



UNITED ARAB EMIRATES
MINISTRY OF EDUCATION

موقع المناهج الإماراتية almanahj.com



Physical and Health Education

Grade 6

Term
1



Authored and designed
by a specialised committee from the Ministry of Education

Warm-up and cool-down

Before we start an exercise, we need to warm-up. When we are finished exercising, we need to cool-down.

Activity 1

Describe why we need to warm-up.

* to keep our body in safe from
injury

* increase blood flow to the muscles

Activity 2

Describe why we need to cool-down.

- to bring our body back to resting state

- Stop our muscles from getting sore

Unit 1 Fitness First



Did you know?

Every athlete will warm up before exercise. Doing this will reduce the risk of them getting injured.

One of the main reasons we warm-up is to reduce the risk of injury to our muscles. To reduce the risk of injury, we stretch our muscles.

Activity 3

Look at the stretches below. Draw a line to the muscle that is being stretched and label it. Once labelled, think of a sport that would need that stretch in their warm-up.



Sport

Sport gymnastic

Sport hand ball

Rugby

hamstring

Fore arm

Unit 1 Fitness First



Sports running

quadriceps



Sport volly ball

Fore arm ~~stretch~~ stretch



Sport weightlifting

front deltoids



Sport tennis

deltoids
and lats



Sport Shouf Pof

Lats and abdominals

Unit 1 Fitness First

Reflection: What component of fitness does this test measure? Circle the answer below.

power

balance

speed

flexibility

agility



How does this test measure the component of fitness you have picked?

IT MEASURES YOUR SPEED FROM CONE ONE TO
CONE TWO, AND CALCULATES YOUR TOP SPEED

Does that mean this test makes you work in an aerobic capacity or an anaerobic capacity?

aerobic capacity

anaerobic capacity

Unit 1 Fitness First

Reflection: Using the words from the box, select the correct component of fitness by writing it in the circle.

- power
- strength
- speed
- balance
- agility

POWER

Why does this test measure that component of fitness?

IT MEASURES HOW FAR YOU CAN JUMP USING THE POWER IN YOUR LOWER BODY

aerobic or anaerobic?

ANAEROBIC

Unit **1** Fitness First



Reflection: What component of fitness does the hand-eye coordination test measure? Cross out all the components of fitness that you think are wrong.

power speed muscular endurance coordination balance

Activity 8

Are these sentences true (T) or false (F)? Write T or F.

This test measures the speed of how fast you throw the ball.	F
This test measures balance because you have to be on your toes.	F
This test measures the power of how hard you throw the ball.	F
This test measures the coordination of your eyes and hands together to catch the ball.	T
This test measures the muscular endurance of how long you throw the ball for.	F

Does this test make you work in an aerobic capacity, or an anaerobic capacity?

AEROBIC

Unit 1 Fitness First

Reflection: Discuss with the person next to you which of the following components of fitness the sit-up test measures. Once you have discussed, put the answer in the box below. Explain your answer.

MUSCULAR ENDURANCE.
IT MEASURES THE ABILITY OF OUR MUSCLES TO WORK REPEATEDLY

Activity 9

Highlight whether this test works your body in an aerobic capacity or an anaerobic capacity by placing a cross through the wrong answer.

Aerobic capacity

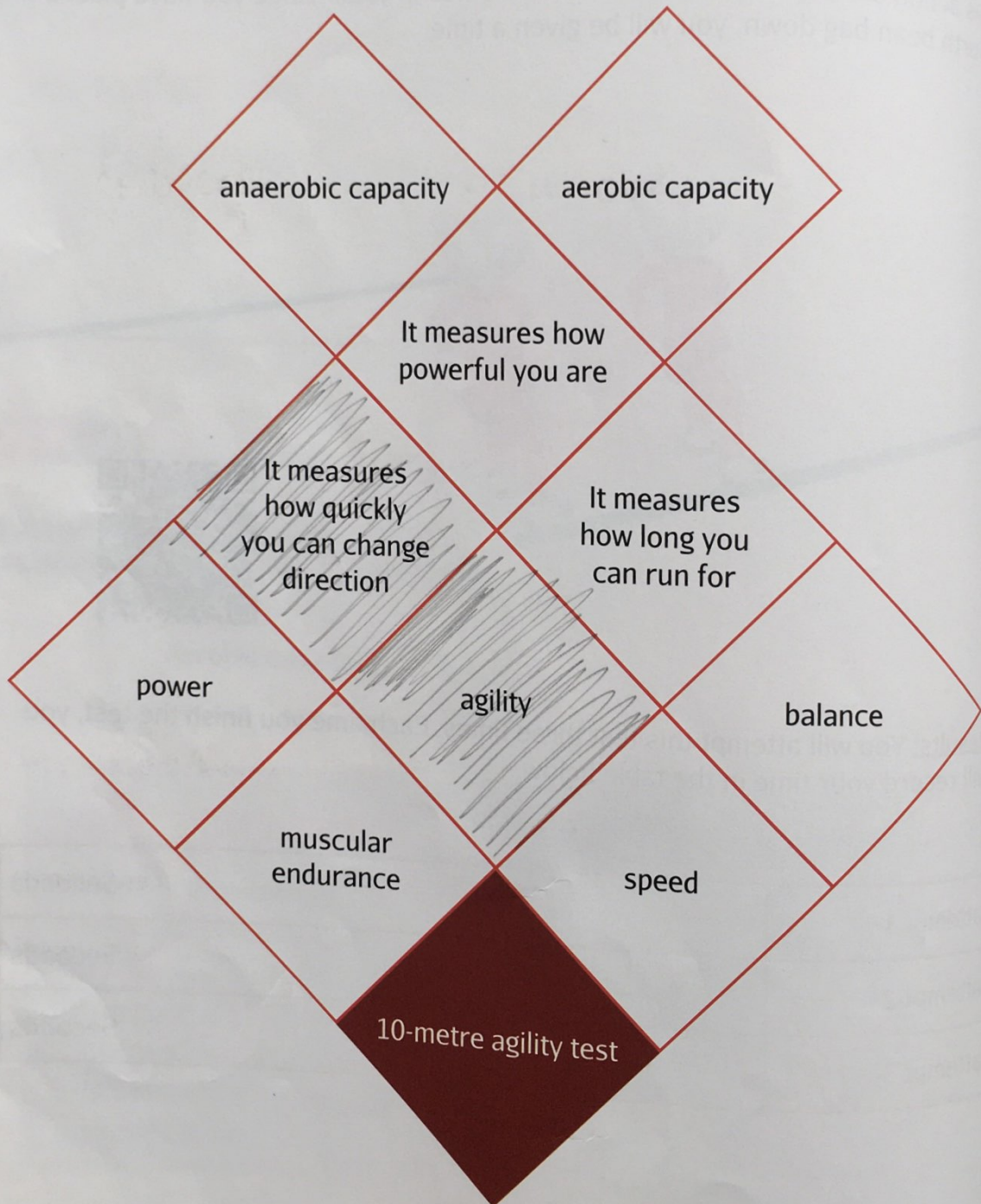
Anaerobic capacity

Did you know?

Nada Al Bedwawi got a personal best time (PB) of 33.42 seconds in the 50m freestyle at Rio 2016. She needs muscular endurance to swim the full 50m without slowing down.



Reflection: Show your understanding of the component of fitness that is tested by shading what the 10-metre agility test measures. Why is that component of fitness tested? Does the test work you in an aerobic capacity or anaerobic capacity?



Unit 1 Fitness First

Reflection: What component of fitness is being tested? Circle the correct answer.

flexibility balance speed muscular endurance power

Activity 10

Why does this test measure the component of fitness you have chosen?

IT MEASURES HOW FLEXIBLE OUR HAMSTRING IS.

How does this test work in an aerobic capacity?

Unit

2

Being the Participant

Glossary of Key Terms

Word	Form	Definition
circuit training	حافطة التدريب noun	a set of exercises in a special order
continuous training	التدريب المستمر noun	exercise for a long period of time without rest
diet	حمية noun	the food that a person usually eats
fartlek training	noun	involves changing your speed and the kind of terrain
frequency	تكرار noun	the number of times that something happens in a period of time
intensity	الشدة noun	how hard you train
interval training	فترة التدريب noun	swap between periods of hard exercise and rest
programme	برنامج noun	a plan of action with a goal at the end
training	تدريب noun	the process by which an athlete prepares for competition; this is done through exercise and practice
weight training	تدريب مع اوزان noun	uses weights to provide resistance to muscles



Unit 2 Being the Participant

What is a method of training?

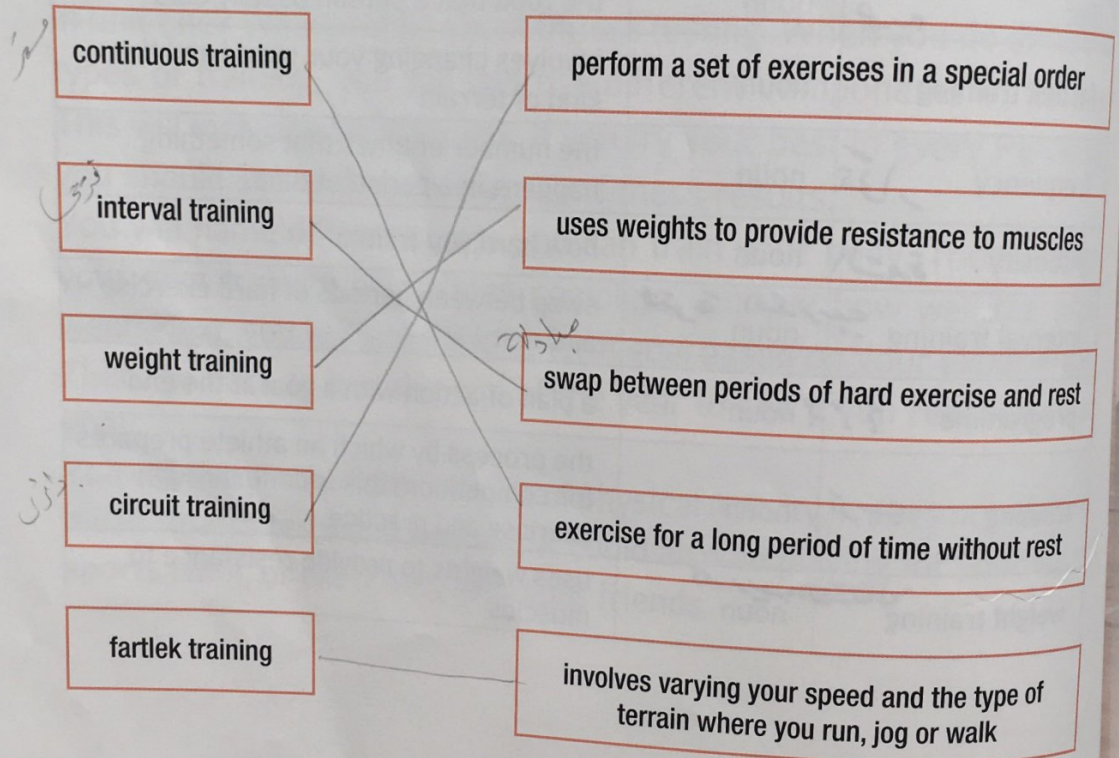
A method of training is a process an athlete would do to improve a certain type of fitness. An example of this is interval training for speed.

Activity 1

الطوب

There are a lot of training programmes. Match one of the definitions to the right method of training.

methods of training



Unit 2 Being the Participant

What is a training programme?

A training programme is a plan to improve and develop a skill or ability. In this case, to improve a type of fitness. When you design a training programme, there are four things you need to consider.

Activity 2

Show your understanding of the FITT principle. Fill in the missing gaps using the words.

kind

hard

often

long

frequency	How <u>OFTEN</u> you train.
intensity	How <u>HARD</u> you train.
time	How <u>LONG</u> you train for.
type	What <u>KIND</u> of training you do.



Unit 2 Being the Participant

Designing your own training programme

Now that you know what is involved in a training programme, you will design your own. When you design a training programme, you should exercise safely.

Activity 3

Can you name three important safety factors?

- 1 MAKE SURE TO DRINK PLENTY OF WATER
- 2 MAKE SURE EQUIPMENT / FACILITY IS SAFE
- 3 MAKE SURE YOU WEAR SPORTS CLOTHES.

Before you plan your programme, it is important to look back at your fitness test results. Then, you can see what to improve. You will pick one type of fitness that you need to improve. Then, you will create a training programme around it.

Did you know?

Amna Al Hammad has won 6 gold medals and 3 silver, representing the UAE. She will use weight training to make her stronger.



Unit 2 Being the Participant

Activity 4

Using the table below, design a training programme for seven days.

CARDIOVASCULAR
 type of fitness ENDURANCE method of training CONTINUOUS TRAINING
 goal IMPROVE COOPER TEST

day	activity
Sunday	RUN
Monday	SWIMMING
Tuesday	WEIGHT TRAINING
Wednesday	ZUMBA
Thursday	RUN
Friday	SWIMMING
Saturday	WEIGHT TRAINING



Unit 2 Being the Participant

Reflecting on your training programme

An important part of your training programme is to reflect on the progress you made. Did you meet your goal?

Activity 5

How well did your training programme work? Answer the following questions.

Did you follow your training programme every day?

yes

no

sometimes

Did your exercises improve the type of fitness you selected?

yes

no

not sure

Did you meet your goal?

yes

no

What could you have done differently?

NEXT TIME I WILL DO DIFFERENT
ACTIVITIES SO I CAN STAY MOTIVATED AND
NOT GET BORED

Unit

2

Being the Participant

What is a log book?

A log book is a tool you can use to keep a record of events. It can also track how much physical activity you do each day. You will learn how to create your own log book. This is so you can see the number of calories you burn through physical activity.



Activity 6

For the next two weeks, you will record how often you exercise. Then, you will reflect on what you have written in your log book.

EXAMPLE - - -

day	activity
Sunday	NOTHING
Monday	P.E LESSON
Tuesday	WALK
Wednesday	P.E LESSON
Thursday	DANCE
Friday	SWIMMING
Saturday	FOOTBALL



Reflection

How has your week been? Write a sentence describing how you feel about the amount of exercise you have done this week.

Sunday	<p>I FEEL SAD</p> <p>I DID NOT DO EXERCISE</p>
Monday	<p>I HAD FUN WITH PE L</p> <p>I FEEL GOOD.</p> <p>I HAD FUN WITH MY FRIENDS</p>
Tuesday	<p>I FEEL OK</p> <p>I SPENT TIME WALKING WITH MY FAMILY</p>
Wednesday	<p>I FEEL GOOD</p> <p>I HAD FUN WITH MY FRIENDS</p>
Thursday	<p>I FEEL AMAZING</p> <p>I MADE A GOOD DANCE WITH MY FRIENDS</p>
Friday	<p>I FEEL HAPPY</p> <p>I SWAM WITH MY BROTHER</p>
Saturday	<p>I FEEL FRUSTRATED</p> <p>I PLAY WITH MY COUSIN,</p> <p>I WANTED TO PLAY LONGER</p>

Unit 2 Being the Participant

Reflecting with friends

Reflection is a great way to assess yourself and others. It shows your strengths and areas to improve. You should have reflected on your exercise after week one. Now you will evaluate your partner's two-week log. You will give them feedback by answering the following questions.

Activity 7

How often did my partner exercise?

everyday 4-6 days a week 1-3 days a week no exercise

What did my partner do well?
 SHE TRIED HER BEST TO EXERCISE
 EVERYDAY

How could my partner be even healthier?
 SHE COULD HAVE EATEN HEALTHY
 FOODS



Did you know?

Volleyball players train together to improve their teamwork skills. They will give each other feedback on performances so they can improve as a team.



Unit

2

Being the Participant

The benefits of being physically active

There are many reasons to be physically active. These benefits could be health-related or social-related.

Activity 8

Which of the words below are health-related or social-related? Put the word in the correct column.

- low blood pressure **H**
- enjoyment **S**
- obesity **H**
- diabetes **H**
- reduce anxiety and stress **S**
- self-confidence **S**
- self-esteem **S**
- heart problems **H**
- increase energy levels **H**
- make new friends **S**
- improve communication **S**

health-related benefits	social-related benefits
<p><i>(Faint handwritten notes)</i></p>	<p><i>(Faint handwritten notes)</i></p>



Activity 9

What are the differences between health-related and social-related benefits of physical activity? Describe the differences in one sentence.

PHYSICAL BENEFITS IMPROVE OUR BODIES HEALTH

SOCIAL BENEFITS IMPROVE OUR PSYCHOLOGICAL
HEALTH

UAE HEROES

Fatmah Rashed Al Kaabi became the first Emirati female powerlifter. She trains at Dubai Club for Special Sports.



Unit 2 Being the Participant

Creating a long-term goal

Long-term goals are something that you hope to reach in the future. They are set to be achieved over a long period of time, such as a year.

Activity 10

You now understand the different training methods and the benefits of taking part in physical activity. You will now create your own long-term goal. Let us see if you can achieve it by the end of the school year.

By the end of this year I will:

IMPROVE
COOPER TEST

I will do this by:

CONTINUOUS
TRAINING

I could also do this by:

PLAYING
MORE
SPORT

People who can help me are:

TEACHER
FAMILY
FRIEND

