

À Øãç ð ⁶ h ₄ c-hΔ	ØØ₂ cã₄² ð⁶ -hffj₄ ; ₄⁵ - ₄⁶ ffj₄ c₄ 2R₄⁶ ffj₄ Øffj₄² ffjffj₄ ã₄⁶ Δ₄ cffj₄ a₄ - ₄ oç₄ f -cø₂ ã₄⁶
À Ø ₄ cffj ₄ TØffj ₄ cØ ₂ T ₄ -ø ₄ ffj	Q ₄ ffj ₉ ã ₄ ffj ₄
À Øãç offj ₄ -øTffj ₄ o ffj - ₂ ⁵ ffj ₄ c ð ⁶ h ₄ c ffjffj ₄	You will be provided with information booklets and classroom resources for each lesson and be loaned a textbook and revision guide for the duration of your time at WQE. Each student will also have their own account for the online learning platform www.theeverlearner.com Each lesson you will need to bring a writing pen, paper, a ruler, highlighters, coloured pens or pencils and a curious mind!
c ffj ₄ h ₂ ³ 3 z ₂ c	AQA A-level PE (Year 1 and Year 2) by Carl Atherton, Sue Young, Ross Howitt. ISBN 9781510473300 ffjffj⁶ ØΔ₄ fã⁶ Gn-Tã₄ c₄ a- ffj₄ fã₄ c₄ a- ffj₄ fã₄ c₄ 2₄ o Rø₄ c cffj₄ TØ₂³ ð₂³ ð₂³ ã₄ ã₄ o₃ -₂ 9o₂ ã₄⁶ c₄ ã₄ T₄ a₄ - ₄ oç₄; ₄ ã₄ TØ ° ØΔ₄ fã⁶ Gn-Tã₄ c₄ 99; 9₂ ffj₄ fffj 9o₂ ã₄ Ø f -cø₂ ã₄⁶]₄ -c₄ hã₄ c₄ e₄⁵ ffj₄ ã₃ ffj

Induction Activity: To be completed and brought to your first lesson

c ffj ₄ -øTffj ₄ c ffjffjffj ₄ c ₄ T ₄ ⁵ - ⁶ ffjffj ₄ cffj ₄ ã ₄ c ₄ z ₂ c	° offj₄ -₄² c₄ ð⁶ ffj₃ ffj₄ c₄ h₄ ã₄ c₄ ffj₄ -₂³ 3⁵ ð₂³ h Øffj₄ ffj₄ h₂³ 3₂ c offj₄ -øTffj₄ ð₂⁶ Øffj₄
G ₄ c ₂ ⁵ ã ₄ cffj ₄ c ₂ ⁵ ffj ₄ c ₄ T ₄ ⁵ - ⁶ ffjffj ₄ cffj ₄ ã ₄ c ₄ z ₂ c	e ₄ -ø ₄

] 2^c ffj 4 2 ã⁶ c4 ãffj 2 3 4 -ffj 4 2 4⁻ 4 oc ã^c n R c^c ffj 4 cffj c2 3 - 6ãΔ ã ã⁶ -ãNffj 04 ffj 2 c0ffj nffj ffj 4⁻ 5 ffj c4 2
- ffj 4 4^c ã⁶ R c^c ffj 4 6ffj ffj 4 a⁻ 4 oc4 - ffj 2 0^s ffj 4 offj - 6ã o⁶ Δ - ã oc 2 2 ã cffj 2 R c^c ffj 4 cffj c4 c4 nffj ffj 5 2 ffj c0ffj Nã 4 ffj 2 ffj
5 ffj 4 -ffj

1. Use the word bank below to identify the components of physical fitness by completing the following table:

Word bank: Flexibility, Speed, Aerobic endurance, Muscular endurance, Muscular Strength, Agility, Balance, Co-ordination, Body Composition, Reaction Time, Power

Component of Physical Fitness	Definition
	The ability of the body to exercise for prolonged periods of time without getting tired.
	The maximum amount a muscle can lift
	The ability of muscles to keep contracting without getting tired.
	The range of movement available at a joint or series of joints.
	The ability to move the whole body or a body part quickly, e.g. running fast or hitting fast balls.
	The ability to exert force over a short period of time.
	The percentage of body weight that is fat.
	How quickly can you change direction under control?
	Ability to perform tasks in sport, e.g. running and then passing a ball in rugby.
	øffjãN2zΔ c4 2 fffj Δ - N4 nΔ ^s ã44 4 ãffj Nã 4 ffj 4 24 - 4 oc
	ø02 2 c0ffj c2 ^s ffj 2 cã ² ffj 4 4 ^s ffj c ffj c4 ^s ã ² ffjã nffj 2 4 ^c c4 ^s 4 ãffj

Identify two sports that require high levels of each component of physical fitness and describe what about the sport demonstrates the fitness component. Complete the following table:

Component of Physical Fitness	Sport 1	Sport 2
Cardiovascular endurance		
Muscular strength		
Muscular endurance		
Flexibility		
Speed		
Power		
Reaction time		
Co-ordination		
Balance		

—ffç offçñΔ2₄ 0 ã 4—ffff₄ 4 2—⁶₄ çã oç

[illegible]
$$c_{ff} c_{ff} \circ T \emptyset \tilde{a}^c c_{ff} c_{4c} c_{\emptyset} \tilde{a}^h \tilde{a}^c c_{\tilde{a}3ff} \tilde{a}^c n n \tilde{a}^h \tilde{a}^c c_{\tilde{a}3ff} 2_0 c_{ff} T \emptyset R^c c_{ff} c_{4c} c_{ff} c_{4c}$$
[illegible]

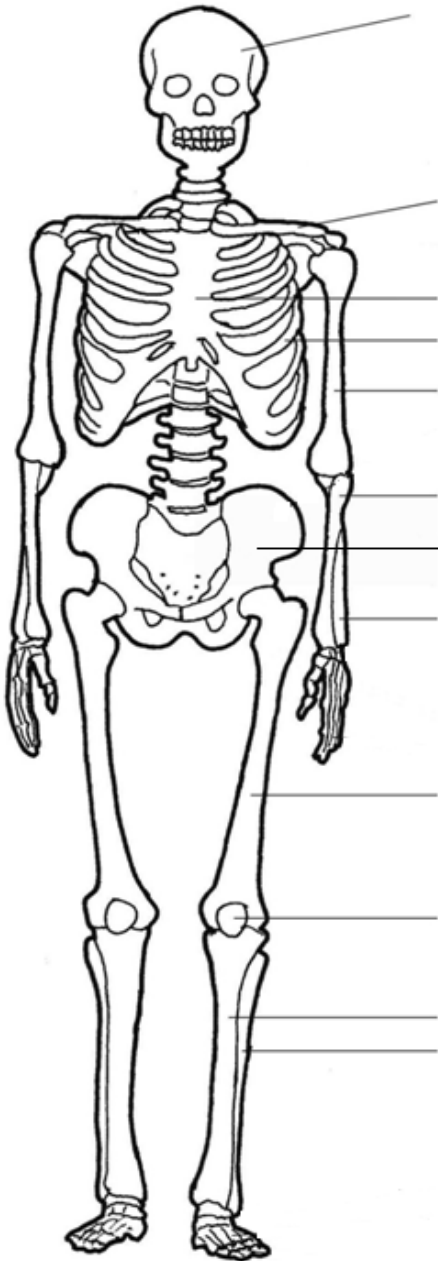
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°₄ Δ ffj₄	Äffj₄ c 2Fã⁶ U⁵ - cffj₄ c a cã₄ ° n₄ 2nffj₄ ₄ ° c₄ Δ ã⁶⁶ offj₄ Tø — ã₄ ° n₄ ⁵ ã₄ o² ₄ ffj₄ cøffj₄ ⁵ ffj₄ — offj₄ a cã₄ ° n₄ Δ² 3 #⁵ - ã₄ ø 2ø ã₄ - ₄ 4 4 2Nffj₄ c₄ — Tø Δ² 3 Δ ã⁶⁶ c ffj₄ — offj₄ Nffj₄ Δ ffj₄ c Δ₄ ⁵ ã₄ o² ₄ ⁵ ffj₄ — offj₄			

øffj₄ c o -ffj₄ 2 c øffj₄² ffj₄^c

øffj₀ -^s ã^c N₄ nΔ₂ ^s ãhffj -₄ 2^s ã^c Δ_h 2ffj^c c₄ Δ₄ cffj₄ c øã_c Δ₄ o² c₄ 3ffj₀ ffj₀ ã^c n ã⁶₄ Δ₄ -₄ c₄ cã² ffj₀ ã oc ² ã 0 -3ffj₀ ã^c n Δ₄ 2₄ -₄ oc ã^c n ffj₀ 2 ffj₀ 2 ffj₀ -₄ 2 ffj₀ ^c ã^c øffj₀ ffj₀ ã^c 3₄ 2₄ ^s offj₀ c₄ ã⁶₄ -₄ c₄ o² c² 3² ã^s ã^c cffj₀ 4 2₄ ffj₄^c h₄ Δ₀ ffj₀ ã^c ffj₀ n -₄ ã^c ffj₀ ã^c øffj₀ ffj₀ ã^c 4^c c² -ffj₀ 2 ffj₀ 2 3₄ o^s ã^c Δ₀ -₄ ã^c ã^c 2² ffj₀

zã Nffj₀ c øffj₀ ã^s 3 o ã^s 4 c₄ 4 Δ₄ Δ₀ c øffj₀ N₄^c ffj₀ Δ₀ 2 Δ₀ o^s c øffj₄ c o -ffj₄ 2 c øffj₄² ffj₄^c



Vertebral column

Humerus

Radius

Pelvis

Clavicle

Cranium

Sternum

Femur

Scapula

Tibia

Ribs

Fibula

Vertebrae

Patella

Ulna

Humerus

Affj To2Nffjç0ffj⁵ ãñ o N₄^ç ffj ∅ ∅ffj₄ o⁵ c0ffj₄ c0—ffj₄ 2c0ffj₄² ffjffj₄^ç Ë₄ —4 ∅₄ —⁶ñ ∅ o2ffj^ç ffj₂^ç c₄ c0ffj^ç ã⁵ ffjñ N₄ —
∅ ∅ffjffj₂ Fã^ç Nffj₂ —^çñ ∅ ∅ãç cΔ ffj₄ 2N₄^ç ffj₂ 2₄ c0ffj₄ N₄^ç ffj 2 F₄^ç c^ç ffj₄ c₄ 4 o 2₄⁵ ã⁵ 2^ç Fc₂^ç

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a cffj ^ç — ⁵	
^a Fã ^ç — ⁶ ã	
; ⁶ ã ≠ 2 ⁶ ffj	
, 2N ₄	
o ⁵	
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] ffj ^ç — ^o	

a⁻ ₄ o₄ c₄ f —c0₂ 2₄ °

o₄ ffj₂ ° ₄ o₄ c₄ ° Tffj₄ 23₄ 4₄ h^c —c0₂ 2₄ ° ã^c h₄ oΔ₄ h₄ oã₄ c₄ ° 2^c ₄ ° ₄ o₄ c₄ oã₄ 3₀ 4₄ o^c 2⁻ ₄ ° —ã₀ 2_Δ 2₂ ° offj⁶ ffj^c Δffj₀ 4₄ o₄ ffj₄ 2^c x₄ Tã^c Tffj₄ 2ã₄ o₄ ffj₄ ° oΔ₄ Nã⁶ ã^c Tffj₄ h₄ ffj₄ ã^c h₄ 2₄ 6^c 2₄ c₄ 3₄ 4₄ h₄ o₄ ffj₄ ° oã^c h₄ 2⁻ ₀ 4₄ ° ffj₄ h₄ ° ₄ o₄ c₄ ° ffj₂ 4₄ o^s ã^c Tffj₂ ° ₄ o^s ã^c 2² ffj₄ ã₄ ° ffj₄ c₄ 2₄ c₄ o₄ ffj₄ ° ₄ o₄ c₄ ° ffj₄ 4₄ ° 4₄ 2⁶ ffj₄ c₄ ° ffj₄

c₄ ffj₄ o₄ T₀ c₄ o₄ ffj₂ 6₄ o^s 2^c —c0₂ ffj₄ c₄ ã^c h₄ T₄ ° ° ffj₄ c₄ o₄ ffj₄ c₄ ã⁶ ffj₄ N₄ ffj₄ o^s

	; ã ₀ N ₄ oΔ ₄ h ₄ oã ₄ c ₄ ffj ₄	] ã ₄ c ₄	° ₀ 4 ₄ c ₄ ffj ₂ °	] 1 ₄ o ₄ ffj ₄	Á ₂ ã ^s 2 ^c ₄ ° c ^c 2 ^c ffj ₄ ã ⁶ ₄	À ã ₄ c ₄ ffj ₄
À oã ₄ c ₄ 2 ₄ c ₄ o ₄ ffj ₄ ° ₄ o ₄ c ₄ ° oΔ ₄ x ₄ ã ⁶ ã ^c T ₄ c ₄ 2 ₄ Δ ₄ o ₄ 6 ⁶ ffj ₄ 2 ₄ c ₄ o ₄ ffj ₄ ° —c0 ₂ ffj ₄ c ₄						
G ₂ ã ^s ° ° ffj ₄ 4 ₄ 22 ₄ 4 ₄ h ₄ 4 ₄ ° o ₄ Tffj ₄						

A ffj₄ T₀ 1₄ ffj₄ c₄ o₄ ffj₂ T₄ ° ° ₄ ° ffj₄ c₄ 4₄ 2ã₄ Nã⁶ ã^c Tffj₄ h₄ ffj₄ e₄ o^s h₄ 4₄ ffj₄ c₄ o₄ 2₄ h₄ 1₄ o₄ ffj₄ N₄ ffj₄ o^s ffj₄ h₄ —oã^c Tffj₄ c₄ o₄ 6⁶ ffj₄ ffj₄ ã^c h₄ ° ₄ o₄ ffj₄ ã₄ c₄ o₄ 6⁶ ffj₄ ffj₄

NETFLIX

Tick Box ☒

- The English Game**
(Sport & Society)
- Friday Night Lights**
American football movie
- Icarus**
(Drugs & Performance)
- Stop at Nothing**
(Doping in sport)
- The Game Changers**
(Diet & Nutrition)
- Sunderland 'Till I Die**
(Elite world of Football)
- The Last Dance**
(Michael Jordan)
- Last Chance U**
(American football)
- Coach Carter**
(Sport Psychology)
- Formula 1 Drive to survive**
(elite world of F1)
- Fittest in Dubai**
(Health related fitness)
- The Blindside**
(American football)

- All or Nothing**
(Manchester city)
- All or nothing**
(New Zealand All Blacks)
- All or Nothing**
(NFL series)
- Don't Take me Home**
Welsh football
- 4 Minute Mile**
- The Program**
(Lance Armstrong)
- Andy Murry - Resurfacing**
(Injury Rehabilitation)
- Dan Carter**
Perfect 10
- The Test**
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- NFL Americas game**
(elite world of NFL)
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(winner Doc)
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(Living the dream)
- Tyson Fury**
(Road to redemption)
- Crossing the Line**
(Australian Cricket)
- Jürgen Klopp**
(Journey to the Top)
- Strive for greatness**
(LeBron James)
- Hard Knocks**
(NFL behind the scenes)
- The Jamie Vardy Factor**

