the ball to the other team, deducting points from your performance etc. If an outfield player handles the ball in football, the referee will award a free kick to the opposition.

Methods of Training

- Continuous Training – Continuous training is **a form of exercise that is performed at a constant intensity without rest periods**. It can improve cardiovascular and respiratory function, burn calories, and build endurance.
- Acceleration Sprint Training – A special form of sprint training in which running speed is gradually increased from jogging to striding and, finally, to sprinting at maximum pace.