



Sports:

Net/wall/racket games:

Badminton
Table tennis

Invasion Games:

Hockey
Netball
Rugby
Football
Basketball

Fielding and striking games:

Cricket
Rounders

Movement activities:

Dance

Other:

Swimming
Orienteering
Athletics

Theory knowledge developed:

- Warm up / Cool down
- Health and well-being
- The muscular system
- The skeletal system
- Fitness training



Students learn about:

- Skills and techniques
- Rules
- Positional play
- Game play
- Tactics
- How to lead a healthy active lifestyle



4 Key Concepts:

- Skills
- Application of skills
- Knowledge of theory
- Character and mindset

Skills students develop in PE:

Communication
Teamwork
Leadership
Ethics and conduct
Problem solving
Organisation
Physical health
Execution
Creativity



Key Words:

Attacking
Defending
Passing
Dribbling
Shooting
Tackling Marking
Power
Accuracy
Control
Fluency
Warm up
Cool down
Fitness
Health
Technique
Rules
Decision making
Performance





Skills and Techniques:

→ **Passing / receiving**

the idea is to play the ball to your team using different types of passes and then control the ball with different parts of your body

→ **Dribbling / moving with the ball**

You can use different parts of your foot to dribble with the ball

→ **Shooting & Attacking play**

You can take aim at the goal, you can cross the ball towards the attackers or you can play a through ball forward to the attackers

→ **Heading**

This can be attacking to score a goal or defending to clear the ball away from the goal

→ **Defensive play**

you can tackle, jockey, close down and mark a player

Rules:

→ The Game is started by one team in the middle of the pitch

→ One referee officiates the game with the help of two assistant referees

→ Players are not allowed to use their hands or arms to control the ball unless they are the goalkeeper

→ Usually a game consists of 45 minutes each half

Positions:

Goalkeeper
Right Back
Left Back
Centre Backs (2)
Centre Midfield (2)
Right Midfield
Left Midfield Forwards (2)

Though some teams play with other positions and formations 9 players in total for Year 7, 11 players in total for other age groups

Scoring System:

→ To score a goal, the ball must be put over the line into the goal
→ The team with the most goals at the end of the game wins.

Tactics:

→ Teams attack and defend together
→ Create width to create more space

Key Words:

Side foot pass
Lofted pass
Corner
Free Kick
Throw-in
Dribble
Shoot
Heading
Tackle
Jockey
Marking
Attacking
Defending
Crossing





Skills and Techniques:

→ Running with the ball

Carry the ball in two hands, accelerate into spaces, run direct and look to pick gaps in defensive lines. Draw players towards creating space for others to run into.

→ Passing (Offloading)

Pass with accuracy over speed, good communication prevents mistakes. Always be prepared to receive a pass with your hands up ready. Throw a pass you'd like to receive.

→ Tackling

Low body position, shoulder drive below the hip, head safe side, lock arms to prevent leg drive, try to land on the tackled player, release once player is fully grounded.

→ Rucking

Low body position - hips above shoulders, stay on feet if you want to play the ball. Drive opposition players off or create a solid base to play from.

Rules:

→Game starts and restarts with a kick off.

→Three officials- Referee and two touch judges.

→Passing from the hand must travel level or backwards to the receiver.

→Tackling must be below shoulder.

→If a player knocks on (drops the ball forward) the opposing side will gain possession via a scrum.

→You may not tackle a player in the air. You must enter a ruck from the back foot of your side of the ruck.

→Any player in front of a player kicking must wait for the kicker to pass or they will be offside.

Positions:

Forwards:

Prop (open / tight head)
Hooker Second row (2)
Back row (3)

Backs:

Scrum Half
Fly Half
Inside centre
Outside Centre Winger
(Left / Right) Fullback

Total number of players 15



Scoring System:

→To score a goal, the ball must be put over the line into the goal

→The team with the most goals at the end of the game wins.

Tactics:

→Teams attack and defend together

→Create width to create more space

Key Words:

Pass
Run
Tackle
Ruck
Maul
Scrum
Penalty
Free-kick
Knock-on
Forward pass
High tackle
Defensive line
Scissor
Loop



Skills and Techniques:

→ **Dribbling** - allows you to move the ball around the pitch without losing possession. Keep the ball close to your stick at all times, when running with it. Keep the ball at the 1 o'clock position. Use the flat side of your stick to control the ball when moving. Don't look down when running with the ball. Keep your head up.

→ **Passing** - push pass - stand side onto the ball. Bend your back leg and keep your front leg straight, with your foot pointing towards where you want the ball to go. With a slight bend in your arms, place your stick on the ball and push it forwards, transferring your weight from your back foot to your front foot.

→ **Tackling** - block tackle - put your stick flat on the ground with your body in a lunge position and drive forwards with the ball.

Rules:

→ Game is started by centre pass within the centre third

→ Two umpires officiate the game

→ Players are not allowed to travel with the ball

→ Players must remain within their designated zones

→ A defending player must stand three feet away from the person with the ball.



Positions:

CF - centre forward
RF - right forward
LF - left forward

CM - centre midfield
RM - right midfield
LM - left midfield

SW - sweeper
CB - centre back
RB - right back
LB - left back

GK - goalkeeper

11 players in total



Scoring System:

→ To score a goal, the ball must cross the opposition's goal line and be touched by the attacking team inside the D

→ The team with the most goals at the end of the game will win the game.

Tactics:

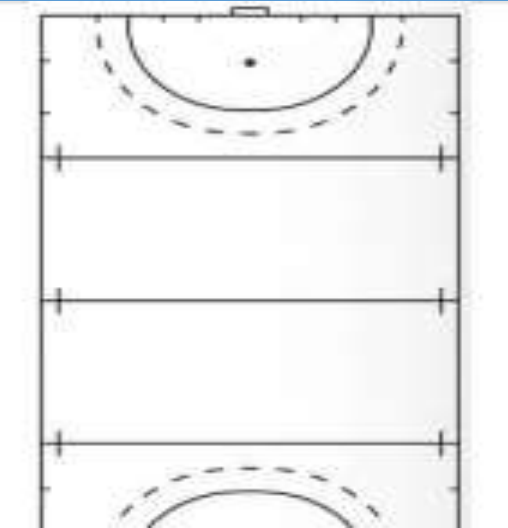
→ Pass to your teammates strong side

→ Make your passes accurate before adding power



Key Words:

Dribbling
Push pass
Hit pass
Sweep pass
Block tackle
Jab tackle
Shooting
Centre pass
Hit out
Short corner
Long corner
Self pass
Attacking
Defending





Skills and Techniques:

- **Chest pass:**
Most accurate pass. Hands form W shape behind ball. Step forward into pass, keep elbows close to body. Push through with ball
- **Shoulder Pass:**
Used to cover bigger distances. Place throwing hand behind ball, move opposite foot in front of body. Full extend arm when passing, following through with pass.
- **Bounce Pass:**
Used when space is restricted. Standing with one foot forward. Push ball into floor.
- **Shooting:**
Ball on fingertips, use non throwing hand to steady ball. Bend knees and elbows, lifting ball up to net.

Rules:

- Game is started by centre pass within the centre third
- Two umpires officiate the game
- Players are not allowed to travel with the ball
- Players must remain within their designated zones
- A defending player must stand three feet away from the person with the ball.



Positions:

- GK - Goalkeeper
- GD - Goal Defence
- WD - Wing Defence
- C - Centre
- WA - Wing Attack
- GA - Goal Attack
- GS - Goal Shooter
- 7 players in total

Scoring System:

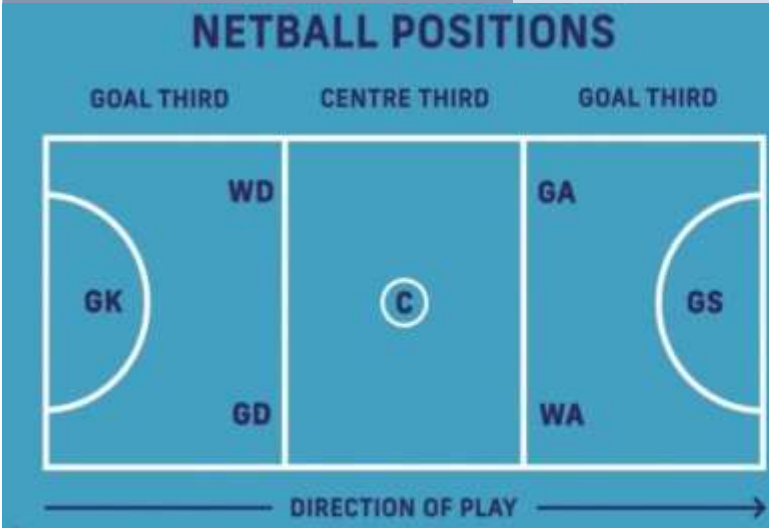
- To score a goal, the ball must be put through the opposition's goal ring
- The team with the most points at the end of the game wins.

Tactics:

- Quick Passing
- Dodging and changing speed to receive ball

Key Words:

- Chest Pass
- Bounce Pass
- Shoulder Pass
- Intercept
- Marking
- Defensive Third
- Centre Third
- Attacking Third
- Goal Circle
- Net
- Attacking
- Defending
- Centre Pass



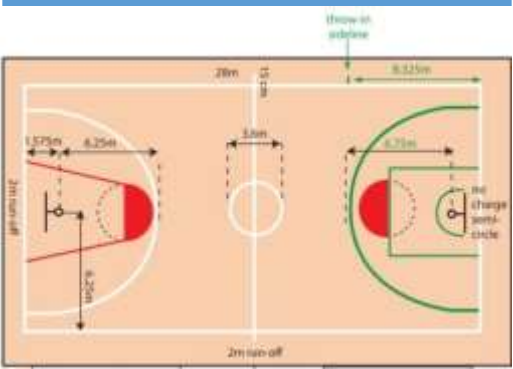
Skills and Techniques:

- **Dribbling** Used to keep possession of the ball and travel around the court. The ball should be kept close to the body at all times (under control).
- **Shooting** Used to score points for the team (See Scoring system for how to score)
- **Passing** Used to get up the court quickly. Another way for the team to maintain possession. Can be used to find a better scoring or dribbling opportunity.



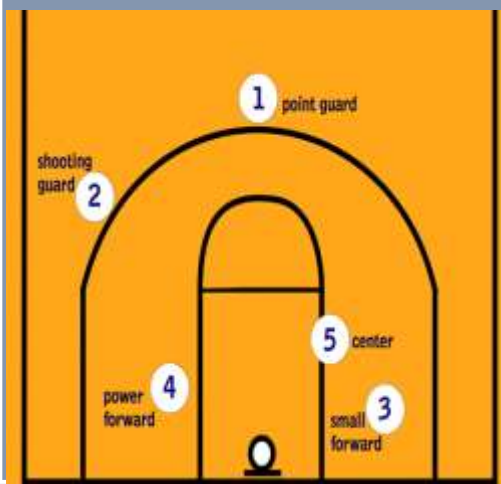
Rules:

- Each team can have a maximum of 5 players on the court at any one time.
- The ball can only be moved by either dribbling (bouncing the ball) or passing the ball.
- Violations in basketball include travelling (taking more than one step without bouncing the ball), double dribble (picking the ball up dribbling, stopping then dribbling again with two hands)



Positions:

- **Point guard** direct play going forward and decide which moves the team should make.
 - **Shooting guard** are the main shooter in the team but it is usually from long distance.
 - **Small forward** is normally the tallest player, shooting is a large part of their game.
 - **Centre** will look to score from close to the basket and also block shots and deal with rebounds.
 - **Power Forward** specialises on the rebounds and defence.
- 5 players in team.

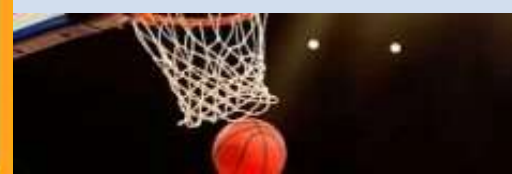


Scoring System:

- **Inside three-pt line**
Any baskets not scored from the free throw line or from outside the three-point line will be worth two.
- **Outside the three-pt line**
These baskets will be rewarded with 3 points, your feet have to be behind the 3 point line for it to count.
- **Free throw line**
A free throw from the free-throw line is worth one point. It is an unchallenged shot at the basket. This is awarded after a technical foul, or a personal foul on a player in the act of shooting.

Tactics:

- **Defending tactics**- Full court and half court press
- **Attacking tactics** - rebounding and manipulating speed of play.



Key Words:

- Chest Pass
- Bounce Pass
- Shoulder Pass
- Intercept
- Marking
- Defensive Third
- Centre Third
- Attacking Third
- Goal Circle
- Net
- Attacking
- Defending
- Centre Pass





Skills and Techniques:

- Serve:** The first shot to begin a rally. The serve is alternated between the two players, after two serves the service goes to the opposite player regardless of the winning shot.
- Backhand push:** The ball is played on the backhand side, with a flat bat face to push the ball over the net.
- Forehand push:** The ball is played on the forehand side, with a flat bat face to push the ball over the net.
- Forehand/backhand drive:** A shot played on the forehand side, contact cuts on an angle (closed bat position) to the ball to make it move differently,

Rules:

- A serve **MUST** bounce on both sides of the table.
- Players cannot volley the ball, it must always bounce first.
- A player can serve in any direction, it does not have to be diagonal.
- You cannot touch the table with any part of your body during a point, Service rules:
- Must serve behind the white line.
- The ball must be presented to your opponent.
- you must toss the ball up 6 inches and hit the ball on the way back down.



Key Words:

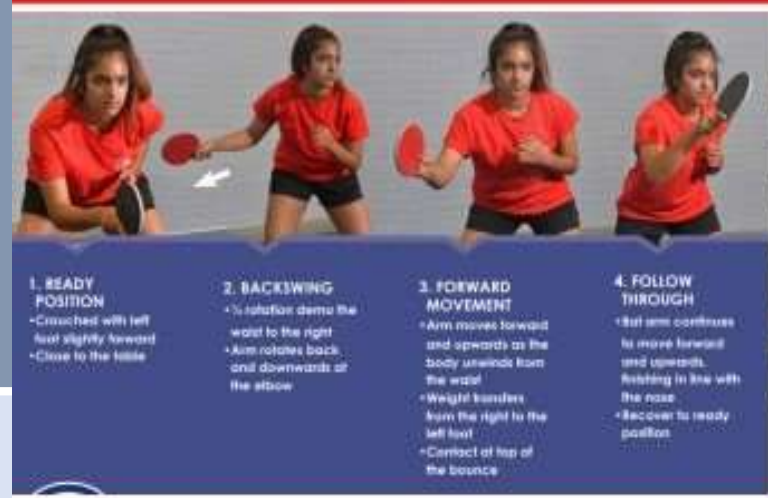
- Table
- Ball
- Bat
- Open/Closed/Neutral grip position
- Service
- Drives
- Push
- Smash
- Lob
- Block
- Net

Tactics:

- Play on your opponent's weaknesses.
- Play consistently and don't make unforced errors.
- Move your opponent around the table.
- Vary your strokes.
- Vary the speed, spin and direction of your strokes.

Ready Position

The ready position is a key starting point when fielding. It provides you with the best opportunity to catch and/or stop the ball and allows you to move into position quickly. This is done by being on your toes with your body **weight slightly towards** where the ball is coming from with hands ready.



Forehand Drive

Hip to lip (start and finish points for the bat)

Finish with your **in-**
index finger pointing
towards the target
(like a gun)



Backhand Push

Making an **L shape** with your elbow on the backswing and push your arm forwards to an **I** on the swing

Finish with your **in-**
index finger pointing
towards the target

Skills and Techniques:

- **Clear:** Shot played high to the back of the opponent’s court, a defensive shot.
- **Drop shot:** Delicate shot played just over the net into the space. Gets your opposition out of position to attempts a smash or clear.
- **Grip:** V shape down the handle. (Shake its hand)
- **Smash:** Most attacking shot. Hitting the shuttle cock at its highest point with power, trying to get the shuttlecock to hit the floor on the opponent’s side as quickly as possible
- **Flick Serve:** Short serve which is played typically in doubles. Aim is to get the shuttlecock to stay low over the net and land just over the service line.
- **Underarm serve:** Serve typically played in singles. Aim is to get the shuttles as high as you can towards the backline. Gets you opposition to the back of the court

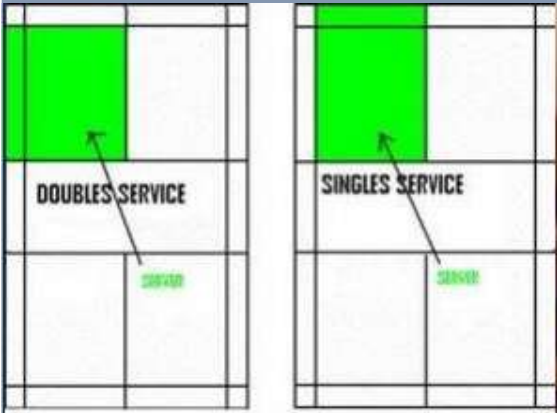
Scoring:

- Serve Diagonal and land across the service line
- Play to 21 points (2 clear points to win)
- Whoever wins the point, their team serve
- Serve on the right when the score is even, on the left when it is odd.
- When the score is even you serve from the right, when it is odd you serve from left
- Long and thin for doubles, short and fat for singles
- You cannot touch the net

❓ Serve must be underarm/below lowest rib.

Rules:

- The aim of badminton is to hit the shuttle with your racket so that it passes over the net and lands inside your opponent’s half of the court.
- Whenever you do this, you have won a rally; win enough rallies, and you win the match. Your opponent has the same goal.
- They will try to reach the shuttle and send it back into your half of the court. You can also win rallies from your opponent’s mistakes: if they hit the shuttle into or under the net, or out of court, then you win the rally.
- If you think your opponent’s shot is going to land out, then you should let it fall to the floor. If you hit the shuttle instead, then the rally continues. Once the shuttle touches the ground, the rally is over.



Key Words:

- Ready position
- Forehand and backhand serve.
- Defensive clears
- Forehand drop shot
- Basic backhand
- Outwitting opponents
- Leadership skills
- Scoring system
- Rules and regulation
- Court lines dimensions
- Equipment familiarisation

Tactics:

- Doubles – front/back or side to side
- Hitting into space
- Targeting opponents weakness
- Shot selection



**Skills and Techniques:
Back Crawl**

→ Body position

Horizontal
Streamlined
Head still
Eyes looking upward
Hips close to surface

→ Leg Action

Continuous up and down motion
Legs close together
Relaxed ankles

→ Arm Action

Thumbs leave the water first
Little finger entry



**Skills and Techniques:
Front Crawl**



Body position

Flat and streamlined
Eyes looking forwards and downwards



Leg Action

Continuous and alternating
Starts from the hip
Ankles relaxed



Arm Action

Thumb enter the water first
Enter between the head line and
shoulder line
Elbow exits first

→ Breathing

Head rolls to the side to breath
Bilateral breathing



**Skills and Techniques:
Breaststroke**

→ Body position

As horizontal as possible
Shoulders horizontal

→ Leg Action

Starts in glide position
Heels drawn towards the seat
Feet turned out
Kick backwards with
a circular whipping action

→ Arm Action

From glide position, hands turn
outwards
Pull downwards and outwards to
inline with shoulders
Arms meet in the centre of the body
and drive out to glide position



**Skills and Techniques:
Butterfly**



Body position

Horizontal,
with a wave like movement from head
to toe
Shoulders kept level

→ Leg Action

Legs close together
Ankles relaxed toes pointed
Action starts from the hips
Kick up and down with a bend at the knee

→ Arm Action

Thumb first entry
Entry shoulder width apart
Pull downwards, with bent elbows
Hands leave the water little finger first
Arms clear the water just above the
surface

→ Breathing

Lift head and push chin forwards
Head lowered quickly but smoothly



Skills and Techniques:

→ **Actions** (eg travel, turn, elevation, gesture, stillness, use of different body parts, floor work, transfer of weight)

→ **Dynamics** (eg fast/slow, sudden/sustained, strong/light, flowing/abrupt)

→ **Space** (pathways, levels, directions, size of movement, patterns, spatial design)

→ **Relationships** - lead and follow, mirroring, action and reaction,, complement and contrast, formations)

→ **Timing**

→ **Rhythm**

Choreographic devices:

- Motif and development
- Repetition
- Contrast
- Highlights
- Climax
- Changes in numbers of dancers
- Unison and canon.

Positions and groupings:

- Solo
- Duet
- Trio
- Group
- Centre stage
- Upstage
- Downstage
- Stage Left
- Stage Right
- Onstage
- Offstage

Performance skills:

- Posture
- Alignment
- Balance
- Coordination
- Control
- Flexibility
- Mobility
- Strength
- Stamina
- Extension

Key Words:

- Choreography
- Pathways
- Direction
- Level
- Speed
- Extension
- Timing
- Phrase
- Stimulus



Skills and Techniques:

→**Hand-Eye Coordination:** one of the most important skills of the game of cricket is to possess strong hand-eye co-ordination

→**Batting:** Batting involves protecting the wickets and being able to score runs.

→**Bowling:** Bowling is a way to prevent runs and aim to take wickets by hitting the stumps or making the batter make a mistake.



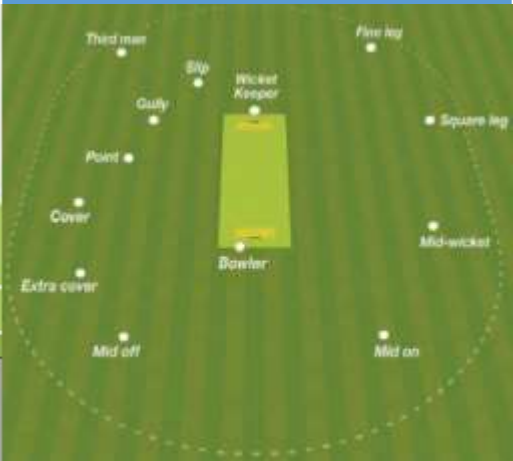
Rules:

→Two teams, play an innings of batting and bowling.

→When one team is batting, try and score as many runs as they can by hitting the ball around a set boundary.

→The bowling team can get the batsmen out by hitting the stumps or catching the ball.

→Once the batting team is all out, the teams swap over and they then become the bowling side.



Positions:

→**Wicketkeeper:** The wicket keeper stands behind the batsman, and is responsible for catching the ball in their gloves if the batsman edges, misses or leaves the ball.

→**Point:** Fielding position square of the wicket on the off side of the batsman.

→**Mid-off:** Fielder should be positioned just a bit wider than straight on the off side of the field.

→**Mid-on** is the same position as mid-off on the on side.

→**Cover:** Fielding position is just in front of square on the off side.

→**Square leg:** The fielder is located square of the wicket on the leg side of the field.

→**Mid-wicket** is a position in front of square on the leg side of the batsman

→ **11 players in team.**

Scoring System:

→One run is scored each time the batsmen cross and reach the set of stumps at the other end of the pitch.

→Four runs can be scored if the ball reaches the perimeter of the field

→Six runs if it crosses the perimeter without bouncing.

Key Words:

Wicket Keeper
 Batsman
 Bowler
 Long Barrier
 Hand eye co-ordination
 Catch
 Stumps
 Seam
 Leg before wicket
 Over
 Spin
 Umpire

Tactics:

→**Fielding:** Place players in positions where the batsman may give a catch, to a fielder and to save runs or to block the path of the ball from the batsman's scoring strokes Backing up the ball from a fielders throw.

→**Bowling:** The location varies with the pace of the bowler, the state of the pitch, and the reach and technique of the batsman. The second is the direction. On this foundation a bowler may elaborate with variations of spin bowling

→**Batting:** A forward stroke in which the batsman advances his front leg to the pitch of the ball and plays it in front of the wicket. This is the best way to score runs with control.

Skills and Techniques:

→**Fielding:** Backstop throwing the ball straight to first to stump the player out. The fielding team Throwing the ball ahead of the scoring batter to prevent them getting more points. Place a fielder in the position 'the slips' to the right of the bowler for any balls.

→**Batting:** Needs power and speed. This is a very important skill to possess during rounders, as it's the easiest way to score

→**Bowling:** You must bowl underarm. Start with your arm back. As you bring your arm forward step into the bowl using the opposite foot to your bowling hand. The ball must be bowled below the head and above the knee.

Rules:

→Each team can have a minimum of 6 players on the pitch at any one time.

→Bowler must bowl the ball in the bowlers pitch

→ Lawn tennis balls must be used

→The ball must be bowled above the knee of the batter, below the top of their head. Batter can only hold the bat with one hand

→The batters foot must be on the edge of the batters square and stay planted when hitting the ball.

→The ball can be hit forwards or backwards

→A batter will be out if, after making a scoring shot from a good ball, the ball is caught by a fielder without it touching the ground.

→The batter, while running to a base, is out if she is touched by the ball from one of the fielding side.

→A batter is out if, before she reaches 1st base.

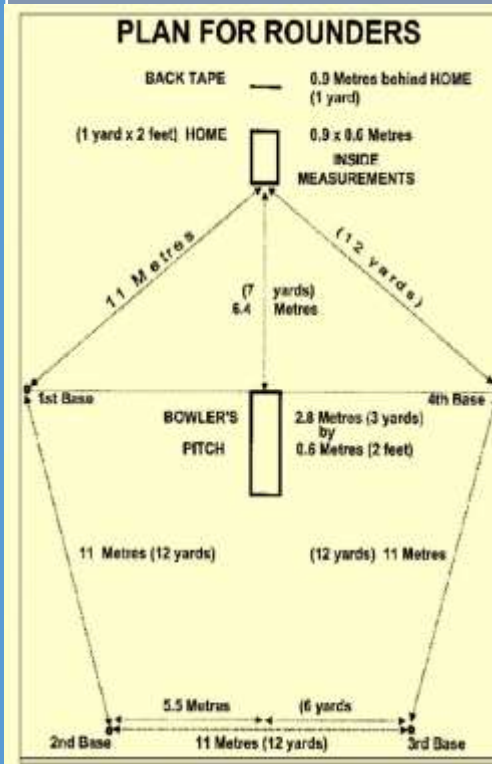
Positions:

→**First base** this is the only base you can stump and player out.

→**Baller** must bowl the ball in the bowlers pitch

→**Fielders** spread out around the pitch

→**Backstop** must stand on the line behind the batting square



Scoring System:

→The batter will receive **1** point for every base they reach.

→If the touch all four base without being caught out they receive **6** points.

→If the batter is out they keep the points reward until that point. E.g. if the batter is touched by the ball between 3rd and 4th base they would achieve **3** points and out.

→If the bowler bowls a 'bad ball' the batting team receive 1 point.

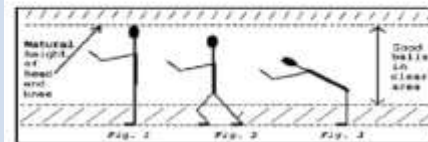
Tactics:

→Batters run round the inside of the posts

→fielders have a field in 'the slips' to the right of the bowler between the bowlers pitch and batters square.

Key Words:

Batting
Bowling
Deep
Fielding
Obstruction
Power
Accuracy
Throwing
Catching
Umpire
Stumping
No ball
Hitting
Running
Out
Rounder
Barrier



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Rules:

- Teams can be a minimum of 6 players and a maximum of 15 players.
- 9 players are on the field for each team at any one time. One team bats while the other team fields and bowls.
- The bowler bowls the ball to the batter, who hits the ball anywhere on the Rounders pitch.
- The batter then runs to as many posts as possible before the fielders return the ball to touch the post the batter is heading for.

Positions:

- **Batter** hits the ball in order to achieve point for their team.
- **Bowler** the bowler bowls the ball to the batter who hits the ball forward on the Rounders Pitch.
- **Backstop** The backstop guides the bowlers ball to the batter and receives the ball if the batter hits it backwards. The backstop will walk to the backline and throw the ball to bowler or to 2nd post fielder.
- **Base players** To prevent the batter scoring 1/2 rounder at 2nd base and a full rounder on 4th base by catching the ball and stumping the post before the batter reaches it.
- **Fielders** have to catch or gather the ball to the nearest post player who has to touch the post with the ball.

Scoring System:

- If the batter reaches the 2nd or 3rd post in one hit, the batting team scores ½ Rounder. If the batter reaches 4th post in one hit, the batting team scores a Rounder.
- A batter is out if the fielding team catch the ball hit by a batter before it touches the ground **or** by touching the post the batter is running to with the ball before the batter reaches it.
- If the runner reaches the 4th post on a no ball, the batting team scores 1 rounder. The batter cannot be caught out.
- 1/2 rounder scored if the 4th post is reached without the batter hitting the ball.
- If the ball goes into the backward area the batter must stay at the 1st post until it reaches the outward area.
- If the batter incurs 2 no balls in a row then a penalty 1/2 rounder is given to the batting team.

Key Words:

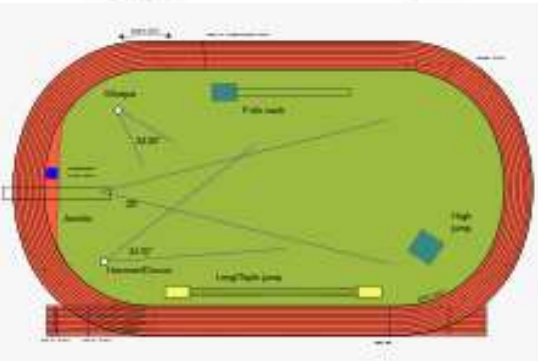
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LYNG HALL SCHOOL KS3 PE KNOWLEDGE ORGANISER – ACTIVITY: ATHLETICS

HIGH JUMP

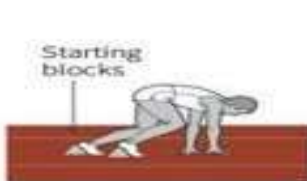
A raw test of human athleticism



TRIPLE JUMP



LONG JUMP



SPRINTS
100m, 200m, 400m, 800m, 1,500m, 3,000m (W) 5,000m (M) 10,000m (M)



RELAYS
4 x 100m, 4 x 400m
Teams of four athletes, who must carry the baton, one after another.

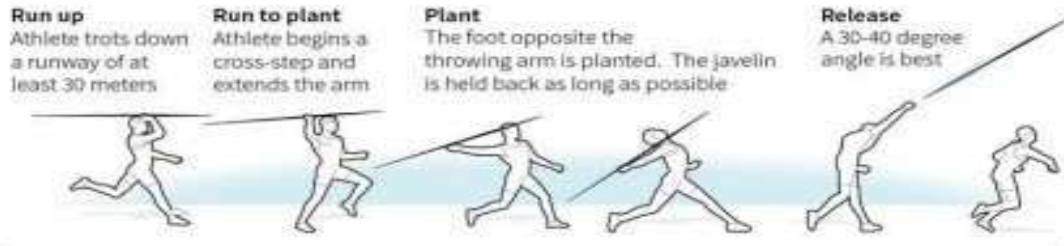


HURDLES
100m (W) 110m (M) 400m
Athletes sprint and jump over ten hurdles per lane.



STEEPLECHASE
3,000m
Athletes sprint and must overcome five jumps, including a water jump, per lap.

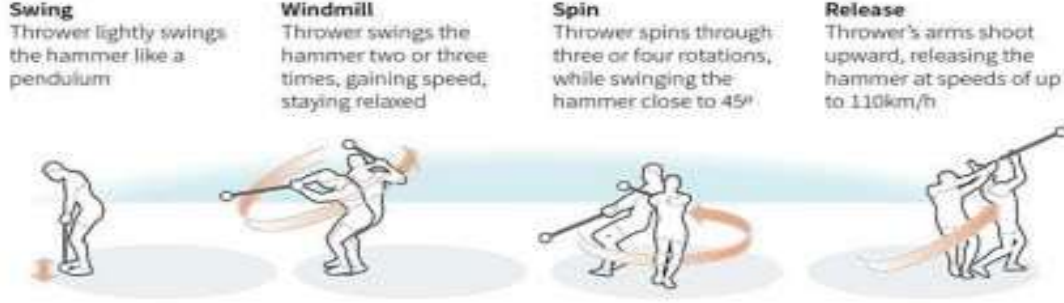
JAVELIN



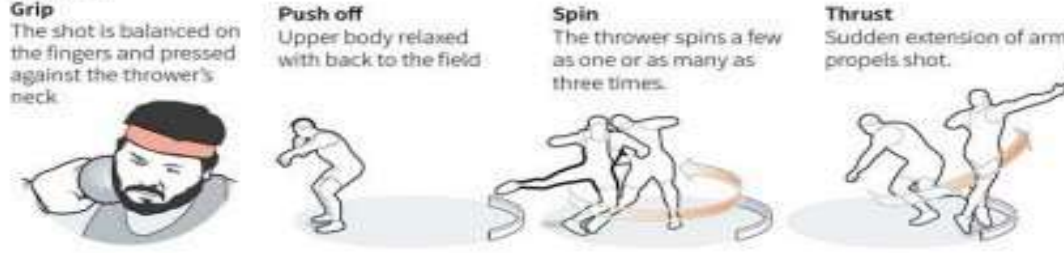
DISCUS



HAMMER



SHOT PUT





Skills and Techniques:

→ **Directions:** 4 key compass directions: North, South, East, West

More complex compass directions: North East, North West, South East and South West

→ **Map Reading:** Recognise symbols on a map. Understand that maps and aerial view pictures are not the same. Recognise these features on aerial photographs

→ **Human features:** Know that a human feature, is influenced by man (Road, cities, churches). Recognise these on a map

→ **Physical Features:** Know that a physical feature, is natural (Forest, rivers, beaches, hills) Recognise these on a map

→ **Directional language:** To describe the physical and human features in a location or a route.

Diagrams and Symbols:

tarmac	
soft surfaces	
mown grass	
rough grass	
new trees	
sand	
bushes	
pond	
garden	
out of bounds	
slope	
path	
ditch	
steps	
fence, gate	
high fence	
tree	
tree root stock	
building, canopy	
seat, post	

Positions:

→ The main aim of orienteering is to complete the set course by finding control markers in the correct order in the shortest time.

→ Although it is based on accurate map reading it is also a test of physical fitness.

→ You must find all the controls you are told to visit and record them on your score sheet.

→ You have to consider the terrain you are moving over ensuring your safety and the safety of any team members at all times, taking into account the varying fitness level of all your team members.

→ In order to be given a finish time for finding controls the whole team has to finish together

Key Features:

→ Orienteering control



→ Orienteering Map



Key Words:

- Location
- Speed
- Cardiovascular Fitness
- Setting a Map
- Navigation
- Diverse
- Direction
- Key
- Cardinal Markers
- Terrain
- Map
- Compass
- Control point
- Thumbing

Key components:

→ **Map**

A diagrammatic representation of an area showing physical features

→ **Key**

Explains the meanings of symbols

→ **Route**

A way from getting from a starting point to a destination

→ **Location**

The place where something is

→ **Orienteer**

To find your way across areas using a map.

→ **Grid reference**

map reference indicating a location in terms of a series of vertical and horizontal grid lines

→ **Latitude**

Imaginary lines north and south of the equator

→ **Longitude**

Imaginary lines from East to West around the globe



Stages	Why do we prepare in this way?	Activities include
→ Stage 1 Pulse Raiser	This allows us to increase our heart rate and the amount of blood pumped round our body which carries more oxygen to the muscles we are going to use.	Jogging Side steps Heel flicks Knees up Crossovers  
→ Stage 2 Stretching	Increased blood flow to muscles. Increased range of motion at joints Greater flexibility Reduced risk of injury	Opening up groins, Brushing the floor (hamstrings)Kicking the door down (Quadriceps) (10 Seconds per stretch) 
→ Stage 3 Increased Intensity & Skill Related Activity	This stage allows the performer to take part in movements that will take place during activity. Increase mental preparation ready for game to start. Increase performance levels with game specific movements.	75%- 100% pace when running. Match related scenarios (twisting and turning at speed) 
→ Cool Down	Return heart rate to resting levels gradually. Remove lactic acid from body (reduce cramp)	Walking/Slow jog Static stretching (30 Seconds per stretch)

What happens if we are not active?

By not exercising appropriately our bodies will store the majority of our food intake. This will then increase our body weight and as you are not burning any calories off then the likelihood of obesity occurring will increase. This is when you are deemed to be heavily overweight with high body fat.

There is also an Increased risk of long term diseases such as Heart disease, High blood pressure and diabetes.

Carbohydrates:



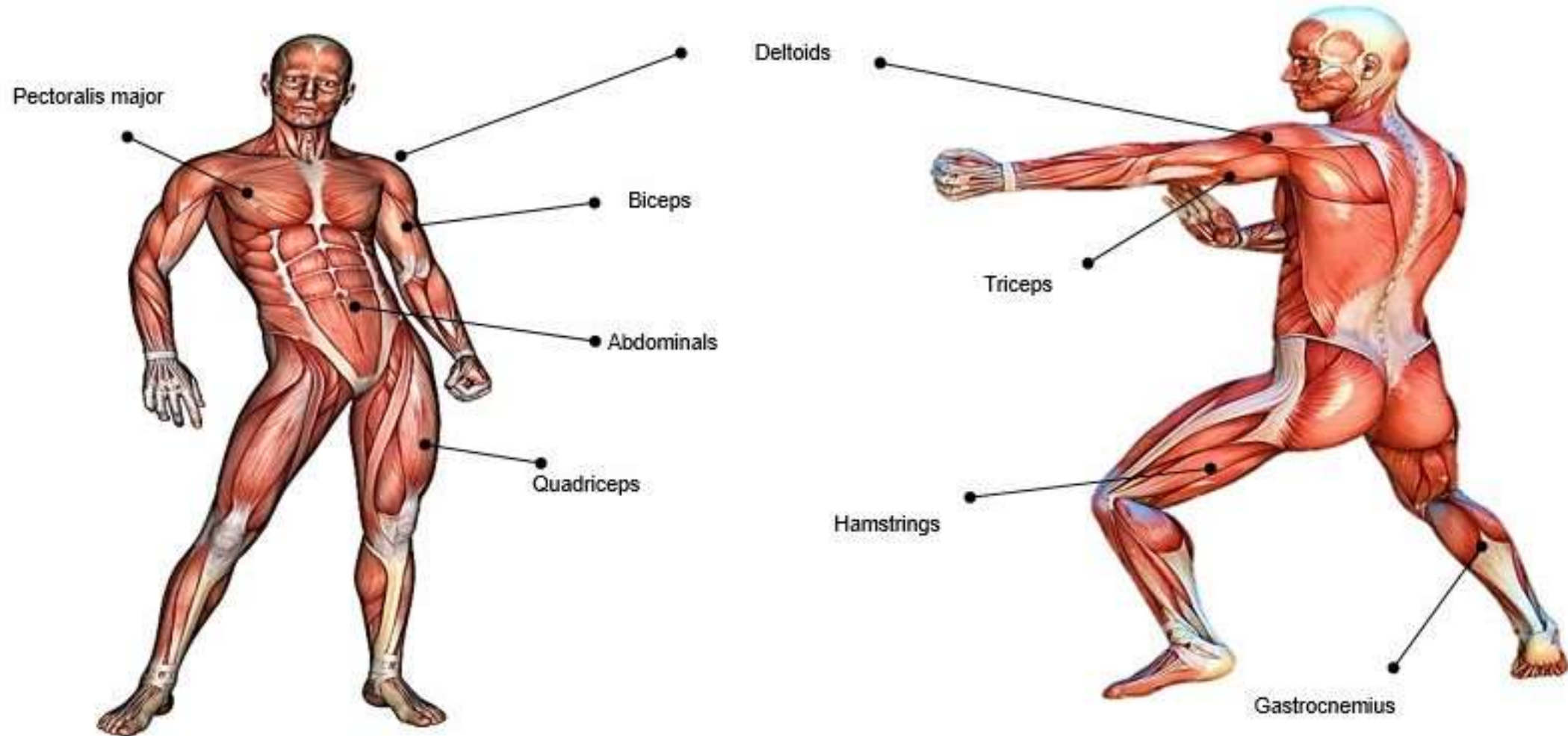
These are very important for performers as they are the bodies fuel. Just like a car needs petrol to move, our bodies need energy to be able to provide movement. Carbohydrates are stored as glycogen. They release the energy that is used by our muscles.

The optimum time to refuel is straight after exercise as our body is more efficient at this time. Waiting any longer and the body slows down. Eating after exercise helps you recover quicker.

Endurance athletes such as marathon runners would carbo load and eat a high carb meal to store as much glycogen (energy) as they can within the body leading up to events.

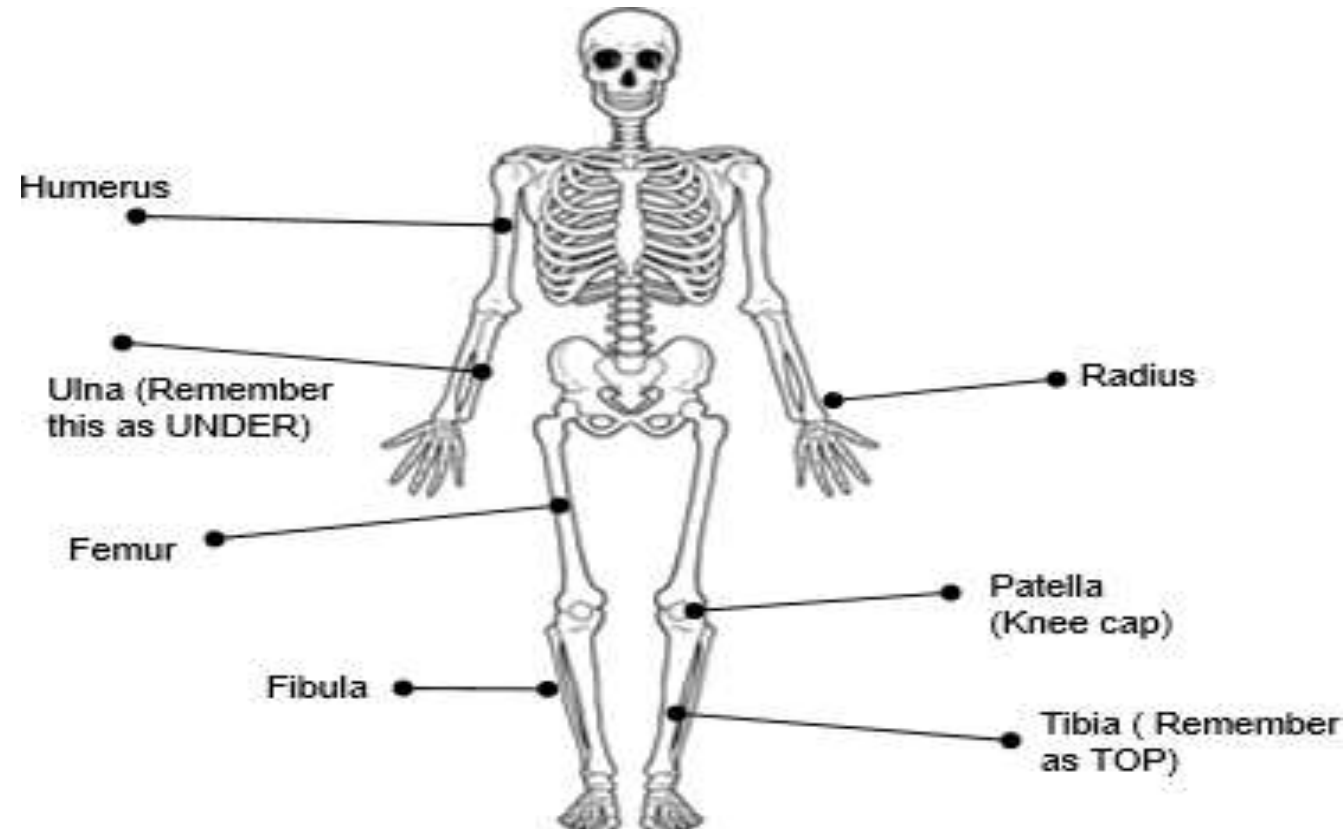
Macronutrients	
Macronutrients are those nutrients required in large amounts that provide the energy needed to maintain body functions and carry out the activities of daily life.	
Carbohydrates	Carbohydrate is arguably the most efficient source of energy for athletes. Once eaten, carbohydrates break down and get absorbed and used as energy . An example of a carbohydrate is pasta, this is why we eat pasta before a performance.





Voluntary Muscles

1. Attached to the skeleton by tendons
2. Muscle fibres that are long and thin contract and pull the skeleton to cause movement



Movement Possibilities at Joints	Flexion Bending at a joint that REDUCES the angle. E.g. Your right hand touching your right shoulder Extension Straightening movement that increases the angle. Knees when standing up.
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All performers have **components of fitness** that work together to enhance a performers ability. These are described below.

Component of fitness	Importance in sport
Agility	The ability to change position and control the body at speed.
Balance	The ability to keep the body stable when still or moving.
Body composition	The percentage of body weight that is muscle, fat or bone.
Co-ordination	The ability to use two or more body parts together.
Cardiovascular Fitness	The ability to exercise your body for long periods of time.
Flexibility	The range of movement around your joints.
Muscular Endurance	The ability to use voluntary muscles repeatedly without getting tired.
Power	The ability to undertake strength performances quickly.
Reaction time	The time between the presentation of a stimulus and the onset of movement.
Strength	The ability to exert force.
Speed	The rate at which an individual can cover a distance.

