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2017

# Term 1: Revision Guide G8



End of Term Test

Scope: Unit 1

## Preparing for physical activity

It is important to warm up before you exercise. You should cooldown after you exercise. A good warm-up should include two things: a pulse raiser that increases your heart rate, and stretching. A good cool-down should bring the body back down to a resting state.

## Warm- up

A good warm-up is very important. After increasing the blood flow to the muscles, you must stretch them.

## Warm-up Guide

- Jog with gradual increase in effort (pulse raiser1) 2-3 minutes.
- Static stretches (hold stretch for 8-10 seconds).
- Dynamic stretches (perform for up to 20 seconds).
- Sport-specific warm-up (pulse raiser 2) 2-3 minutes.

## Injury Prevention

Warm-ups and cool-downs are also important to **lower** the chance of **injury**.

**Stretching** is very important. It helps to **improve flexibility**. When you are flexible, it helps prevent injury.

## Cooling Down

Cool-down guide

- Slow jog into a walk (2-3 minutes) •
- Static stretches (hold stretches for 20+ seconds)



## Glossary of Key Terms

Agility	noun	the ability to move fast and with ease in different directions.
Measure	Noun	using an instrument or device to find the size, amount or degree of something.
Perform	Verb	to do an action or activity that requires training or skill.
muscle	noun	A body tissue that can contract and produce movement.

Key Words				
(BMI) Body Mass Index	fitness testing	cooper run	35 meter sprint	flexibility
speed	agility	measuring power	Muscular strength	Warm up
muscular endurance	MHR	Hand-eye coordination	Static	Standing broad jump
sit up	press up	Dynamic	Sit and reach	Pulse raiser

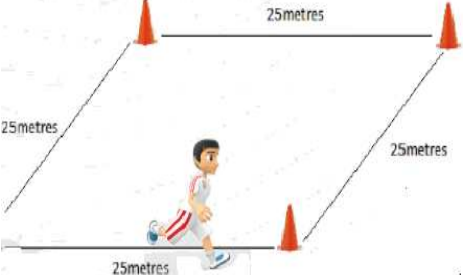

## Heart rate

Your maximum heart rate (**MHR**) is the maximum your heart can work.  
Your heart rate is measured in **Beats Per Minute (BPM)**.

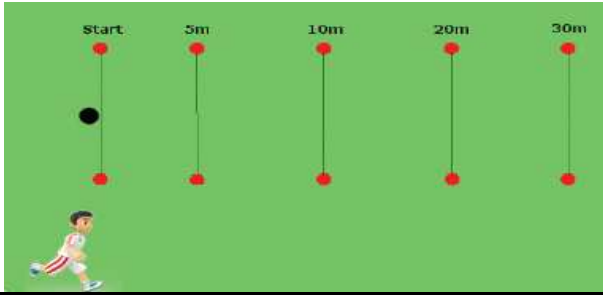
## Body mass index (BMI)

Body Mass Index (BMI) is a measure of your body composition.  
Your BMI can be found by using your weight (kilograms) and height (metres).

$$\text{BMI} = \text{Weight} / (\text{Height} \times \text{Height})$$

Fitness Tests	How to do the test
<p>Cooper test</p> 	<ul style="list-style-type: none"> <li>You will start at one cone</li> <li>run around the outside of the four cones that make a square.</li> <li>continue to run around the outside of the cones for the full 12 minutes.</li> <li>If you are feeling tired you can walk.</li> </ul>
<p>Sit and reach test</p> 	<ul style="list-style-type: none"> <li>remove your footwear.</li> <li>Sit on the floor with your legs stretched out straight ahead.</li> <li>Reach forward along the measuring line as far as you can.</li> <li>Do not allow your knees to bend.</li> </ul>

### 30-metre sprint



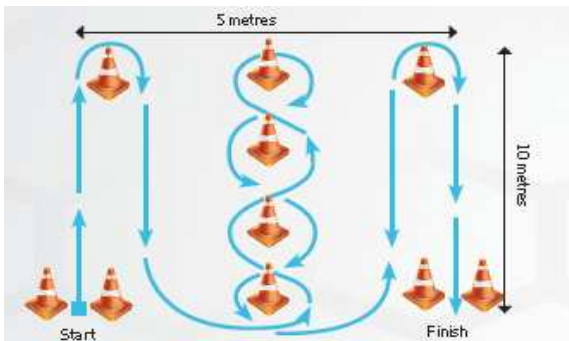
- Begin from a sprint start position.
- ('On your marks, get set, GO!')
- Sprint as fast as you can to reach the 30-metre point.

### Sit up



- Lie on the mat with your knees bent, feet flat on the floor.
- Rest your hands on your thighs.
- Your partner will give the command "GO!"
- push your back flat and raise high enough for your hands to slide along your thighs to touch the tops of your knees.

### Illinois agility



- Lie face down on the floor at the start cone.
- Jump to your feet. Begin to run around the course as quick as possible.
- Follow the red line

### Press up



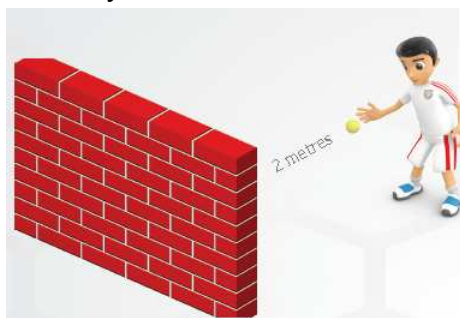
- Lie on the ground in the correct start position.
- Straighten your arms and lift your body off the ground.
- Then extend your arms to return to the start position.

### Standing broad jump



- Make sure you are wearing correct foot wear.
- Raise your hands and jump as high as you can.

## Hand-eye coordination



- Stand two metres away from a wall.
- Throw a tennis ball with your right hand against the wall and catch it with the left hand on its return.
- Then throw the ball back towards the wall with your left hand and catch it with your right hand.