

CARDINAL WISEMAN PE

KS3



THEORY IN PRACTICE

NAME: _____

PE CLASS: _____

PE TEACHER/S: _____

HALF TERM 1: EFFECTIVE USE OF WARM UP AND COOL DOWN

Complete the table below:

Phase of warm up	Example	Purpose of this phase

[9 marks]

Complete the table below:

Phase of Cool down	Example	Purpose of this phase

[6 marks]

TOTAL MARKS: /15

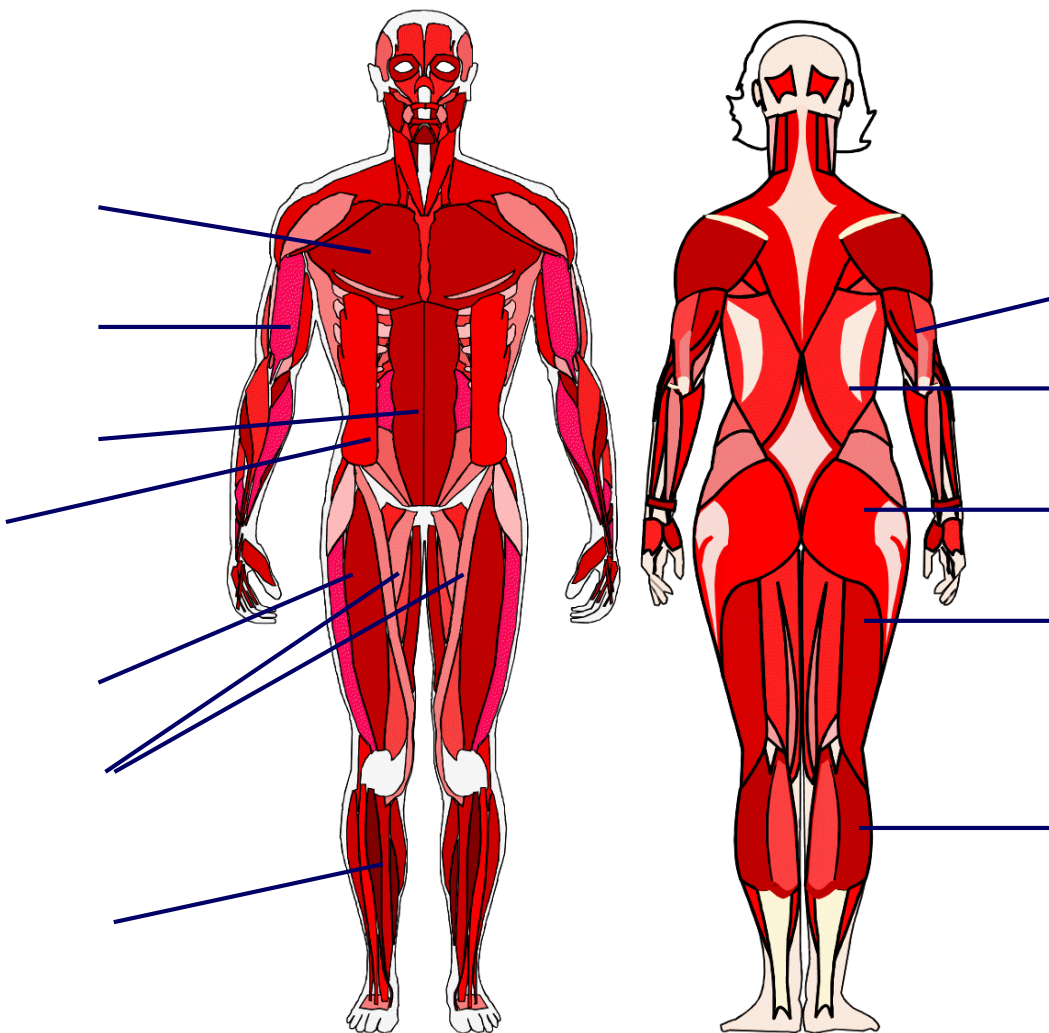
HALF TERM 2: THE CLASSIFICATION OF MUSCLES

1) Identify the muscle type

	Attached to the skeleton and are under your control.
	Work internal organs without effort from you.
	A type of involuntary muscle that forms the heart.

[3 marks]

2) Label the muscles



[12 marks]

TOTAL MARKS: /15

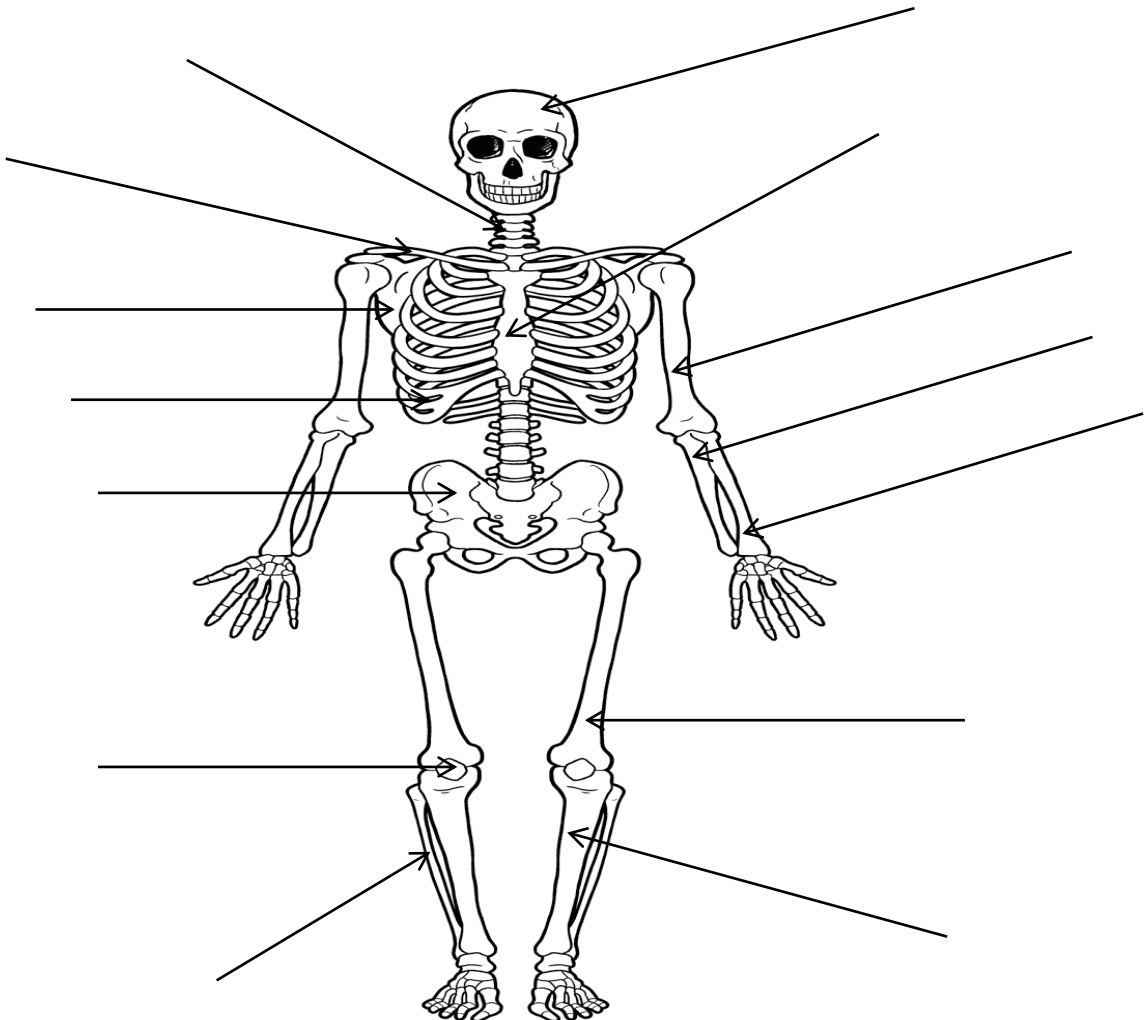
HALF TERM 3: THE FUNCTIONS AND STRUCTURE OF THE SKELETON

1) Identify the 5 functions of the skeleton

1. _____
2. _____
3. _____
4. _____
5. _____

[5 marks]

2) Label the skeleton



[14 marks]

TOTAL MARKS: /19

HALF TERM 4: THE COMPONENTS OF FITNESS (PHYSICAL)

1) Complete the table below:

Component of fitness	Definition	Sports performer who would benefit from this
	The heart and lungs working together to supply the muscles with oxygen	
	The force that a muscle can exert	
MUSCULAR ENDURANCE		
	The range of movement at a joint	
BODY COMPOSITION		

[10 marks]

TOTAL MARKS: /10

HALF TERM 5: THE COMPONENTS OF FITNESS (SKILL)

1) Complete the table below:

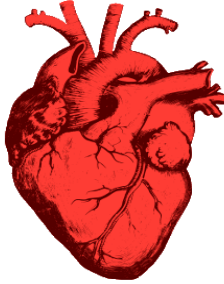
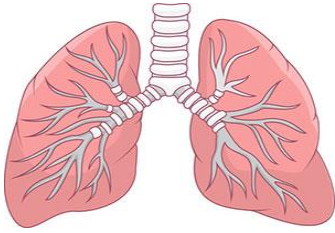

Component of fitness	Definition	Sports performer who would benefit from this
	The ability to use two or more parts of the body together, efficiently and accurately	
	The time between the presentation of a stimulus and the onset of movement.	
AGILITY		
	The ability to keep the body's centre of mass stable over a base of support	
SPEED		
POWER		

[12 marks]

TOTAL MARKS: /12

HALF TERM 6: THE SHORT AND LONG TERM EFFECTS OF EXERCISE

1) Complete the table below:

Short term effect		Long term effect
		
		
		
	OTHER	

	OTHER	
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[10 marks]

TOTAL MARKS: _____ /10

KEY WORDS / DEFINITIONS: