

À Øãc ð 2 ⁶ h4c-ñΔ	ØØ2 cã4² 2⁶ -ñffj ; 4⁵ - 4⁶ ffj c4 4 2Rc⁶ ffj4 Øffj4² ffjffjã⁶ 4 Δ4 cffj a - 4 0c4 f -c0224⁶
À Ø4 cffjTØffj cØ2 T4 -c4 ffj	; 4 02⁶ c ffj oã⁶ T2 Ò-Nffj c4 Øcãc a Øã0⁶ ffje ãð² 4⁶ffj c4 Ne ãð² 2⁶ 4
À Øãc offj4 -cTffj 4 0 ffj -2 ⁵ ffj c ð 2 ⁶ h c ffjñ	You will be provided with information booklets and classroom resources for each lesson. 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 ffjñ2 3 22c	AQA A-level PE (Year 1 and Year 2) by Carl Atherton, Sue Young, Ross Howitt. ISBN 9781510473300 6ffjffj° ØΔ4 2ã⁶ Gn-Tãc2⁶ a- ffj 2Tãc2⁶ a- ffj 2Tãc2⁶ 24 o R04 c cffjTØ2 3 2⁶ ã) ã4 03 -2 902ã⁶ c ãT a- 4 0c4 ; 4 ãTØ ° ØΔ4 2ã⁶ Gn-Tãc2⁶ 99; 92ffj 1ffj 9022Ø f -c0224⁶]4 -cñãc2⁶ e4⁵ ffj ã3ffj

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

c ffj4 -cTffj c ffjñffj c4 T4 ⁵ - 6ffjffjØffjãTc22Δ	° offj24 -4² 4 ð 6ffj3ffjã⁶ h ã⁶ ffj) -22 3⁵ 2⁶ ñ Øffjoffjñ2 3 6c offj4 -cTffj ð 2⁶ Øffj
G4 c2 ⁵ ãcffj c2 ⁵ ffj c4 T4 ⁵ - 6ffjffjØffjãTc22Δ	e4 -c4

] 2^c ffj 4 2 ã 6 c 4 ã 0 ffj 2 3 4 - Tffj 4 2 4 - 4 0c ã^c n R c^c ffj 4 c ffj c 2 3 - 6 ã 4 ã ã 6 - ã N ffj 0 4 ffj 2 c 0 ffj n ffj ffj 4 - 5 ffj c 4 2
- ffj 4 4 c ã 6 R c^c ffj 4 6 ffj ffj 4 a - 4 0c 4 - ffj 2 0 5 ffj 4 offj - 6 ã 0 6 ã - ã 0 c 2 2 ã c ffj 2 R c^c ffj 4 c ffj c 4 c 4 n ffj ffj 5 2 ffj c 0 ffj N ã 4 ffj 2 ffj
5 ffj 4 - offj

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.
	00ffjãN2zΔ c 4 2 fffj Δ 1 - 0 N 4 nΔ 5 ã 4 4 4 ã ffj N ã 4 ffj 4 2 4 - 4 0c
	00 2 2 c 0 ffj c 2 ffj 2 c ã 2 ffj 4 4 5 ffj c ffj c 4 5 ã 2 ffj ã n ffj 2 2 c c 4 5 4 ã ffj

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		

a - 4 o c 4 - ffj₄ o^s ffj₄ offj₄ —⁶ a o⁶ Δ - ã o c 2 ã c ffj₂ R c^c ffj₄ c ffj₄ c₄ c₄ h ffj₄ ffj^s 2 ffj₄ c ffj₄ Nã₄ ffj₂ ffj^s ffj₄ —ffj₄] 2^c ffj₄ c ffj₄ c₂ 3 offj₄ —⁶ c₄ ã offj₄ c ffj₄ —ffj₄ c₄ ã ffj₄ c 2Δ₄ c offj₄ 3 c 0₄ ã^c n
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- o₄ 3 oã^s ffj₄

c ffj₄ ffj₄ o f 0 ã c ffj₄ c c 0₄ ã h ã^c cã 3 ffj₄ ã^c n h ã ã h ã^c cã 3 ffj₄ 2₄ o ffj₄ f 0 R c^c ffj₄ c ffj₄ c

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a c o f f j 3 c 0

[illegible]
$$]{}^6f\overline{f}\Sigma 2\gamma 2\Delta$$
[illegible]

$\zeta \rightarrow 4\pi - 6\tilde{a}_0$
 $G^c \rightarrow h - \tilde{a}^c \pi f f_j$

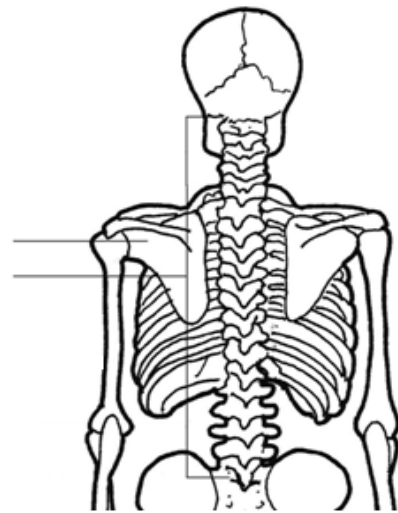
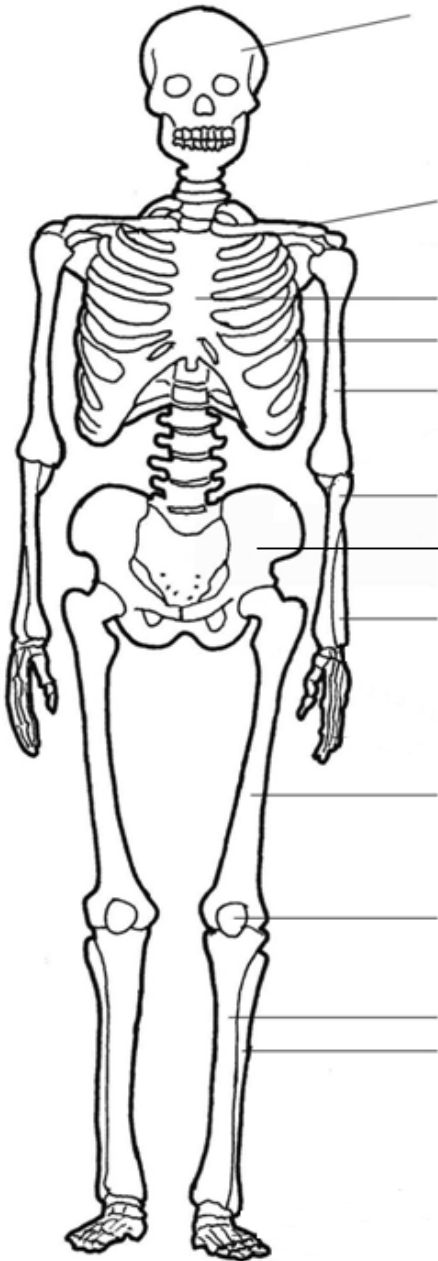
[illegible]

322Δ	H⁶2₄ 2 322Δc ffj⁴ç ; 4^ç ffj⁴ ffj⁴ — ã4 2^ç c0ffj 2^ç ã3ffj⁶ffj²ffj⁴n₄ 0^ç 4^ç c0ffj R₄ 4 0 ãç c0ffj₄ cã0ç^ç ffj₄—offj c2^ç ffj₄ T₄^ç - 6ffjffjT₄—04 ffj2^ç 4 ffj₄^ç n₄			
° 4 0 ffj	Áffj⁴c2fã⁶u^ç - cffj⁴ç a cã^ç n₄ 2nffj₄^ç c₄ 0 ã⁶⁶offj⁴T0 — ã^ç n^ç ão² 4 ffj⁴ c0ffj ç ffj₄—offj⁴ a cã^ç n₄ 2 3 #^ç - ã4 020 ã4 - 4 4 4 2Nffj₄c₄—T02 3 0 ã⁶⁶ ç ffj₄—offjNffj⁴ 0 ffj⁴ c0 4 ç ão² 4 ç ffj₄—offj			

øffj₄ c0 -fc -offj₄ 2 cøffj₄² fffj₄ c

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ð 0ffjffj₄ ã^c ffj h -ã^c fffjãcøffjffjã^c f₄ c ð -ffjffjffj 2 ð 3 2₄ o^s ã^c Δ0₄ -₀₄ ãc ã cð ffj

zãNffj cøffjhã3oã^s 4 c₄ 4 0₄ ð cøffjN₄ c ffj ð 0f0 2₄ o^s cøffj₄ c0 -fc -offj₄ 2 cøffj₄² fffj₄ 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 ∅ ∅2∅2₄ o⁵ ç0ffj₄ ç0—ffj₄ 2ç0ffj₄² ffjffj₄ ç È₄ —4∅₄ —⁶ñ ∅ o2ffj^ç ffj₂ ç₄ ç0ffj^ç ã⁵ ffjñN₄ —
∅ ∅ffjffj₂ Fã^ç Nffj₂ —^çñ ∅ ∅ãç çΔ ffj₄ 2N₄ ç ffj₂ 2₄ ç0ffj₄ N₄ ç ffj 2 F₄ ç^ç ffj₄ ç₄ 4 0 2₄ ⁵ ã2^ç 2—Fç₂ ç

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a çffj ^ç — ⁵	
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z ffj^{4ffj} a⁻ 4 0c
_ ffj offj^h Δ₄ o ã 4 — Tffj₄ 2⁶ 4 cã 0c

a⁻ 4 0c4 f — c024^c

øffj₂⁻ 4 0cã^c Tffj₄ 23₄ 4 h^c — c024^c ã^c h ØΔhøãc₄^c 2^c 4⁻ 4 0c4 Øã₄ 30₄ Ø^c 2⁻ 4⁻ — ão2Δ₂^c offjffj^c Δffj₀₄ øffj₄ 2^c ÆTã^c Tffj₄ 2ã øffj₄⁶ cØΔNã⁶ ã^c Tffj^h ã^c h 24⁶ 2₄ c₄
3₄ 4 h øffj₄⁶ cØ ã^c h 2⁻ 04 Æffj^h 4⁻ 4 0c4⁻ ffj₂₄ o^s ã^c Tffj₂^c 4 Ø ã² ffj₄ ã⁻ ffj^c 4 2cøffj₄⁻ 4 0c4⁻ ffj₄ 4^c 4⁶ 2ffj^c Δ^c ffj

c ffj ffj^o TØ cøffj₂₄⁶ 4 Ø 2^c — c02ffj^c 4 ã^c h T₄^s -⁶ ffjffj^c øffj^c ãN⁶ ffjNffj₄ Ø

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À Øãc 2 cøffj ₄ ⁻ 4 0c - ØΔ ₄ Æã ⁶ ãTc 2Δ 04 ⁶ ffj ₄ 2cøffj ^c — c02ffj ^c						
GΣã ^s - ⁶ ffj ₄ 22 ₄ 4 h 44 — oTffj						

Affj^o Tø1Nffj^c øffjT₄^s -⁴ c ffj^c 4 4 2ã Nã⁶ ã^c Tffj^h ã^c h 24⁶ 2₄ c₄ ffj^c Ø2 h 1Øffj^h Nffj^h Ø fffj^h ffj^h — oã^c Tffjãc⁶ ffjffj^c ã^c h⁻ 4 Ø ffj^c ãcø⁶ ffjffj^c

NETFLIX

Tick Box ☒

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- 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)

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prime video

- 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**
(Australian cricket)
- Muscle & Medals**
- NFL Americas game**
(elite world of NFL)
- Tyson – The movie**
Boxing

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