**Year 8 PE Work (School Closure)**

**Week 1**

Saint George Catholic College is going to become part of an academy in September. Design a PE kit that is suitable for all activities (indoor and outdoor) to wear across the academy (girls and boys) Use colours, labels and description to illustrate your designs.

**Boys**

**Girls**

Practical: Joe Wicks workouts (The Body Coach TV) - 9:00am every morning Monday – Friday (live workout)

<https://www.youtube.com/watch?v=Rz0go1pTda8>

**Week 2**

Design a fun warm up game for 12 primary school pupils

* Choose either Rugby/Football/Netball/ and design a warm up game.
* In the warm up there are five stages, in the boxes below enter the stages of the warm up and a definition.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Stretching | Dynamic Movement | Pulse Raiser | Sports Specific | Mobility |

|  |  |
| --- | --- |
| Stage of the Warm Up | Example |
| 1. |  |
| 2. |  |
| 3. |  |
| 4. |  |
| 5. |  |

* The game must include Rules and Regulations highlighting dimensions and organisation of the activity for example sizes of areas and the amount of players.
* Use diagrams or animations to help you.

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**Week 3**

**Prepare**

Diet / Nutrition

**Research each of the seven major food groups needed for a balanced diet**

Carbohydrates Protein Water Minerals Vitamins Fibre Fats

**Consolidate**

**Deepen**

|  |  |  |
| --- | --- | --- |
| **Food groups** | **Example(s) of food** | **Function of the food group** |
| Carbohydrates |  |  |
| Protein |  |  |
| Fats |  |  |
| Minerals |  |  |
| Vitamins |  |  |
| Fibre |  |  |
| Water |  |  |

**Above and beyond**

**Produce a seven day meal plan for a professional athlete. State the major food groups that will be included in each meal. Be as detailed as possible.**

Name of athlete:……………………………………

Sport:……………………………….

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |
| **Dinner** |  |  |  |  |  |  |  |
| **Snacks** |  |  |  |  |  |  |  |

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**Week 4**

Define Aerobic Fitness

…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

Define Anaerobic Fitness

…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

**Above and beyond**

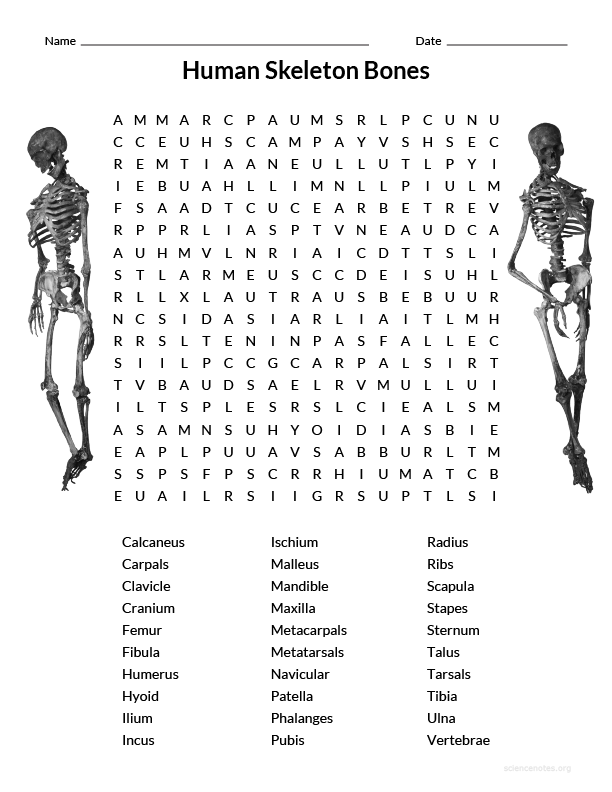
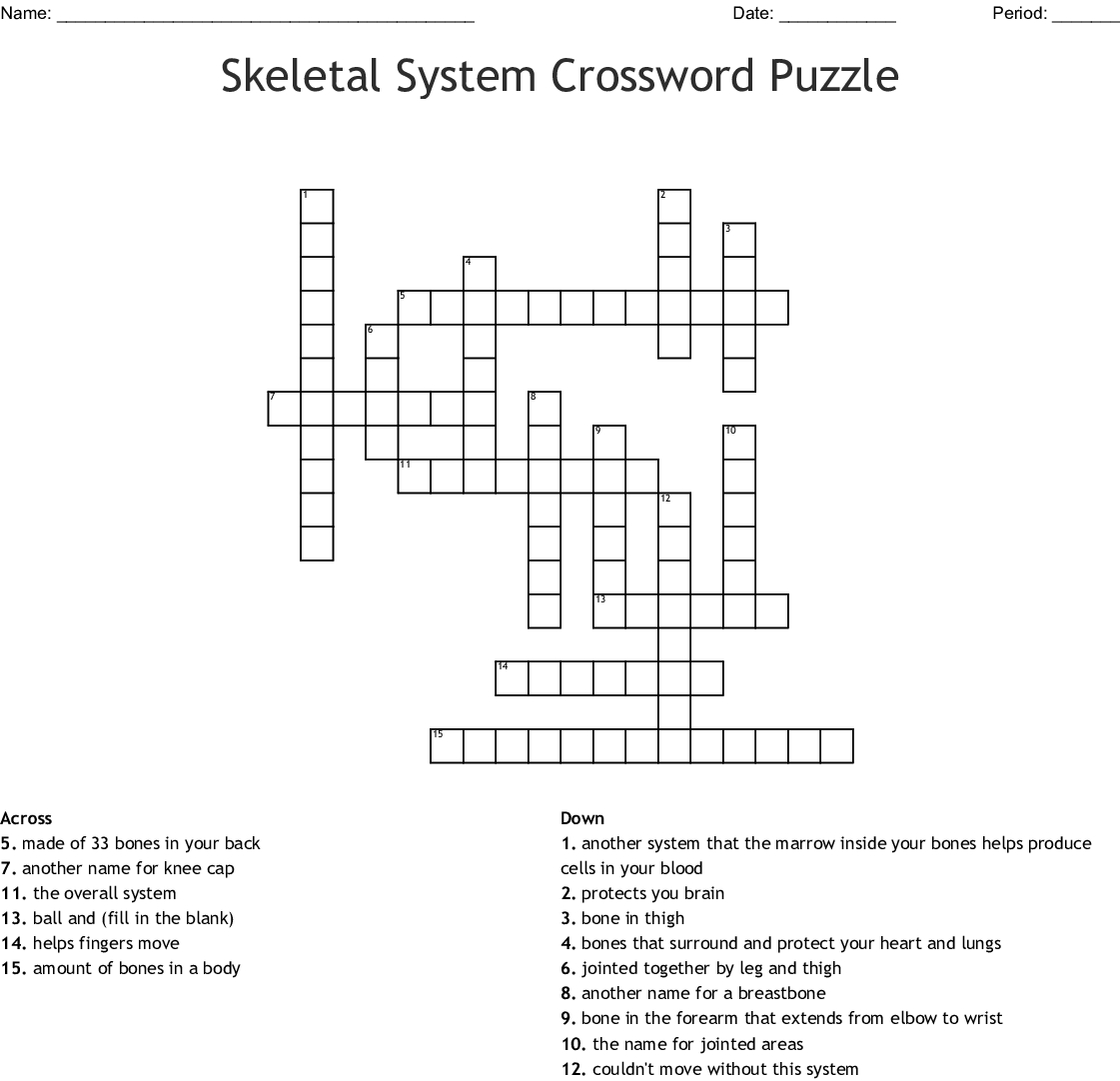
**Deepen**

**Consolidate**

|  |  |  |
| --- | --- | --- |
| **Aerobic Fitness** | Practical Examples 1 | **Maximum Heart Rate Threshold Aerobic Energy Pathway** |
| Practical Example 2 |
| **Anaerobic Fitness** | Practical Example 1 | **Maximum Heart Rate Threshold for the Anaerobic Energy Pathway** |
| Practical Example 2 |

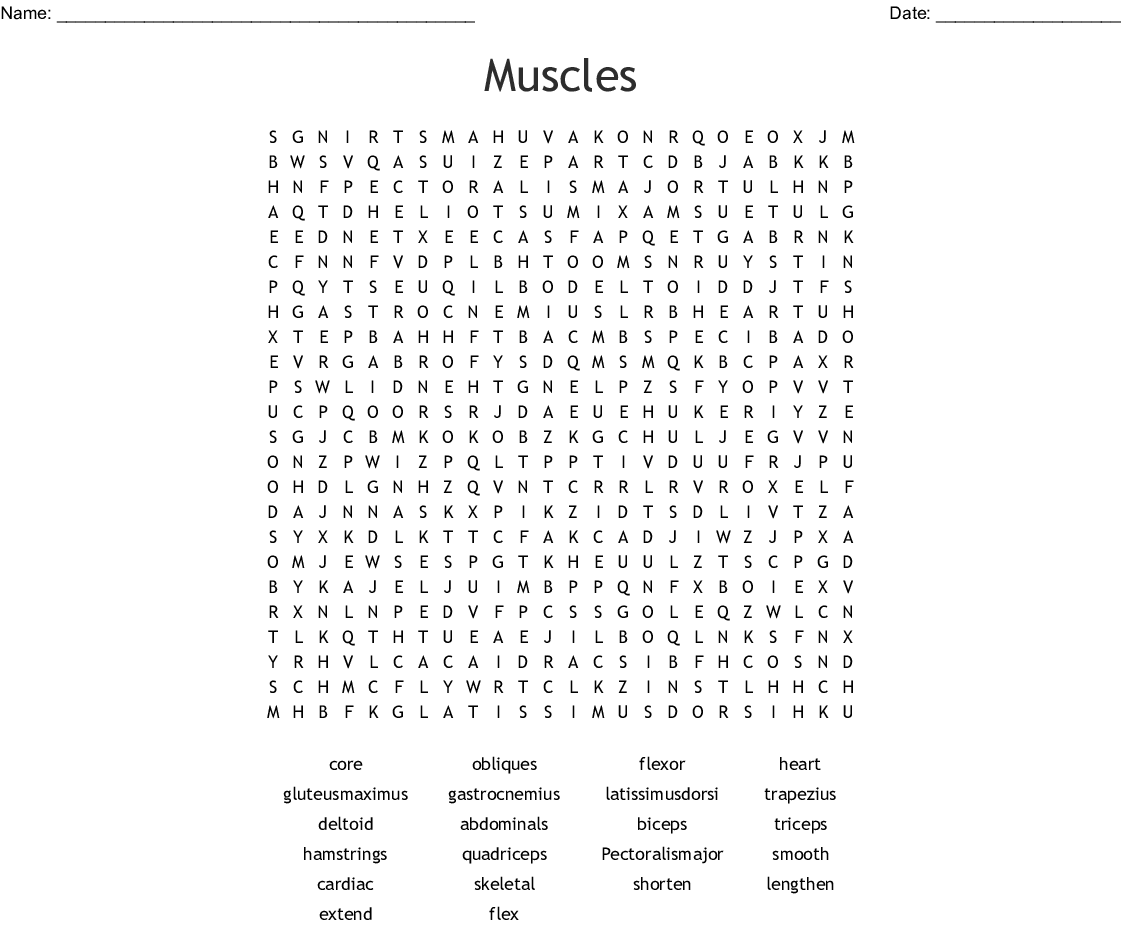
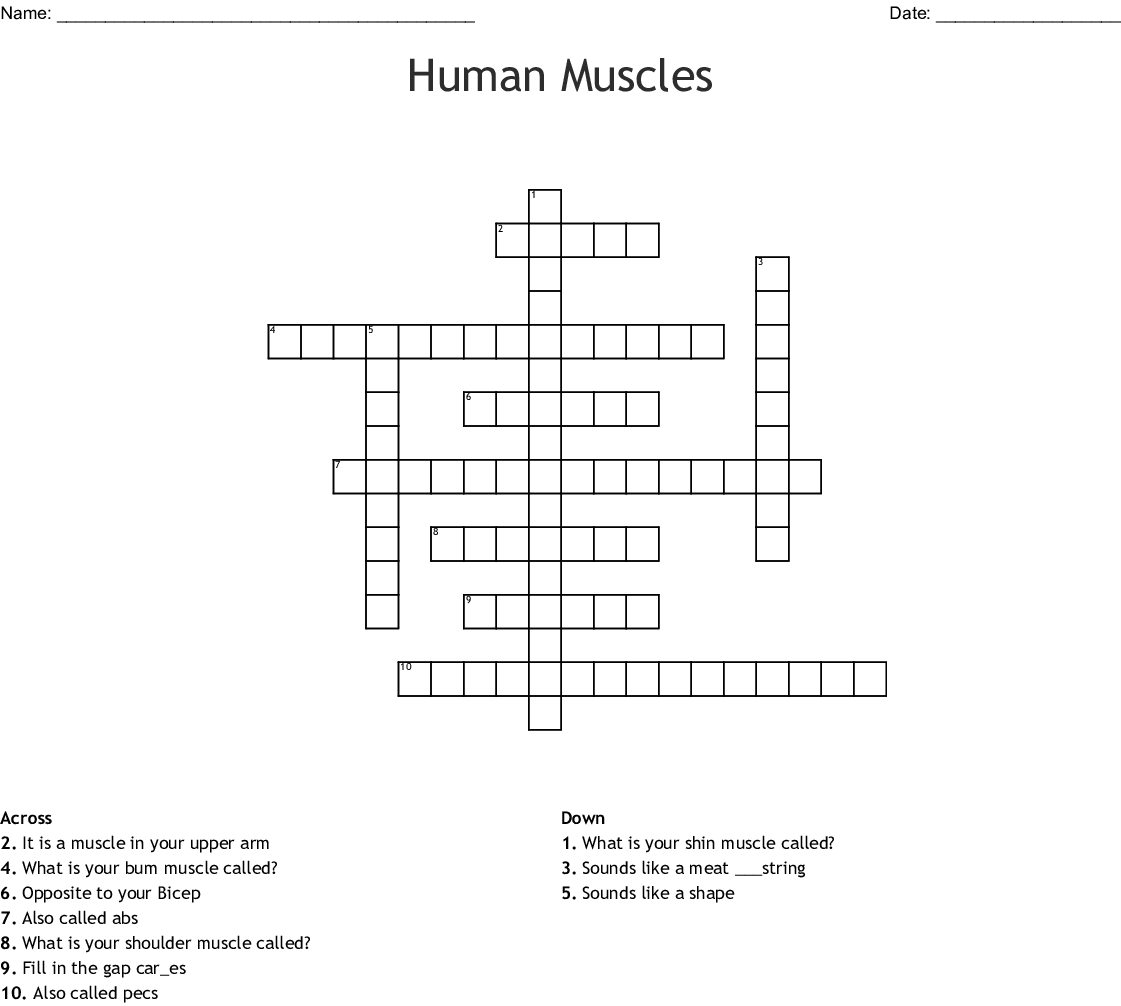
Practical: Joe Wicks workouts (The Body Coach TV) - 9:00am every morning Monday – Friday (live workout)

<https://www.youtube.com/watch?v=Rz0go1pTda8>

**Week 5**

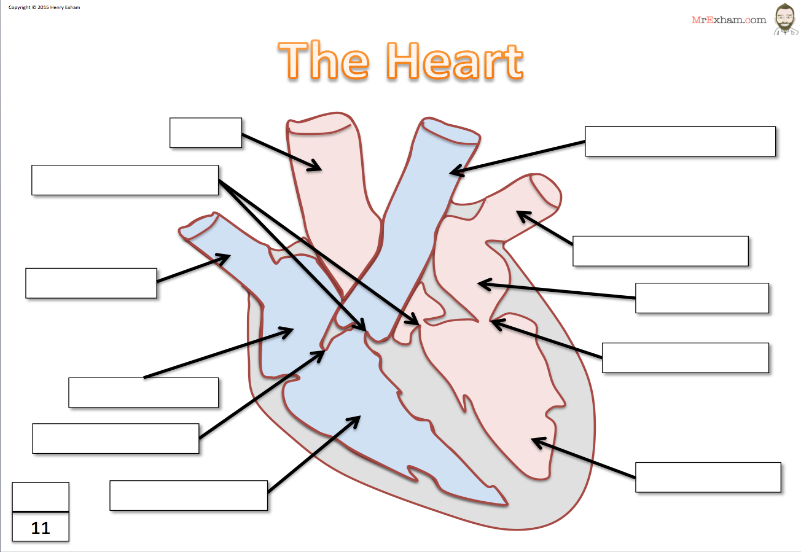
Practical: Joe Wicks workouts (The Body Coach TV) - 9:00am every morning Monday – Friday (live workout)

<https://www.youtube.com/watch?v=Rz0go1pTda8>

**Week 6**

Practical: Joe Wicks workouts (The Body Coach TV) - 9:00am every morning Monday – Friday (live workout)

<https://www.youtube.com/watch?v=Rz0go1pTda8>

**Week 7**

BISCUSPID VALVE AORTA PULMONARY VEIN SEPTUM PULMONARY ARTERY TRICUSPID VALVE LEFT VENTRICLE RIGHT VENTRICLE LEFT ATRIUM RIGHT ATRIUM VENA CAVA SEMI LUNAR VALVE

|  |  |  |  |
| --- | --- | --- | --- |
| **Blood Vessels** | **Arteries** | **Capillaries** | **Veins** |
| Function |  |  |  |
| Structure |  |  |  |
| Lumen |  |  |  |
| Values |  |  |  |
| How structure fits purpose |  |  |  |

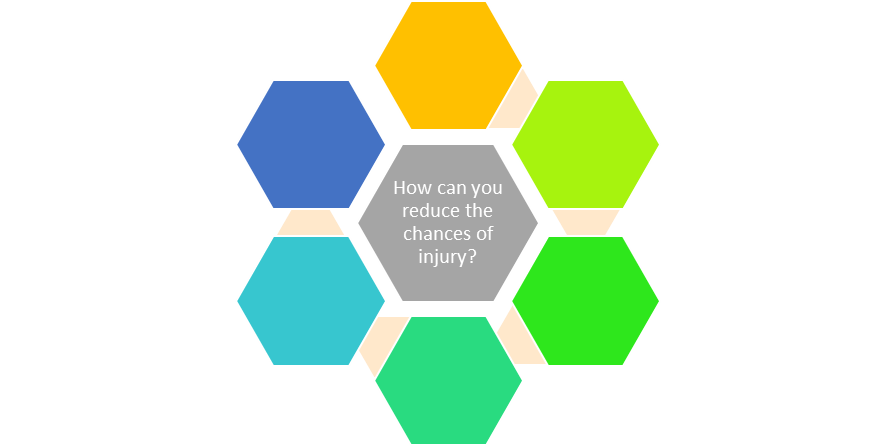
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**Week 8**

**Research different types of sport injury**

|  |  |  |
| --- | --- | --- |
| **Different types of injury** | **Causes** | **Outcome (severity of injury)** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |



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**Week 9**

Why do some professional athletes take performance enhancing drugs?

Complete the table below on different performing enhancing drugs in sport

Research a famous sportsman / sportswomen who has been banned from their sport for taking performing enhancing drugs.

Name of athlete: Sport:

Drug(s) that were taken: Reasons for taking drugs:

Punishment: Are they back playing sport?:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Drug** | **Reason for use** | **Example** | **Sport** | **Side effects** |
| **Anabolic Steroids** |  |  |  |  |
| **Beta Blockers** |  |  |  |  |
| **Diuretics** |  |  |  |  |
| **Narcotic Analgesics** |  |  |  |  |
| **Stimulants** |  |  |  |  |
| **Peptide Hormones – Including Erythropoietin (EPO)** |  |  |  |  |

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**Week 10**

Choose a sport of your choice. Please complete the following table on the different rules, regulations and scoring systems used in that sport.

Sport:…………………………

|  |  |  |
| --- | --- | --- |
| **Rules** | **Regulations** | **Scoring System** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

If you were the governing body for that sport… What three rules would you change and why?

1)

2)

3)

……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

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**Week 11**

Design a workout you can do at home, with either your parent/carer or a sibling.

Sport:……………………………………………………..

Athlete:…………………………………………………….

|  |  |  |
| --- | --- | --- |
|  | Exercise | Drawing/Repitions and Sets |
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
| 5 |  |  |
| 6 |  |  |
| 7 |  |  |
| 8 |  |  |
| 9 |  |  |
| 10 |  |  |

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**Week 12**

Please complete the following two tables for different methods of training.

|  |  |  |
| --- | --- | --- |
| **Continuous Training** | | |
| Purpose (Why would an athlete use this?): |  | |
| An athlete that would use this type of training is… |  | |
| Advantages: | | Disadvantages: |

|  |  |  |
| --- | --- | --- |
| **Fartlek** | | |
| Purpose (Why would an athlete use this?): |  | |
| An athlete that would use this type of training is… |  | |
| Advantages: | | Disadvantages: |

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On the sheets below, add in different methods of training. These can be found on the link below;

<https://www.bbc.co.uk/bitesize/guides/zyqd2p3/revision/2>

|  |  |  |
| --- | --- | --- |
|  | | |
| Purpose (Why would an athlete use this?): |  | |
| An athlete that would use this type of training is… |  | |
| Advantages: | | Disadvantages: |

|  |  |  |
| --- | --- | --- |
|  | | |
| Purpose (Why would an athlete use this?): |  | |
| An athlete that would use this type of training is… |  | |
| Advantages: | | Disadvantages: |

|  |  |  |
| --- | --- | --- |
|  | | |
| Purpose (Why would an athlete use this?): |  | |
| An athlete that would use this type of training is… |  | |
| Advantages: | | Disadvantages: |

|  |  |  |
| --- | --- | --- |
|  | | |
| Purpose (Why would an athlete use this?): |  | |
| An athlete that would use this type of training is… |  | |
| Advantages: | | Disadvantages: |