

تم تحميل هذا الملف من موقع المناهج الإماراتية



*للحصول على أوراق عمل لجميع الصفوف وجميع المواد اضغط هنا

<https://almanahj.com/ae>

* للحصول على أوراق عمل لجميع مواد الصف التاسع اضغط هنا

<https://almanahj.com/ae/9>

* للحصول على جميع أوراق الصف التاسع في مادة تربية بدنية ولجميع الفصول, اضغط هنا

<https://almanahj.com/ae/9sports>

* للحصول على أوراق عمل لجميع مواد الصف التاسع في مادة تربية بدنية الخاصة بـ الفصل الأول اضغط هنا

<https://almanahj.com/ae/9sports1>

* لتحميل كتب جميع المواد في جميع الفصول للـ الصف التاسع اضغط هنا

<https://almanahj.com/ae/grade9>

للتحدث إلى بوت المناهج على تلغرام: اضغط هنا

https://t.me/almanahj_bot

2017

Term 1: Revision Guide G9



End of Term Test

Scope: Unit 1

Fitness

Fitness is important in sport and our everyday lives. You can test your level of fitness, across a range of components. If you follow a training programme you will be able to improve performance across each component

Important things to do before starting fitness testing

- Make sure you **hydrate** before and during exercise
- **Warm-up** to stretch muscles

Warm-up

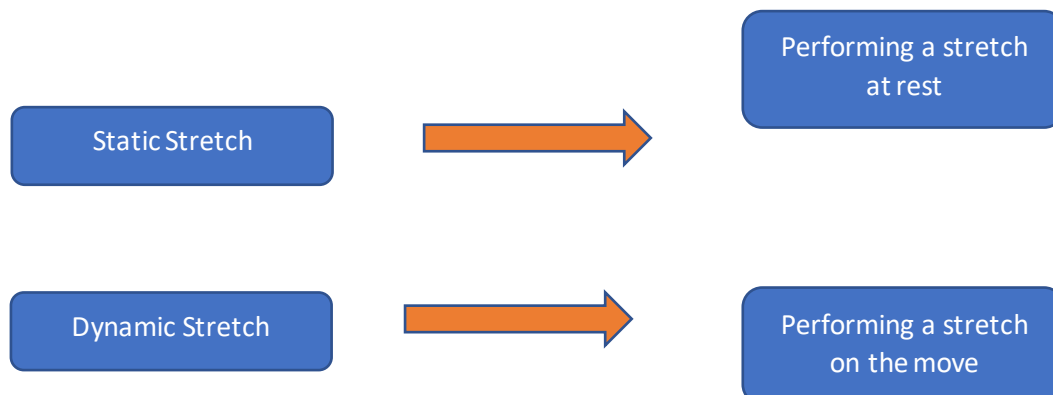
It is important to warm up before any exercise. Performing the correct warm up should increase blood flow to the muscles. It should also increase your heart rate. You must stretch your muscles to prepare the body for the main activity.

Cool down

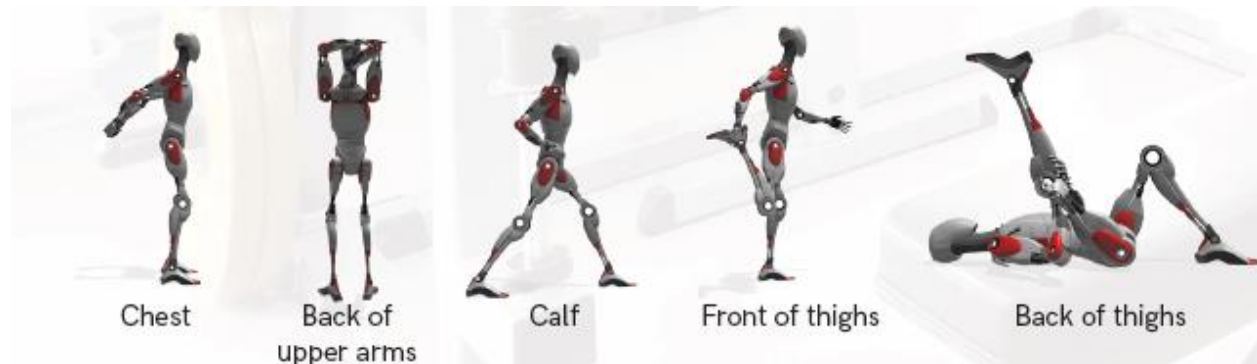
In the same way that you shouldn't start off a run at full speed, it is a bad idea to come to a sudden halt while your heart is still pumping large volumes of blood around the muscles.

Cooling down and stretching after a session are really important. A gradual slowing of pace, to a jog and finally a walk, allows your heart rate to return to normal and to help your body relax

Stretching



Static Stretches



Fitness Tests

The Cooper Run Test

The purpose of this This test is designed to measure aerobic fitness (the ability of their body to use oxygen pathways to produce energy while running). The Cooper Run Test is a good way to monitor aerobic endurance.

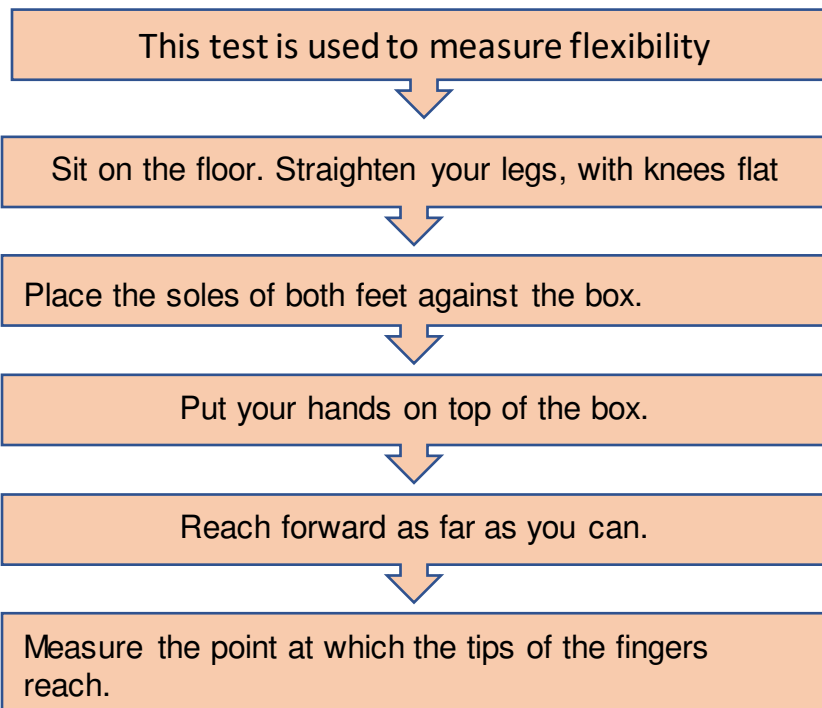
Keyword

Endurance: the ability or strength to continue or last, especially despite fatigue, stress, or other adverse conditions; stamina

Advantages: large groups can be tested at once, and it is a very cheap and simple test to perform.

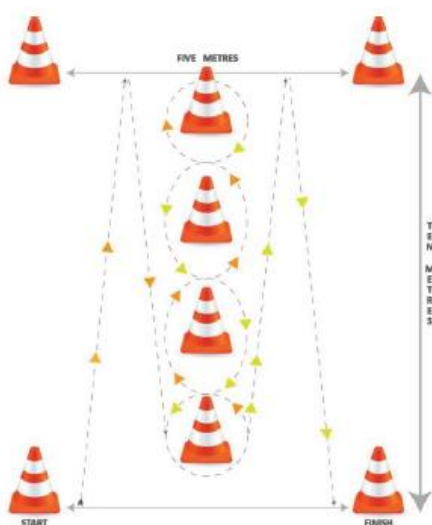
Disadvantages: practice and pacing is required, and performance on this test can be affected greatly by motivation. Keeping track of a person's lap number can be challenging when there are a lot of people so creating 'pairs' and having them count each other's laps and then running the test a second time for the other person in the 'pair' is a good option.

Sit and Reach Test



This test is used to measure flexibility

The Illinois Agility Test

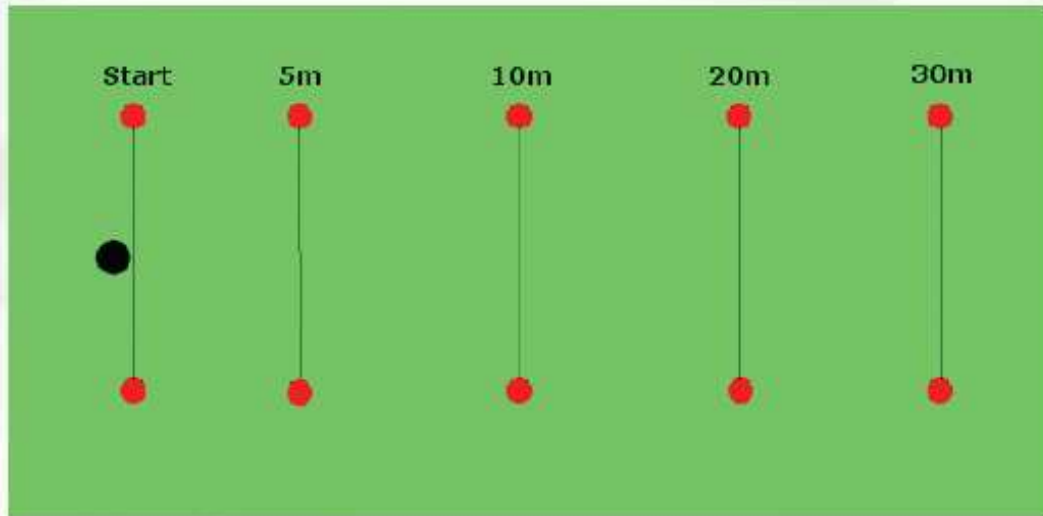


This test is easy to set and does not need much equipment. For the test to be accurate it is important that the test is conducted on a flat non-slip surface.

This Illinois Agility test assesses an applicants speed and athletic agility. The test is an electronically timed test and requires maximum speed and effort from applicants to negotiate several cones.

The 30 metre Sprint Test

The sprint test measures acceleration or sprint speed. The objective of the sprint speed test is to assess the participants speed over 30 metres. The test involves running a **THREE** maximum sprints over 30 metres with time recorded. The test should only be performed after a good warm up



You should mark out a lane to run in with cones.

Standing Broad Jump Test

The Standing Broad Jump Test is a very common test for measuring explosive leg power.

This test is designed to measure your explosive leg power.

Muscular Endurance/Strength – sit-up test

Abdominal muscle strength is important for core stability and back support. The sit-up test measures the strength and muscular endurance of the stomach muscles

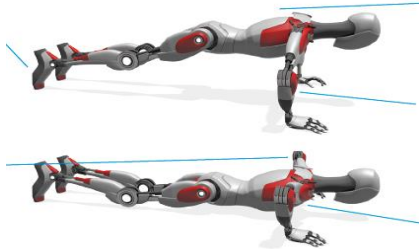


For the test you have to do as many sit-ups as possible in 60 seconds

Press up test –

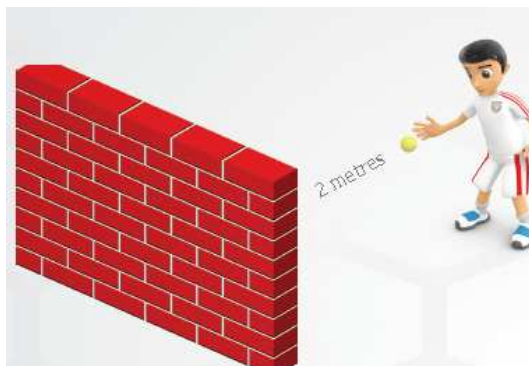
Press up test measures upper body strength and endurance.

Muscular endurance is how a muscle, or group of muscles, keep using force against resistance.



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.



What do the Tests measure?

Test	Measures.....
Sit-up test	Muscular endurance (stomach)
Press up test	Muscular endurance (chest)
Standing Broad Jump	Explosive leg power
30 metre sprint test	Acceleration and sprint speed
Cooper Run Test	Aerobic endurance
Illinois Agility Test	Agility
Hand-eye coordination	Hand eye co-ordination

Body Composition

In physical fitness, **body composition** is used to describe the percentages of fat, bone, water and muscle in human bodies. Because muscular tissue takes up less space in our **body** than fat tissue, our **body composition**, as well as our weight, determines leanness.

Body Mass Index (BMI)

The Body Mass Index (BMI) is a different way of finding out body weight. It tries to quantify how much tissue mass a person has. The index gives an indicator as to whether a person is underweight, normal weight, overweight or obese.

BMI is calculated by dividing your weight in kilograms by your height in metres².

Under weight	Normal weight	Over weight	Obese (Class I)	Obese (Class II)	Obese (Class III)
					
<18.5	18.5 – 24.9	25.0 – 29.9	30.0 – 34.9	35.0 – 39.9	>40.0

Key words

BMI	cardiovascular	tricep dips	press ups	step ups	cones	sit and reach test
squats	shuttle run	warm-up	aerobic endurance	Illinois Agility Test		flexibility
	fitness test	change direction	Cooper run test	Core stability	Abdominal	slip-free
endurance	hazard	sprint test	hydrate	sit-up	sprint test	
Vertical jump test	power	direction	body composition			baseline
Muscular endurance	Triple jump	Running		Warm-down	obese	safety

The above table covers the essential vocabulary list which Grade 9 students will be required to know for the end of term exercise. Students will need to be familiar with these terms for the exam.