

قنوات مناهج البحث

حل كتاب الرياضه بخط
اليد

This test measures your explosive leg power.
Fill in the gaps using the words below.

high standing reach height jump project wall

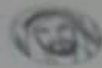
Start by standing next to a wall. Reach up as high as you can with the hand that is closest to the standing reach height / wall

This is called the Project.

Then, stand a little bit away from the wall. Jump as high as possible using both arms and legs to help you Jump / high your body upwards.

Touch the wall at the highest point you can. Measure the distance between your standing reach height and your Jump height to find your result.

standing reach



and Health Education

Activity

How do you think fitness training will help to get you ready for National Service?

Give two reasons why you need to be physically and mentally fit to complete your National Service.

Reason 1:

Because national Service Circuits must have a high level of Physical Fitness.

Reason 2: to be ready and Prepared Properly for military training
Because ^{and} all Emirati Nationals must complete a period of National Service.

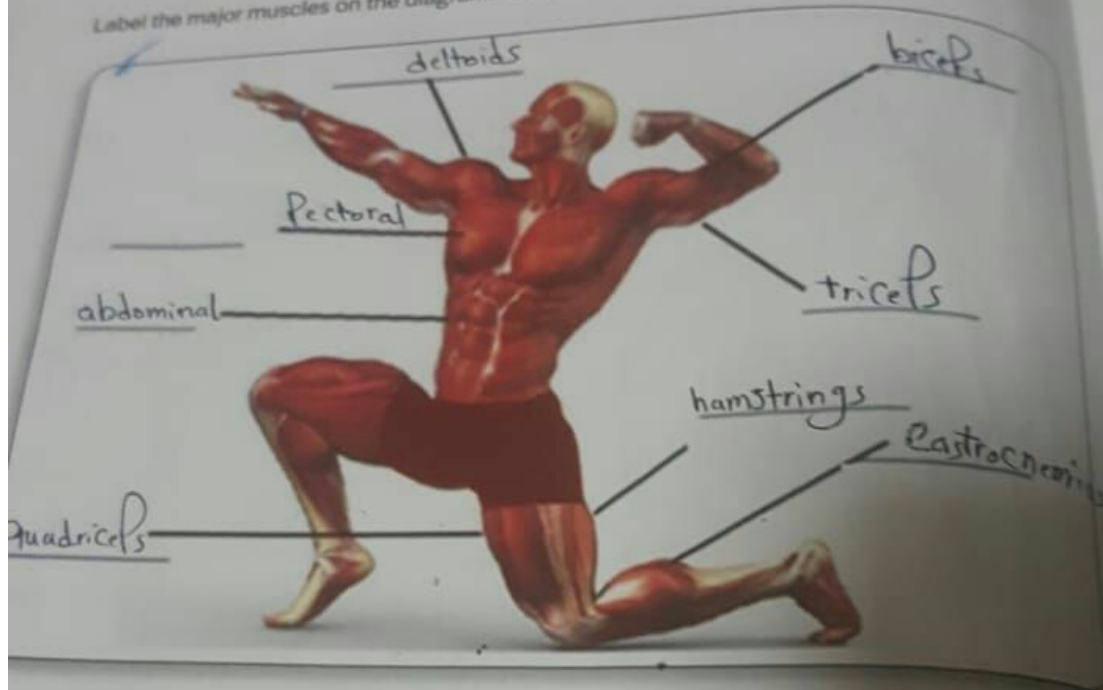
Unit 3
Fitness Testing

The muscular system

Fitness tests also rely on you using different muscle groups. The diagram below shows the major muscle groups of the body.

Activity 3

Label the major muscles on the diagram. Use the table to help you.



quadriceps	biceps	triceps	gastrocnemius
abdominals	deltoid	latissimus dorsi	pectoral

See elite extension task 1



Different types of muscle

When we play sports or do physical activity, we must move our body. All movement uses our muscles. But, not all muscles help us move. There are different types of muscles in the body: voluntary, involuntary and cardiac muscles.

- The cardiac muscle is found in our hearts. We cannot control it; it contracts and relaxes on its own. It does this to make sure blood flows around the body. It never gets tired.
- Involuntary muscles cannot be controlled. These are usually found in the walls of the organs, for example, in the stomach.
- Voluntary muscles are also called skeletal muscles. These muscles help us move. We control them, so they only move when we want to contract them.

Testing your fitness

In this unit, we will be looking at different fitness tests. You will learn how to do each test and about the components of fitness you will be testing. You will also learn about the different muscles and bones used in fitness tests. You should warm up before each fitness-testing session. This is to make sure you are physically and mentally ready for exercise.

Activity 4

What activities can you do to make sure your body is warm and ready for fitness testing? Write your answer in the box below. This warm-up will be used in all your fitness-testing sessions.

Warm-up activities: by two ways

① pulse raisers → these increase the heart rate, raise the body temperature and increase circulation.

→ Jogging - side stepping - Cycling

② dynamic stretches → can be done at any time in warm up this prepares the muscle for movement in an activity.

- arm circles - high knee - leg swings - toe - touches

Elite extension tasks

Activity 51

Find three facts about your chosen UAE athlete.

1. UAE athlete have sport spirit
2. He always use the deception الخداع
3. Humble.

Activity 52

Choose two skills from Activity 2. How can you change the technique used more attacking or defensive?

Skills	Explain how technique of skills
Skill 1: Passing	
Skill 2: Receiving	



Point guards must have good passing skills. They must also have good handling skills and be able to keep the ball from her opponents.

Elite Extension Tasks

Activity

Complete the table with examples of how we use the different muscles in the fitness tests.

Muscle	Function	Example in fitness tests
tricep	to extend the arm at the elbow	in shooting in Basket
bicep	to flex the arm at the elbow	Passing to up in volly ball do flex and extend
deltoid	to move the arm in all directions at the shoulder	in Table Tennis use all directions.
pectoral	to adduct the arm at the shoulder	in recieving in Basket ball
quadricep	to extend the leg at the knee	
hamstring	to flex the leg at the knee	shooting in Basket Ball in high-knee test
gastrocnemius	to point the toes to help flex the knee	(in Flexibility Test) in Sit and reach test.

Court Invasion Games

Defending tactics

These are needed to reduce space and time for opponents. The best defensive tactics are needed to reduce space and time for opponents. The best defensive tactics are needed to reduce space and time for opponents.

Activity 10

Describe two defensive tactics used in your sport.

1. individual defense → it is the responsibility of the player
2. Collective defense → it is link between the individual and the defensive defense.

See elite extension task



Handball players need to use tactics to outplay her opponent. They will use tactics to create and limit openings in a match. She will need to make decisions when to attack and when to defend.



Rules and regulations in your sport

All sports have rules and regulations to follow to keep them fair and safe. It is important that you know these to participate fairly. Officials are used to organising and monitoring participation during matches.

Activity 11

What can you do to improve your understanding of rules and regulations?

- Continuous training
- Love the game
- Search on line to supply my information
- Follow the instructions of the referee
- Learn - Practise - apply.

Describe a full sit-up.

the sit-up test measures the muscular endurance of abdominals and hip flexor muscles

You will do the test in your Physical Education lesson. In groups, you will use the equipment to set up the test to measure and record each other's scores.

Equipment:

- Non-slip surface

Use the table below to record your results:

Testing muscular endurance

Press-up test

Activity 12

Draw arrows to match the statement with the correct missing word.

This tests the muscular endurance of the <u>upper body</u> .
In the downward phase, your <u>right angles</u> must touch the floor.
Your back stays straight, with your elbows at <u>chest right angles</u> , as you touch the floor.
To start, you must get into the <u>military</u> style push-up position.



FAST FACT:

Agility is the ability to change direction at high speed.

You will do the test in your Physical Education lesson. In groups, you will use the equipment to set up the test to measure and record each other's scores.

Equipment:

- Non-slip surface

Use the table below to record your results.

Attempt	Number of
1	

Preparing for physical activity

A warm-up is a short session which happens before doing a sport or physical activity. Warm-ups make sure the body is ready to do intense sports. A good warm-up will prepare the body for activity. Warm-ups usually include a type of cardiovascular activity which is called a 'pulse raiser', stretching and sometimes strength-related drills. A pulse-raising activity will increase circulation, heart rate and body temperature. Stretching warms the muscles and ready for the movements of a sport or activity. Explosive strength exercises, like jumping increase the intensity and can copy the movements used in a sport. In a warm-up will also be an activity which is sport related.



Starter activity

Match the warm-up/cool-down activities with the correct definition.

pulse raiser	an activity which increases the heart rate and
static stretching	slowly lengthening the muscle and holding th
dynamic stretching	an activity that practises the movements that the sport
sport-specific activity	a type of fitness routine that uses movement the muscle

Attacking tactics → To overcome your opponent, you need different attacking options to be successful. Making the correct attacking decision at the right time could be the difference between scoring points or not.

Activity 9

Describe two attacking tactics used in your sport.

- | |
|---|
| 1. Quick offensive → try to reach the goal of the opponent as little as possible. (shooting)
الهجوم السريع |
| 2. Organised offensive → is an attack by a group of all team members.
الهجوم المنظم |

Performance analysis

Analysing your own performance is key to development. It is important that you can identify your strengths and areas for improvement in your sport. This will help you to plan and train effectively.

Activity 14

Strengths	Areas for improvement
<p>1: balancing ability it's easy to me Prevent my body from Failing for as long as possible.</p>	<p>1: applying tactics I can organise the game to reach the best level.</p>
<p>2: speed-ability Too it's hard to perform a physical activity in the least time. we are training our self by activity.</p>	<p>2: under standing rules. we must ensure the security and peace factors in the play ground.</p>

See elite extension task E7

Rules are guidelines to follow when participating in your sport. A rule in rugby would be the ball is unable to be passed forward. Regulations need to be in place before a sport starts. A regulation in rugby would be using the correct size field or size of ball.



Activity 12

List 3 rules for your sport.

rule → the way of playing and related for player
Regulation → related to play-ground

Rule 1: In Basket ball you must be focus your eyes on the ball	Rule 2: ↓ Bending front and down	Rule 3: Follow the direction of the ball and hold the ball - when
---	--	--

List 2 regulations for your sport.

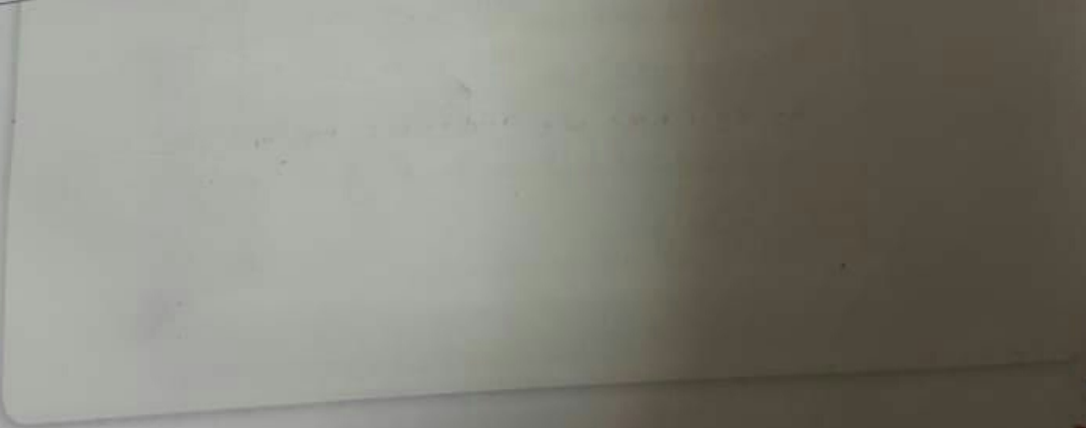
the game
consist of 4
period each
10 m

Regulation 1: using the correct size field and size of ball.	Regulation 2: in Basket Ball is a team sport each group consist of 5 Player.
--	--

See elite extension task E6

Activity 13

Draw the area of play for your sport below:



Court Invasion Games

It is important that you train effectively to progress your skills and technique in sports. There can be various factors that affect your progress as an individual but also as a team.

Activity 6

Describe two factors that can affect your performance or progress in your sport.

Factor 1: external Pressures الضغوط الخارجية

Factor 2: Social isolation الانفصال الاجتماعي
 Factors: irrational behavior السلوك غير المنطقي

See elite extension task E4



Tactics in sport

Tactics and strategies can mean the difference between winning and losing. It is important for individuals and teams to apply them in the best way for success. There are various tactics and strategies you can use. Success depends on how effective you are at using them.

Activity 7

Tactics → choosing the most suitable way to attack and defend.

Identify two tactics used in your sport.

Tactic 1:

or attacking offensive

describe:

using more advanced skills to beat opponents.
 Skills المهارة
 and beat opponents. على الأمان

Tactic 2:

defending describe:

understanding when the other team will pass; knowing how to intercept and stop the team from passing.

Elite Extension Tasks

PREPARING FOR SPORT

Rules are important in sport to make sure everyone plays fairly. If you do not follow the rules, there are consequences.

Activity E1

Choose two rules from your sport. What will happen if you do not follow this rule? Write the consequences below.

Rule 1: Carry the ball without dribbling

Consequence: walking

Rule 2: standing near than 350 centimeters from the opponent's basket

Consequence: 3 second violation

PASSING AND RECEIVING SKILLS

You have developed your passing skills in your lessons. During a game you must choose the correct type of pass.

Activity E2

Read each sentence below. Write which pass you would use in this situation.

'Your teammate is far away. They have an opponent in front of them.'
The pass I would choose is...
over head pass

'You have a defender standing in front of you. Your teammate is to the side of you.'
The pass I would choose is...
bounce pass

'Your teammate is in an open space. They are close to you.'
The pass I would choose is...
chest pass

Physical and Health Education

Muscle fibre types (أنواع الألياف العضلية)

Muscles are made up of fibres. These fibres can be put into different categories. Fibres can be categorised as either FAST TWITCH or SLOW TWITCH.

Fast twitch fibres contract quickly and are very powerful, but they get tired very quickly (in short distance).
 Slow twitch fibres contract slowly and continue contracting for long periods of time (in long distance).
 Slow twitch fibres are used during long distance events. Fast twitch fibres are used for short or explosive activities.

Activity 15

Think about the fitness tests you have done in this unit.

Draw a line from the fitness test to the type of muscle fibre it uses the most.

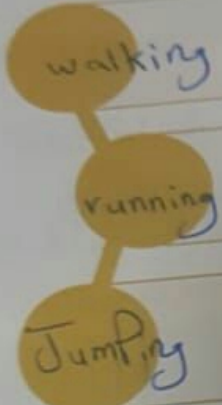
Slow twitch muscle fibres	Vertical jump test
	Cooper run
	35m sprint test
	Press-up test
Fast twitch muscle fibres	Illinois agility test
	Sit-up test

See elite extension task 3

All sport needs athletes to be healthy and fit to be successful. Athletes will need different levels for different sports. A marathon runner will use high levels of cardiovascular fitness but a sprinter will use power more. Invasion sports will use different levels of fitness to net and wall sports.

Activity 4

Identify the playing positions in your sport.



the Partridge.

Activity 5

Explain how your chosen components of fitness are applied in your sport.

Speed

Balance

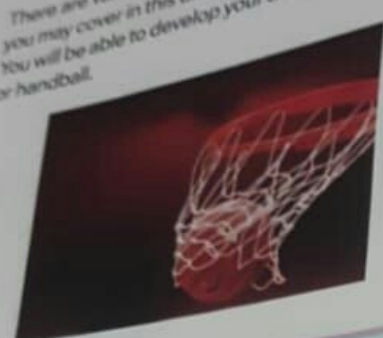
Endurance

See elite extension task

Court Invasion Games

Know your invasion games

There are various invasion games played using different rules and in various arenas. The you may cover in this unit are all played on a court. Each of the sports is played using your You will be able to develop your ability and skills in one of the following games: basketball or handball.



What invasion game are you studying in this unit?

Basket Ball - hand Ball

Activity 1

Explain how you participate in this sport. For example, what is the main aim?

Basket Ball. → requires you to use skills and techniques at an advanced level to be successful. Each skill you need will use different muscles to perform the required technical actions.

Unit 3
Fitness Testing

How did you rate? Circle the category that matches your results.

% Rating	14 years
90	22
75	15
50	11
25	6
5	3

Number of repetitions

Sit-up test measure muscular Endurance.

Activity 13

Answer the following questions about the sit-up test:

Which muscles are used during the test?

Pectoral
biceps - Triceps
abdominals



Measuring speed

35m sprint test

Activity 10

Circle the correct option to make the following sentences correct.

- This test measures acceleration or sprint (speed / direction).
- You have to run a single (maximum / minimum) sprint over a set distance; the (time / distance) is recorded.
- You should do the test (three / five) times.
- The starting position must always be the (same / different).



35 metre sprint

You will do the test in your Physical Education lesson. In your groups, you will use the equipment to set up the test and measure and record each other's scores.

Equipment:

- Sports hall/field
- Cones
- Measuring tape
- Stopwatch

Write your results in the table below:

Attempt	Time (secs)
1	320
2	18
3	15
Average score	$20 + 18 + 15 =$

Rules are guidelines to follow when participating in your sport. A rule in rugby would be the ball is unable to be passed forward. Regulations need to be in place before a sport starts. A regulation in rugby would be using the correct size field or size of ball.



Activity 12

List 3 rules for your sport.

Rule 1: You must be focus your eyes on the ball	Rule 2: Bending front and down.	Rule 3: Follow the direction of the ball and hold the ball
---	---	--

List 2 regulations for your sport.

Regulation 1: the game consist of using the correct size of the ball	Regulation 2: is a team sport each group consist of 5 players.
---	---

See elite extension task E6

Activity 13

Show the area of play for your sport below:

Tactics are used for both attacking and defending. The best athletes can do both effectively to be successful.

Activity 8

Describe how the tactics you have identified apply to your sport.

	Tactic	Did you use the tactic? Yes / No
Tactic 1:	attacking	Yes
Tactic 2:	defending	Yes



Tactics are important for teams to be successful. In handball, you may decide to man mark to defend a play. In basketball, you may dribble a specific way to wrong foot a defender.



Attacking tactics

different attacking options to be successful. Making the scoring points or

Defending tactics

These are needed to reduce space and time for opponents. The best defensive tactics stop opponents scoring points.

Activity 10

Describe two defensive tactics used in your sport.

1. individual defence → it is the responsibility of the player
2. Collective defence.

See elite extension task E5

DID YOU KNOW?

Ahmad Hilal plays handball for the UAE national team. He needs to use tactics to outplay his opponent. He will use tactics to create and limit openings in a match. He will need to make decisions when to attack and when to defend.



Rules and regulations in your sport

All sports have rules and regulations to follow to keep them fair and safe. It is important that you know these to participate fairly. Officials are used to organising and monitoring participant during matches.

Activity 11

What can you do to improve your understanding of rules and regulations?

Continuous training,
love the game,
search online to supply my information.
Follow the rules of the referee,
Learn - Practise - apply.

Attacking tactics

To overcome your opponent, you need different attacking options to be successful. Making the correct attacking decision at the right time could be the difference between scoring, points or not.

Activity

9

Describe two attacking tactics used in your sport.

- | | |
|----|--|
| 1. | Pressur Pressur on the enemy and try to score |
| 2. | Return to your area of the pitch and try to get the ball from the enemy. |

SHOOTING SKILLS

You are going to be a coach and help another player to improve. You are going to help improve their shooting technique.

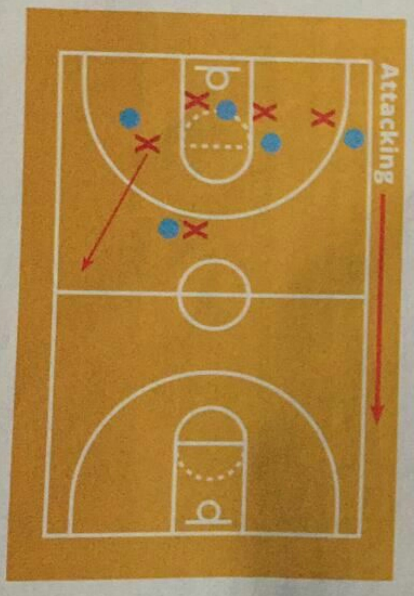
Activity E4

Read each sentence below. What would you suggest to the player to improve?

Problem	What would you suggest?
'I do not have very good accuracy. The ball is not on target. What can I do?'	Practise alot to improve your performance
'I have good accuracy, but I do not have much power. The ball does not reach the target. What can I do?'	Do more training to improve your power

Activity E5

Look at the diagram. The red players are defending. They are ready to counter attack. What should the five defending players move to? Draw arrows to show where they should move. One arrow has been done for you.



Elite extension tasks

Activity

E1

Find three facts about your chosen UAE athlete.

1. ~~He~~ UAE athlete have sport spirit.
2. He always use the deception.
3. Humble.

Activity

E2

Choose two skills from Activity 2. How can you change the technique use more attacking or defensive?

Skills	Explain how technique skills
Skill 1: Passing	
Skill 2: receiving	

glo
**Elite
Extension
Tasks**

ing with the ball

Activity E1

imes your evade does not work and you are tackled. What should you do once you are
d?

should fake the ball from the other team.

ing in rugby

Activity E2

ase types of passing tactics in your lesson. Which one worked well and why?

ing tactic: spin pass
did this work well?

cause it very nice and exited.

anding

Activity E3

in your defensive line, you should all move forward together. Why should you all move
d together?

don't give ourself team (aimajal) to
oring a goal.

Health and safety is important when we play sport. To keep safe in sport, we must follow the rules. In competitive games, there is usually an official or referee who helps make sure that everyone is playing by the rules and that they are playing safely. Along with rules and regulations, it is important that we use the correct equipment. If we use incorrect or broken equipment when we play sport, it can be dangerous. Some sports have special equipment to protect the players. Some of this equipment includes helmets, skin pads and mouth guards. This equipment is used to stop serious injuries from happening in contact or higher risk sports.

Playing sports can be dangerous. We must also think about where we play sports. Different environments have different threats or risks to the health and safety of participants. For example, in the UAE the weather can be very hot and sunny. When it is hot, sport performers are at risk of heat exhaustion because their bodies overheat.

To make sure this does not happen, we must maintain low levels. It is recommended to sip water regularly when you are exercising, especially when it is hot. The sun can also cause skin damage. Wearing a sun screen will help protect your skin from the sun's rays.

Safe playing surfaces

It is very important that playing surfaces are safe and suitable for different types of physical activities, sports or exercises. Sports fields, halls or gymnasiums must be correctly prepared. Some areas will have more hazards than others. For example, public parks may contain litter and broken glass. It is important that these hazards are identified and removed before activities take place.



Risk assessment activity

Use the table below. List the hazards you found in the sports hall/sports field at today's lesson. Describe why these hazards are a risk.

Hazard	Description of risk
bags on the floor انطاب wet floor ترطوبه un even floor غير متساوية	tripping over bags ان تقع على الحظيرة slipping on the floor ان تقع على الحظيرة Can cause injuries يمكن ان تسبب اصابات
using wrong tools استخدام اجهزة خاطئة	Can cause injuries, not performing the exercise in a proper way يمكن ان تسبب اصابات، عدم القيام بالتمارين بالطريقة الصحيحة
unavailable sport hall عدم توفر الصالة الرياضية	tools may get lost, wasting the class time يمكن ان تضيع الادوات، هدر الوقت
not wearing a sport uniform عدم ارتداء الزي الرياضي	Can cause injuries يمكن ان تسبب اصابات
wearing accessories while playing ارتداء الملحقات أثناء اللعب	Can cause injuries for you and the other players يمكن ان تسبب اصابات لك وللبالعبين الاخرين

To make sure this does not happen, we must drink plenty of water to maintain good hydration levels. It is recommended to sip water every 20 minutes when you are exercising, especially when it is hot. The sun can also cause sun burn. Sun protection like UV clothing and high-factor sunscreen will help protect you when playing sports outside.

Safe playing surfaces

It is very important that playing surfaces are safe and suitable for different types of physical activities, sports or exercises. Sports fields, halls or gymnasiums must be correctly prepared. Some areas will have more hazards than others. For example, public parks may contain litter and broken glass. It is important that these hazards are identified and removed before activities take place.



Risk assessment activity

Use the table below. List the hazards you found in the sports hall/sports field at the start of today's lesson. Describe why these hazards are a risk.

Hazard	Description of risk
Public Parks	it may contain litter and broken glass
football stadium without glass	it may hurt the leg

DID YOU KNOW?

As a striker, Ismail Matar needs power and accuracy to beat the goalkeeper.



Activity 6

Are the actions below examples of good shooting techniques for an attacker? Circle the ones that are.

- position your body away from the ball
- use the laces of your boot
- miss the ball
- follow through with the kick
- have a balanced body
- use the top of your head
- keep your eyes on the ball
- wave your arms around





What invasion game are you studying in this unit?

handball

Activity 1

Explain how you participate in this sport. For example, what is the main aim?

im the ~~G~~ Godkeeper in the game and my main aim is to push back all the balls that come to me.

Name UAE a

Mai

Techniques in your sport

You need to use key skills and techniques to be successful when participating in invasion sports. Some of these skills will transfer easily from one sport to another. Fundamental skills like running and jumping are very common in all sports. Skills, such as throwing, catching and shooting may vary using different techniques. It is then important to apply the correct technique to the skill and sport you are doing.

Activity 2

Identify four skills that you use in your sport.



The UAE has many elite athletes competing around the world. These athletes will train hard at each skill to ensure it is permanent.



1. throwing

2. catching

3. jumping

4. running

Name a UAE athlete for your sport.
Majid Nasser

See elite extension

Elite Extension Tasks

PREPARING FOR SPORT

Rules are important in sport to make sure everyone plays fairly. If you do not follow the rules, there are consequences.

Activity E1

Choose two rules from your sport. What will happen if you do not follow this rule? Write the consequences below.

Rule 1: Carry the ball without dribbling

Consequence: walking

Rule 2: standing near than 350 centimeters from the opponent's basket

Consequence: 3 second violation

PASSING AND RECEIVING SKILLS

You have developed your passing skills in your lessons. During a game you must choose the correct type of pass.

Activity E2

Read each sentence below. Write which pass you would use in this situation.

'Your teammate is far away. They have an opponent in front of them.'
The pass I would choose is...
over head pass

'You have a defender standing in front of you. Your teammate is to the side of you.'
The pass I would choose is...
bounce pass

'Your teammate is in an open space. They are close to you.'
The pass I would choose is...
chest pass

There are different passing tactics that can be used to give you an advantage over the team.

Activity 5

Read the descriptions and name the type of passing tactic using the words below.

loop pass

switch pass

miss pass-behind

Pass 1

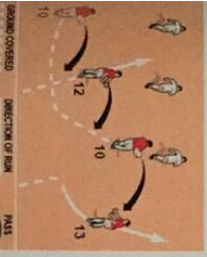


This pass tactic involves the player with the ball run diagonally in one direction. The person behind will run opposite direction. As both players meet, the player with the ball will pass to the other player. This changes the direction of ball, away from the defender.

Loop pass

PASS

Pass 2

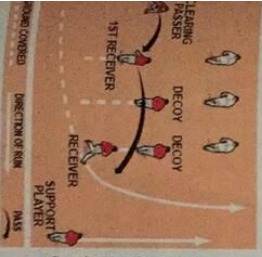


This pass tactic involves a player looping round the back another player to receive the ball again. Player 10 passes the ball to player 12. Player 12 runs behind player 10. Player 12 pass back to player 10 who then passes to player 13. This tactic creates a more dominant attack.

miss pass-behind

PASS

Pass 3



This passing tactic involves missing people when passing ball. The 1st receiver would have the ball and the two players behind them would be decoys. The 1st receiver would then pass behind the decoys to the receiver further out. This pass tactic confuses defenders as they don't know which attacker will defend.

switch pass

PASS

Elite Extension Task E2

All sports need athletes to be healthy and fit to be successful. Bodies and how to keep them in the correct condition.

Activity 5

Identify three key muscles you will use to perform actions in your sport.



1

Pectoral

2

biceps / triceps

3

quadriceps

See elite extension task E3

It is important to know why you need skills in sport. Demonstrating an understanding of your skills allows you to train and develop them.

Activity 3

Explain how you apply the skill in your chosen sport.

Skill 1

by ~~using~~ my
Practiseing
hands musches
and to focus
at the target

Skill 2

Practise ~~to~~ to focus at
Catching

Skill 3

I have to train
on ~~the~~ the bottom
of my leg

Skill 4

I have to train
on the top of my
leg

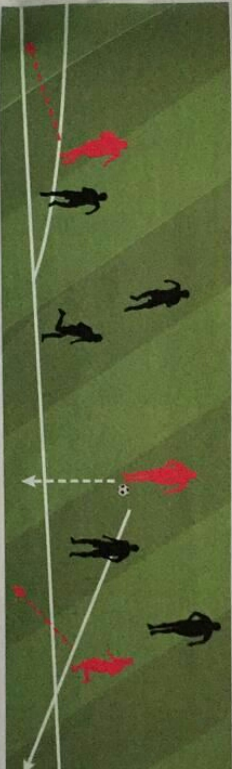
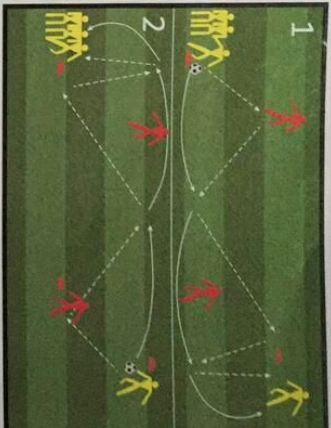
See elite extension task E2

DID YOU KNOW?

Mohammed Juma plays point guard for the UAE national team. Mohammed will provide the team with ball-playing skills and creativity. He will start most plays for the team.



Movement off the ball is important. Good movement can support your team to keep possession of the ball even if you do not have it.



Activity 3

Players also need to perform evasive movements off the ball.
How will these evasive actions help the team? Give an example.

They change their positions so when they get ball they could score a goal, but it's important move far away from the defence plays.

It is important that you train effectively to progress your skills and technique in sports. There can be various factors that affect your progress as an individual but also as a team.

Activity 6

Describe two factors that can affect your performance or progress in your sport.

Factor 1: Negative words.
Factor 2: Not confidence in the self.

See elite extension task E4

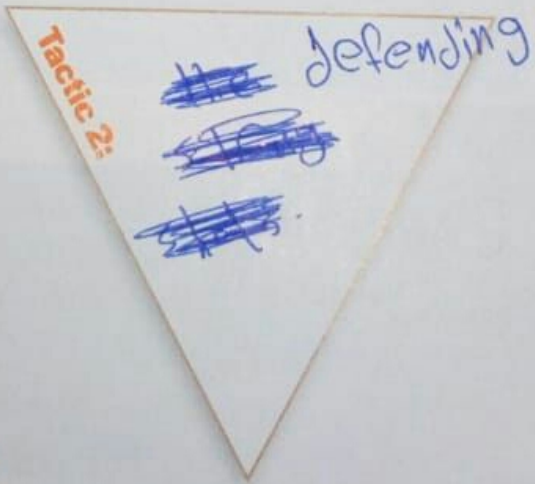


Tactics in sport

Tactics and strategies can mean the difference between winning and losing. It is important for individuals and teams to apply them in the best way for success. There are various tactics and strategies you can use. Success depends on how effective you are at using them.

Activity 7

Describe two tactics used in your sport.



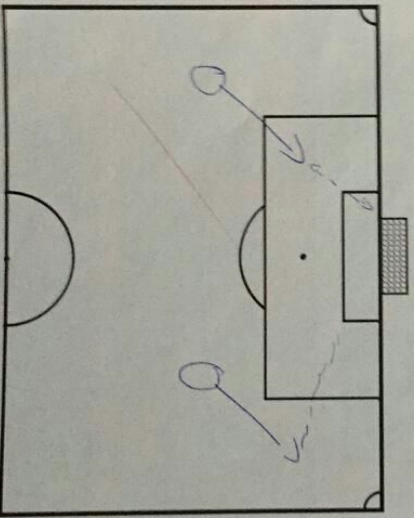
Did You Know? Omar Abdulrahman was voted the most promising player of the year in the 2010-2011 season. He is an attacking player, but still needs to know how to defend. This will help the team win matches.



Attacking tactics

Activity 9

Your team is losing 1-2 and there are only 10 minutes left in the match. Your opponent has changed tactics. More of their players are now defending. Draw two attacking formations you could use to change tactics to attack and score. Draw two attacking formations you could use to



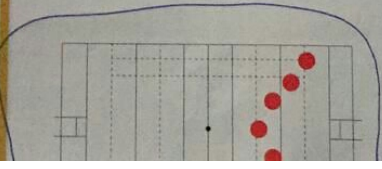
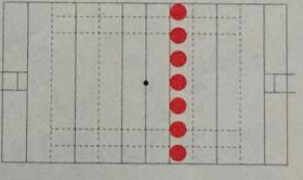
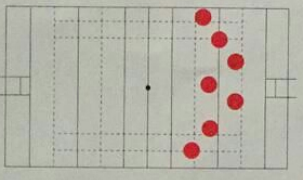
Question 1: stand in the goal keeper space to score ahead ball.

Defending

In rugby, if you can stop the other team from scoring points, the less you will have to score the match.

Activity 10

Circle which line players should use when defending.



Top Tip

Think which line would have less gaps for the attackers to run in.

Activity 11

Why have you circled this one?

because the defence should be a circle line

Elite Extension Task E3

Defending tactics

When you defend, it is important to keep the attacker and the ball in front of you and your teammates.

Activity 7

Explain why it is important to keep the attacker and the ball in front of you when defending your goal.

so when he tries to change his direction it will be easy to get the ball



Communication is required for a team to work together effectively. This is so they achieve their targets.

Activity 8

Read the sentences below. Tick the situations where you think communication will help your teammate.

asking for support to reduce space when you defend	<input checked="" type="checkbox"/>
informing a teammate where to move	<input checked="" type="checkbox"/>
shouting at a teammate for a bad action	<input checked="" type="checkbox"/>
informing a teammate to defend against an attacker	<input checked="" type="checkbox"/>
asking or informing a teammate where to pass the ball	<input checked="" type="checkbox"/>
shouting at an opponent	<input type="checkbox"/>

You should reflect on your tactics and think about how effective they were. For example, how did your team win by using these tactics?

Activity 13

After you have played a game, talk with your teammates about your tactics. What changes did you make to improve?



It is important to understand how to defend against your opponents and your teammates know how to defend. You will stop the opponents from scoring. There are many different ways to defend.

Activity 14

Read the paragraph below about defending. Use the key words to help you.

When you defend, you must try to stop your opponents from scoring. You can do this by close the space. This means you are more intercept the ball. This will stop the other team from gaining possession. You should try to stay reduce to your opponents. This will make it more difficult to pass the ball. The defensive players on your team must work together to get possession of the ball.

- reduce
- close
- pass
- stop
- intercept

Now see if you can find the key words in the wordsearch.

Q	E	F	K	P	F	F	K	S
F	Y	C	X	F	A	M	J	T
H	K	F	U	J	N	S	Z	O
T	I	L	F	D	O	Q	S	P
T	P	E	C	R	E	T	N	I
C	L	O	S	E	P	R	U	X

Advanced passing and receiving skills

A player needs to be confident when passing and receiving the ball. This is to evade opposition. It will also increase the amount of time that the team has the ball. Passing can be creative by changing the distance, angle and directions used.

Activity 4

Describe three techniques for passing. These can be used in a match to evade opponents.

1 Important to pass a through ball to the team mate.



2 Important to pass a high pass because the team mate is away



3 Important to use passing skills to make the opponent distracted.



Use the pass techniques you listed. Can you explain how receiving the ball might change with each different technique used?

- If you stand in a space you will receive the ball
- If you stand away you must concentrate ball to receive it

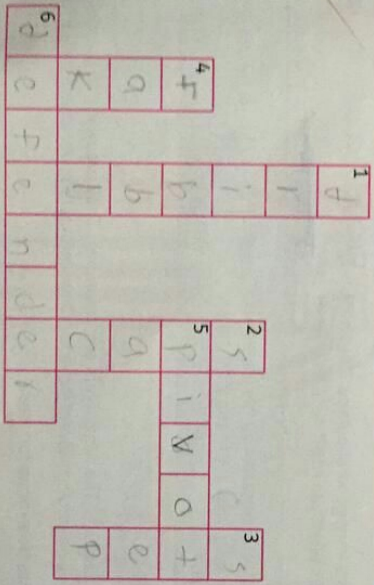
MOVEMENT SKILLS

Evasive movement is important when you cannot pass to a teammate. You must choose action techniques to avoid the defender and keep possession of the ball.

Activity 3

Complete the crossword. All of the answers are linked to evasive movement. Use the key words to help you.

step	defender	space
pivot	dribble	fake



ACROSS

- When you stop dribbling, you can use this to turn around.
- You need evasive movement to move away from this player.

DOWN

- Bouncing the ball with either your dominant or non-dominant hand.
- You need to move into this when in attack.
- Placing your foot forward to change your body position.
- When you move your body in one direction, then quickly change to another.

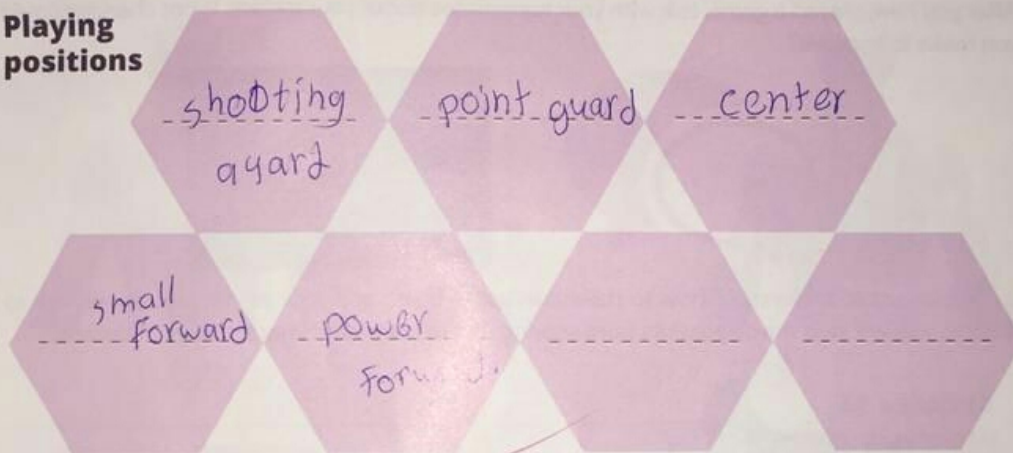
Game tactics

A tactic is an action or strategy that you use in a game. There are many different tactics that you can use to win. You should think about what tactics work well. If your tactic did not work, you should consider changing it to be more effective.

Activity 11

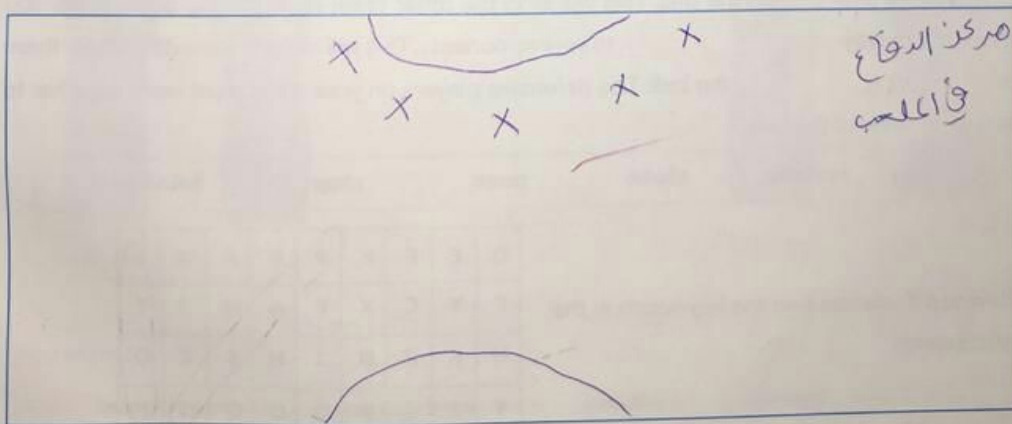
One tactic you can use is to position your players. What are the playing positions in your sport? Write them below.

Playing positions



Activity 12

Draw your playing positions (formation) that you play in your sport. Think about where you will position your attacking players and where you will position your defending players.



Elite Extension Task E5

Advanced shooting skills

Activity E1

Look at Activity 5. Which type of shot do you think is easiest to use and why?

It is easy to use to the second way because it's more easy to score but the first way is hard to shoot the ball because the defender could the goal shoot the ball ease away from the goal

Activity E2

Look at activity 6. Name one example of a good shooting technique that you have circled. What is this an example of a good shooting technique?

Example: Keeping your eyes on the ball

Why: because it helps you to know where the ball will be passed.

Dribbling skills

Activity 1

Write some differences between the skills you use when you dribble, run and turn with the ball.

Dribble	run	turn
when you dribble you use your leg to do something amazing	when you run with the ball you use almost all your power	when you turn you turn your body in many ways.



Activity 2

Describe three evasive actions that you can use when your team is in control of the ball. Use the images below to help you.

1. You could move to empty space to get past the defence so they can't take the ball.
2. You could stand in front of the defence so they can't take the ball.
3. You could move close to the goal keeper but not in an offside position.

THE HERO

The IX MENA Games will be hosted by Abu Dhabi in 2019. The UAE national team will compete against numerous countries in football.



Did You Know?

All Mabkhout was part of the UAE's London 2012 Olympic National Football Team. His passing would have helped his team keep possession of the ball.



Advanced shooting skills

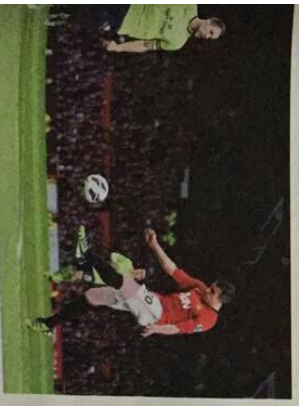
There is a variety of techniques we can use when trying to score a goal. Attackers use more than one basic shot.

Activity 5

Describe the two images below, they show techniques attackers use to score goals.

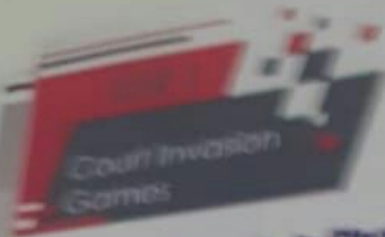


he used his head
to shoot the ball
with a high power



he used his leg
to shoot a higher ball
so the goal keeper
can't save it and
to score a goal

Home Extension Task E1



Keeping safe in Physical Education lessons

Health and safety is an important part of all sport and physical activity. When you play sport in your Physical Education lessons, you must follow best practice to make sure everyone is safe. Injuries in sports happen a lot. When we play games or do any type of exercise, we must do everything we can to stop injuries from happening.

In your Physical Education lessons, you will make sure you play safe. We do this by using best practices. These practices will be used in each lesson and every time you do any physical activity. In this unit, you will find out how to use these safety measures and practices to keep healthy and safe.

Starter activity

Fill in the gaps using the words below:

- | | | | | | |
|-----------|--------------|-------|---------|-----------------|-------------|
| sunscreen | mouth guards | hot | minutes | hydration | white pants |
| referee | equipment | water | helmets | heat exhaustion | sunburn |

Health and safety is important when we play sport. To keep safe in sport, we must follow rules. In competitive games, there is usually an official or referee who make sure that everyone is playing by the rules and that they are playing safely. Along with and regulations, it is important that we use the correct equipment. If we use broken equipment when we play sport, it can be dangerous. Some sports have special helmets and mouth guards to protect the players. Some of this equipment includes helmets and mouth guards. This equipment is used to stop serious injuries happening in contact or higher risk sports.

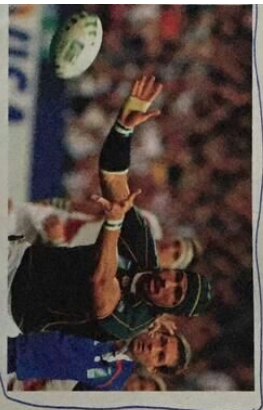
Playing sports can be dangerous. We must also think about where we play sports. Different environments have different threats or risks to the health and safety of participants. For example in the UAE the weather can be very hot and sunny. When it is hot, sports participants are at risk of heat exhaustion because their bodies overheat.

Passing in rugby

A spin pass in rugby is an advanced pass and is used to move the ball long distances, quick

Activity 3

Circle the image that shows how a spin pass should look.



Activity 4

What could be a disadvantage of using a spin pass to someone that is less able in rugby?

This is disadvantage pass because ~~the~~ when you pass to your friend a spin pass your team can lose the ball so other team will take the ball and score a goal.

DID YOU KNOW?

The UAE Rugby Federation participates in 7's and 15's competitions. They focus on passing to move the ball quickly.



Unit 1

Team players

Preparing for sport

In this unit, you will develop your skills in handball or basketball. You will increase your knowledge of the rules and be a good team player. You will also demonstrate a warm-up at the beginning of each lesson.

Activity 1

A warm-up will help to prepare your body for sport.

Identify three exercises that you can include in a warm-up.

1 Running

2 skipping

3 jogging



Activity 2

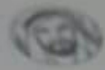
Stretching will help to prepare the muscles for exercise. Try these stretches in your warm-up. Tick each one that you have completed.



Activity 3

To play a sport successfully, you must learn the rules. Discuss with your classmates the rules of your sport. Are there any other rules you could follow in your lessons?

Elite Extension Task E1



and Health Education

Activity

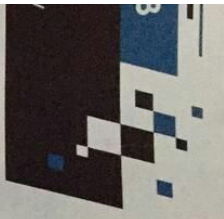
How do you think fitness training will help to get you ready for National Service?

Give two reasons why you need to be physically and mentally fit to complete your National Service.

Reason 1:

Because national Service Circuits must have a high level of Physical Fitness.

Reason 2: to be ready and Prepared Properly for military training
Because ^{and} all Emirati nationals must complete a period of National Service.



unning with the ball

gby, it is important that when running with the ball that you try not to run backwards. can run with the ball in different ways. Below are two ways you can run with the ball.



running with the ball in two hands



running with the ball in one hand

ctivity 1

at else do we need to consider when running with the ball?

~~They~~ a lot of

you can use the ball to another player when you running.

Top Tip

Think about the speed and direction you would run with the ball.

When you run with the ball, the other team will try to tackle you. You need to be able to tackle from the other team.

Activity 2

How can you evade tackles from the other team with the ball in your hand.

Through out ^{all} use ^{of} our power to evade tackles



Elite Extension Task E1

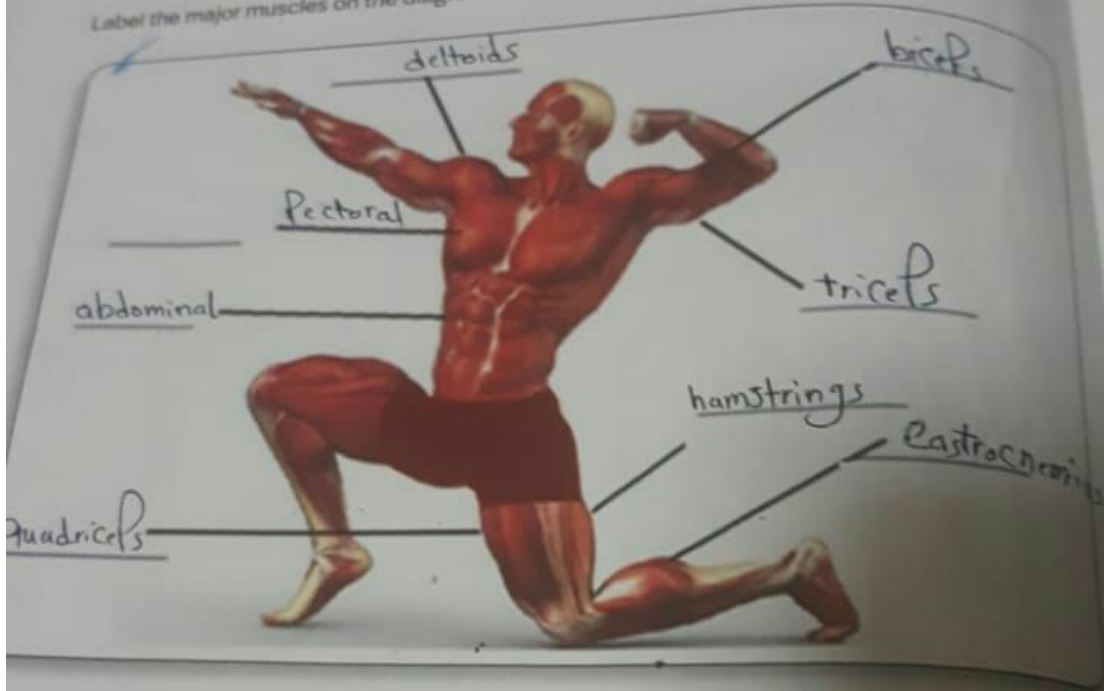
Unit 3
Fitness Testing

The muscular system

Fitness tests also rely on you using different muscle groups. The diagram below shows the major muscle groups of the body.

Activity 3

Label the major muscles on the diagram. Use the table to help you.



quadriceps	biceps	triceps	gastrocnemius
abdominals	deltoid	latissimus dorsi	pectoral

See elite extension task 1

icking

y, whoever scores the most points wins. There are different tactics that can be used to pponents and score points.

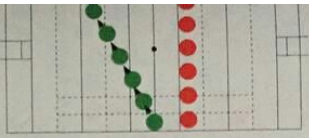
ivity 8

the tactics that rugby teams could use.

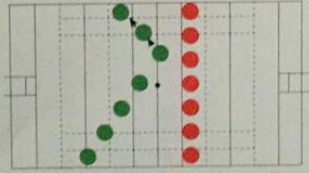
blindside play

wing to wing

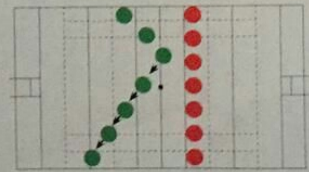
opposite play



ing to wing



blindside play



opposite play

ivity 9

Using some of these tactics in your lesson. Which did you find easiest to use and why?
used: It's very difficult because the Rugby
tactics are very difficult.

was this the easiest to use?

to build your strong and skeletons.

Elite extension tasks

Activity 51

Find three facts about your chosen UAE athlete.

1. UAE athlete have sport spirit
2. He always use the deception الخداع
3. Humble.

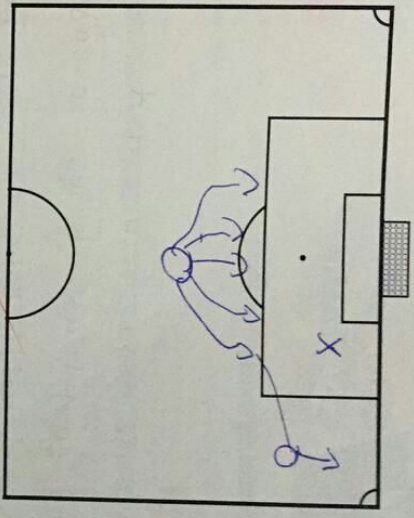
Activity 52

Choose two skills from Activity 2. How can you change the technique used more attacking or defensive?

Skills	Explain how technique of skills
Skill 1: Passing	
Skill 2: Receiving	



Point guards must have good passing skills. They must also have good handling skills and be able to keep the ball from her opponents.



Formation 2: ~~Standing out of the goal keeper's space~~
to shoot with a high power.

Reflection: Explain how these formations will improve your team's chances of winning all back to attack more.

It will make the players closer
to the opponent

This test measures your explosive leg power.
Fill in the gaps using the words below.

high standing reach height jump project wall

Start by standing next to a wall. Reach up as high as you can with the hand that is closest to the standing reach height / wall

This is called the Project.

Then, stand a little bit away from the wall. Jump as high as possible using both arms and legs to help you Jump / high your body upwards.

Touch the wall at the highest point you can. Measure the distance between your standing reach height and your Jump height to find your result.

standing reach

It is important to know why skills allows you to train and develop them.

Activity 3

Explain how you apply the skill in your chosen sport.

Skill 1

work out specific exercises for the skills.

Skill 2

Explain of skill Part and graduation giving skill.

Skill 3

Explain technical and common mistakes.

Skill 4

give a model of skill.



See elite extension task E2

What is fitness testing?

Fitness testing is used to check fitness levels and create a starting point to identify strengths and areas for improvement. There is a test for each component of fitness. Different athletes use different tests.

Activity

Draw a line to match each test to the correct component of fitness.

1 Illinois agility test	6	1 Flexibility
2 Sit and reach	4	2 Speed
3 35m sprint test	2	3 Cardiovascular endurance
4 Cooper run	3	4 Power
5 Sit-up / press-up test	5	5 Muscular endurance
6 Vertical jump	4	6 Agility

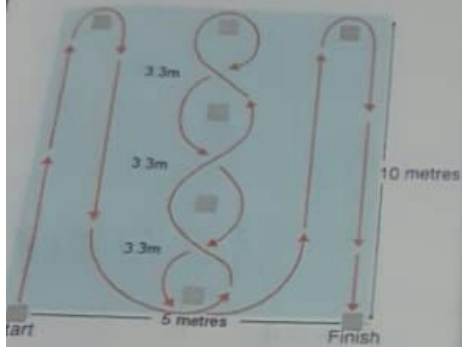


Testing agility

The Illinois agility test

Activity 9

Look at these sentences about the Illinois agility test. Are they true or false? Write T for true or F for false next to each statement.



<input checked="" type="checkbox"/>	This test measures agility.
<input checked="" type="checkbox"/>	This test measures the ability to change direction at speed.
<input type="checkbox"/>	This test needs lots of different equipment.
<input type="checkbox"/>	This test measures the ability to run fast in straight lines.
<input checked="" type="checkbox"/>	This test uses a stopwatch to get results.

The test is very simple. It does not need much space or equipment. In groups, make sure you set up the test correctly. Use the equipment provided and the diagram above to help you.

Equipment:

Flat, non-slip surface

3 cones

Stopwatch



FAST FACT:

Agility is the ability to change direction at high speed.

Performance analysis

Analysing your own performance is key to development. It is important that you can identify your strengths and areas for improvement in your sport. This will help you to plan and train effectively.

Activity 14

Strengths	Areas for improvement
1: balancing ability it's easy to me Prevent my body from Failing for as long as possible.	1: applying tactics I can organise the game to reach the best level.
2: speed-ability Too it's hard to perform a physical activity in the least time. we are training our self by activity.	2: under standing rules. we must ensure the security and peace factors in the play ground.

See elite extension task E7

What do you need to play your court invasion game?

Participating in invasion games needs you to use key skills and techniques to be successful. Some of these skills can be used in many different sports. Each skill you need will use different muscles to perform the required technical actions.

Activity 2

Identify four skills that you use in basketball, handball or netball.

1. **Passing**
changing speed quickly when aiming to pass and control the ball in a game.

2. **receiving (تقبيل)**
catching the ball whilst moving into space.

3. **using power and accuracy to score shooting**
② goals in small-sided games

4. **using both feet to dribble with control, or to change dribbling**
② speed and direction quickly

استخدام كلا القدمين للتحريك مع السيطرة



The UAE has many elite athletes competing around the world. These athletes will train hard at each skill to ensure it is permanent.



Activity 3

Identify a UAE athlete in your sport: **Amel Jamal → Basket Ball Player**

See elite extension task E1

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See elite extension task E1



Testing flexibility

sit and reach test

Activity



This test is used to measure flexibility. It is a good way to measure the flexibility of the hamstrings and lower back muscles.

Look at the instructions below. What is the correct order you would carry out this fitness test? Write a number (1-5) next to each instruction.

3	Put your hands on the top of the box.
2	Place the soles of both feet against the box.
5	Measure the point at which the tips of the fingers reach.
4	Reach forward as far as you can.
1	Sit on the floor and straighten your legs, with your knees flat against the floor.

Court Invasion Games

Defending tactics

These are needed to reduce space and time for opponents. The best defensive tactics are needed to reduce space and time for opponents. The best defensive tactics are needed to reduce space and time for opponents.

Activity 10

Describe two defensive tactics used in your sport.

1. individual defense → it is the responsibility of the player
2. Collective defense → it is link between the individual and the defensive defense.

See elite extension task



Handball players need to use tactics to outplay her opponent. They will use tactics to create and limit openings in a match. She will need to make decisions when to attack and when to defend.



Rules and regulations in your sport

All sports have rules and regulations to follow to keep them fair and safe. It is important that you know these to participate fairly. Officials are used to organising and monitoring participation during matches.

Activity 11

What can you do to improve your understanding of rules and regulations?

- Continuous training
- love the game
- Search on line to supply my information
- Follow the instructions of the referee
- Learn - Practise - apply.

at the following fitness test exercises.

Describe Two Factors that could affect your Progress in your Sport?

- ① external Pressures الضغط الخارجي
- ② Social isolation الانفصال الاجتماعي
- ③ irrational behavior السلوك غير منطقي

What can you do to reduce the factors affecting your performance?

Practise all time / Follow the instructions of the referee / Search on line to supply myself with information

What joint action is taking place at the elbow?

flexion

Identify the type of joint (knee) being used.

Hinge joint المفصل المفصلي [knee + elbow]

What joint action is taking place at the knee?





Anatomy of flexibility

Joints

Joints are where two or more bones meet. There are three main types of joints in the body. In sport, the most important are the synovial joints. Synovial joints allow the types of movements you need to do fitness tests.

Activity 7

Fill in the gaps using the correct words from the box below.

Joint Type	Examples	Image
المفصل القوسي hinge Flexion and Extension	كاحل + راحة knee + Elbow	Flexion + extension + abduction + adduction
المفصل المحوري pivot	Between vertebrae مفاصل العمود الفقري و بين الفقرات الكاحل والرسغ	(rotation + Flex + extension)
المفصل الكروي ball and socket (all movements)	Hips and shoulders	(all movements) Ball and socket joint Open socket of hip Rounded head of upper leg rotation + Flexion + add + abd
المفصل للعي condyloid Flex - Ex - abd - add	between radius and Carpal الرسغ المفاصل	Extension Flexion rotation + Flexion + abduction
المفصل الانزلاقية gliding	Between Carpal and Feet.	

Describe a full sit-up.

the sit-up test measures the muscular endurance of abdominals and hip flexor muscles

You will do the test in your Physical Education lesson. In groups, you will use the equipment to set up the test to measure and record each other's scores.

Equipment:

- Non-slip surface

Use the table below to record your results:

Rugby

Activity

Use the guide below to make a warm-up session for rugby.

Sport:

Aim of the session:

Participants: (Age/Ability/Number)

Equipment needed:

Pulse raiser:

Jogging
side-stepping
skipping

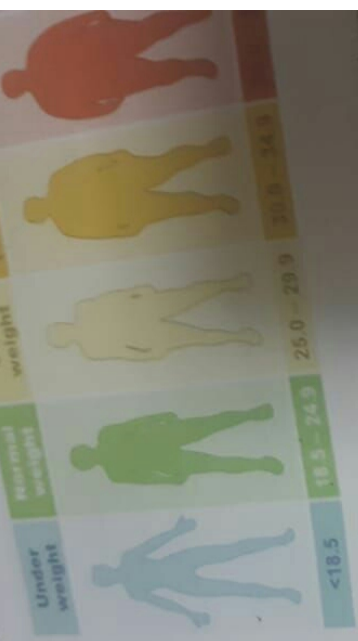
Dynamic stretches:

star jump
high-knee
Toe-Touch
arm circles

Sport-specific activity:

~~lower back~~ 1- Bend the feet on the chest
2- sit and reach Test
3- high knee
4- leg swings.

Measuring body mass index



Body mass index (BMI) is a different way of finding out your body mass. It will then help you decide whether you have too little or too much body mass. It will then help you decide whether you are normal weight, overweight, or obese.

To find out your BMI, divide your weight in kilograms by your height squared.

BMI = weight in kg ÷ height in metres²

Activity 14

Let's work out your BMI. You can use a calculator.

Weight (kg) = 60

Height (metres) = 1.64

$$BMI = \frac{\text{weight}}{\text{Height}^2} = \frac{60}{1.64^2} = 22.5$$

I am:

نورثه
1.1

Elite Extension Tasks

PREPARING FOR SPORT

Rules are important in sport to make sure everyone plays fairly. If you do not follow the rules, there are consequences.

Activity E1

Choose two rules from your sport. What will happen if you do not follow this rule? Write the consequences below.

Rule 1: Carry the ball without dribbling

Consequence: walking

Rule 2: standing near than 350 centimeters from the opponent's basket

Consequence: 3 second violation

PASSING AND RECEIVING SKILLS

You have developed your passing skills in your lessons. During a game you must choose the correct type of pass.

Activity E2

Read each sentence below. Write which pass you would use in this situation.

'Your teammate is far away. They have an opponent in front of them.'
The pass I would choose is...
over head pass

'You have a defender standing in front of you. Your teammate is to the side of you.'
The pass I would choose is...
bounce pass

'Your teammate is in an open space. They are close to you.'
The pass I would choose is...
chest pass

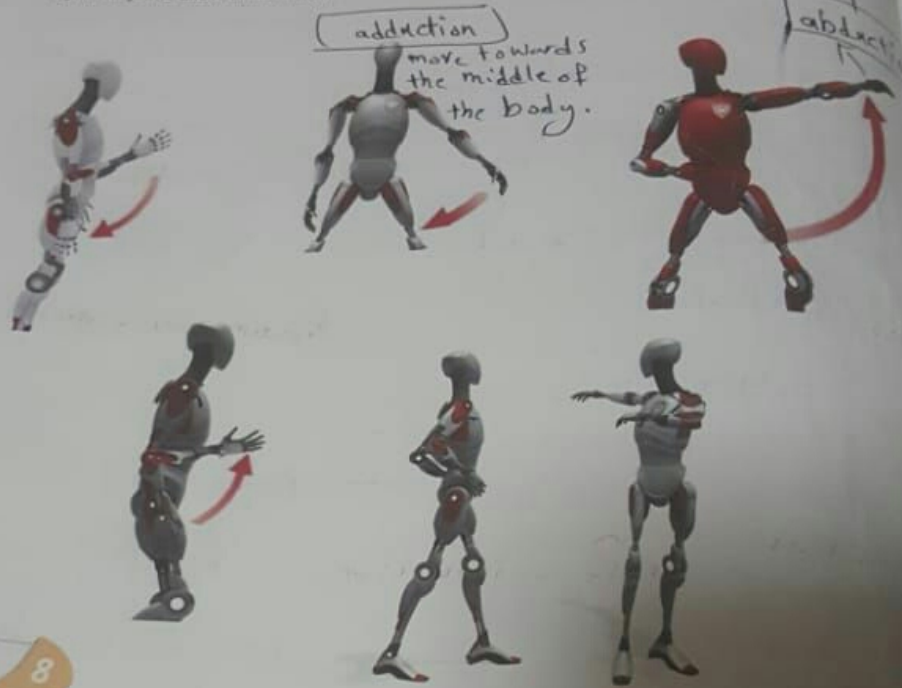
Elite Extension Tasks

Activity

Complete the table with examples of how we use the different muscles in the fitness tests.

Muscle	Function	Example in fitness tests
tricep	to extend the arm at the elbow	in shooting in Basket
bicep	to flex the arm at the elbow	Passing to up in volly ball do flex and extend
deltoid	to move the arm in all directions at the shoulder	in Table Tennis use all directions.
pectoral	to adduct the arm at the shoulder	in recieving in Basket ball
quadricep	to extend the leg at the knee	
hamstring	to flex the leg at the knee	shooting in Basket Ball in high-knee test
gastrocnemius	to point the toes to help flex the knee	(in Flexibility Test) in Sit and reach test.

Synovial joints allow different types of movement to happen:



Activity 8

Draw a line to match the joint to the movements allowed at the joint.

- 3 knee
- 4 wrist
- 2 hip

- flexion and extension
- flexion, extension, rotation, abduction and adduction
- flexion, extension, abduction and adduction

All sport needs athletes to be healthy and fit to be successful. Athletes will need different levels for different sports. A marathon runner will use high levels of cardiovascular fitness but a sprinter will use power more. Invasion sports will use different levels of fitness to net and wall sports.

Activity 4

Identify the playing positions in your sport.



- walking
- running
- Jumping

the Partridge.

Activity 5

Explain how your chosen components of fitness are applied in your sport.

Speed

Balance

Endurance

See elite extension task

Testing muscular endurance

Press-up test

Activity 12

Draw arrows to match the statement with the correct missing word.

This tests the muscular endurance of the <u>upper body</u> .
In the downward phase, your <u>right angles</u> must touch the floor.
Your back stays straight, with your elbows at <u>chest right angles</u> , as you touch the floor.
To start, you must get into the <u>military</u> style push-up position.



FAST FACT:

Agility is the ability to change direction at high speed.

You will do the test in your Physical Education lesson. In groups, you will use the equipment to set up the test to measure and record each other's scores.

Equipment:

- Non-slip surface

Use the table below to record your results.

Attempt	Number of
1	

Activity 6

Identify and describe three components of fitness used in your sport.

1. Speed

2. Strength

3. Coordination

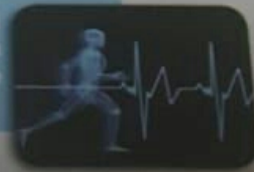
[Empty box for description of Speed]

[Empty box for description of Strength]

[Empty box for description of Coordination]



Components of fitness can be split into two types; physical and skill. You will need to keep both trained to be successful.



It is important that you train effectively to progress your skills and technique in sports. Various factors can affect your progress as an individual but also as a team.

Activity 7

Describe two factors that could affect your progress in your sport.

من ياملن بكون ان توتره من تقبله رياضته؟

External Pressures
1. الضغط الخارجي

الافتقار للاهتمام

السلوك الغير صحي

2. Social isolation

irrational behavior

Physical and Health Education

Muscle fibre types (أنواع الألياف العضلية)

Muscles are made up of fibres. These fibres can be put into different categories. Fibres can be categorised as either FAST TWITCH or SLOW TWITCH.

Fast twitch fibres contract quickly and are very powerful, but they get tired very quickly (in short distance).
 Slow twitch fibres contract slowly and continue contracting for long periods of time (in long distance).
 Slow twitch fibres are used during long distance events. Fast twitch fibres are used for short or explosive activities.

Activity 15

Think about the fitness tests you have done in this unit.

Draw a line from the fitness test to the type of muscle fibre it uses the most.

Slow twitch muscle fibres	Vertical jump test
	Cooper run
	35m sprint test
	Press-up test
Fast twitch muscle fibres	Illinois agility test
	Sit-up test

See elite extension task 3

Attacking tactics → To overcome your opponent, you need different attacking options to be successful. Making the correct attacking decision at the right time could be the difference between scoring points or not.

Activity 9

Describe two attacking tactics used in your sport.

- | |
|--|
| 1. Quick offensive (shooting) → try to reach the goal of the opponent as little as possible. (الشوكة السريع) |
| 2. Organised offensive → is an attack by a group of all team members. (الهجوم المنظم) |



Different types of muscle

When we play sports or do physical activity, we must move our body. All movement uses our muscles. But, not all muscles help us move. There are different types of muscles in the body: voluntary, involuntary and cardiac muscles.

- The cardiac muscle is found in our hearts. We cannot control it; it contracts and relaxes on its own. It does this to make sure blood flows around the body. It never gets tired.
- Involuntary muscles cannot be controlled. These are usually found in the walls of the organs, for example, in the stomach.
- Voluntary muscles are also called skeletal muscles. These muscles help us move. We control them, so they only move when we want to contract them.

Testing your fitness

In this unit, we will be looking at different fitness tests. You will learn how to do each test and about the components of fitness you will be testing. You will also learn about the different muscles and bones used in fitness tests. You should warm up before each fitness-testing session. This is to make sure you are physically and mentally ready for exercise.

Activity 4

What activities can you do to make sure your body is warm and ready for fitness testing? Write your answer in the box below. This warm-up will be used in all your fitness-testing sessions.

Warm-up activities: by two ways

① pulse raisers → these increase the heart rate, raise the body temperature and increase circulation.

→ Jogging - side stepping - Cycling

② dynamic stretches → can be done at any time in warm-up this prepares the muscle for movement in an activity.

- arm circles - high knee - leg swings - toe - touches

Unit 3
Fitness Testing

How did you rate? Circle the category that matches your results.

% Rating	14 years
90	22
75	15
50	11
25	6
5	3

Number of repetitions

Sit-up test measure muscular Endurance.

Activity 13

Answer the following questions about the sit-up test:

Which muscles are used during the test?

Pectoral
biceps - Triceps
abdominals

Preparing for physical activity

A warm-up is a short session which happens before doing a sport or physical activity. Warm-ups make sure the body is ready to do intense sports. A good warm-up will prepare the body for activity. Warm-ups usually include a type of cardiovascular activity which is called a 'pulse raiser', stretching and sometimes strength-related drills. A pulse-raising activity will increase circulation, heart rate and body temperature. Stretching warms the muscles and ready for the movements of a sport or activity. Explosive strength exercises, like jumping increase the intensity and can copy the movements used in a sport. In a warm-up will also be an activity which is sport related.



Starter activity

Match the warm-up/cool-down activities with the correct definition.

pulse raiser	an activity which increases the heart rate and
static stretching	slowly lengthening the muscle and holding th
dynamic stretching	an activity that practises the movements that the sport
sport-specific activity	a type of fitness routine that uses movement the muscle



Measuring speed

35m sprint test

Activity 10

Circle the correct option to make the following sentences correct.

- This test measures acceleration or sprint (speed / direction).
- You have to run a single (maximum / minimum) sprint over a set distance; the (time / distance) is recorded.
- You should do the test (three / five) times.
- The starting position must always be the (same / different).



35 metre sprint

You will do the test in your Physical Education lesson. In your groups, you will use the equipment to set up the test and measure and record each other's scores.

Equipment:

- Sports hall/field
- Cones
- Measuring tape
- Stopwatch

Write your results in the table below:

Attempt	Time (secs)
1	320
2	18
3	15
Average score	$20 + 18 + 15 =$

Rules are guidelines to follow when participating in your sport. A rule in rugby would be the ball is unable to be passed forward. Regulations need to be in place before a sport starts. A regulation in rugby would be using the correct size field or size of ball.



Activity 12

List 3 rules for your sport.

rule → the way of playing and related for player
Regulation → related to play-ground

<p>Rule 1: In Basket ball you must be Focus your eyes on the ball</p>	<p>Rule 2: Bending front and down</p>	<p>Rule 3: Follow the direction of the ball and hold the ball - when</p>
--	--	---

List 2 regulations for your sport.

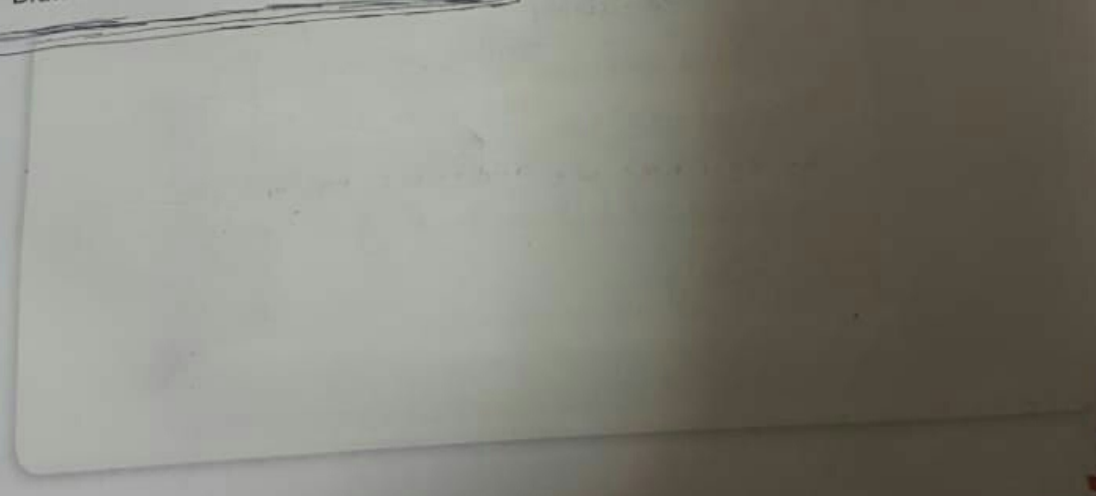
the game consist of 4 period each 10 m

<p>Regulation 1: using t c Correct size Field and size of ball.</p>	<p>Regulation 2: in Basket Ball is a team sport each group consist of 5 Player.</p>
--	--

See elite extension task E6

Activity 13

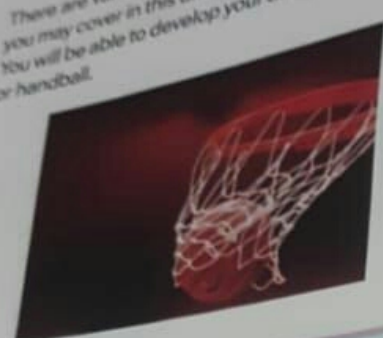
Draw the area of play for your sport below:



Court Invasion Games

Know your invasion games

There are various invasion games played using different rules and in various arenas. The you may cover in this unit are all played on a court. Each of the sports is played using your You will be able to develop your ability and skills in one of the following games: basketball or handball.



What invasion game are you studying in this unit?

Basket Ball - hand Ball

Activity 1

Explain how you participate in this sport. For example, what is the main aim?

Basket Ball. → requires you to use skills and techniques at an advanced level to be successful. Each skill you need will use different muscles to perform the required technical actions.

Court Invasion Games

It is important that you train effectively to progress your skills and technique in sports. There can be various factors that affect your progress as an individual but also as a team.

Activity 6

Describe two factors that can affect your performance or progress in your sport.

Factor 1: external Pressures الضغوط الخارجية

Factor 2: Social isolation الانفصال الاجتماعي
 Factors: irrational behavior السلوك غير المنطقي

See elite extension task E4



Tactics in sport

Tactics and strategies can mean the difference between winning and losing. It is important for individuals and teams to apply them in the best way for success. There are various tactics and strategies you can use. Success depends on how effective you are at using them.

Activity 7

Tactics → choosing the most suitable way to attack and defend.

Identify two tactics used in your sport.

Tactic 1:

or attacking offensive

describe:

using more advanced skills to beat opponents.
 Skills المهارة
 and beat opponents. على الأمان

Tactic 2:

defending describe:

understanding when the other team will pass; knowing how to intercept and stop the team from passing.

Rules are guidelines to follow when participating in your sport. A rule in rugby would be the ball is unable to be passed forward. Regulations need to be in place before a sport starts. A regulation in rugby would be using the correct size field or size of ball.



Activity 12

List 3 rules for your sport.

Rule 1: You must be focus your eyes on the ball	Rule 2: Bending front and down.	Rule 3: Follow the direction of the ball and hold the ball
---	---	--

List 2 regulations for your sport.

Regulation 1: the game consist of using the correct size of the ball	Regulation 2: is a team sport each group consist of 5 players.
---	---

See elite extension task E6

Activity 13

Show the area of play for your sport below:

Defending tactics

These are needed to reduce space and time for opponents. The best defensive tactics stop opponents scoring points.

Activity 10

Describe two defensive tactics used in your sport.

1. individual defence → it is the responsibility of the player
2. Collective defence.

See elite extension task E5

DID YOU KNOW?

Ahmad Hilal plays handball for the UAE national team. He needs to use tactics to outplay his opponent. He will use tactics to create and limit openings in a match. He will need to make decisions when to attack and when to defend.



Rules and regulations in your sport

All sports have rules and regulations to follow to keep them fair and safe. It is important that you know these to participate fairly. Officials are used to organising and monitoring participant during matches.

Activity 11

What can you do to improve your understanding of rules and regulations?

Continuous training,
love the game,
search online to supply my information.
Follow the rules of the referee,
Learn - Practise - apply.

Elite extension tasks

Activity E1

Find three facts about your chosen UAE athlete.

1. ~~He~~ UAE athlete have sport spirit.
2. He always use the deception.
3. Humble.

Activity E2

Choose two skills from Activity 2. How can you change the technique use more attacking or defensive?

Skills	Explain how technique skills
Skill 1: Passing	
Skill 2: receiving	

Tactics are used for both attacking and defending. The best athletes can do both effectively to be successful.

Activity 8

Describe how the tactics you have identified apply to your sport.

	Tactic	Did you use the tactic? Yes / No
Tactic 1:	attacking	Yes
Tactic 2:	defending	Yes



Tactics are important for teams to be successful. In handball, you may decide to man mark to defend a play. In basketball, you may dribble a specific way to wrong foot a defender.



Attacking tactics

different attacking options to be successful. Making the scoring points or

Performance analysis

Knowing your own performance is key to development. It is important that you can identify strengths and areas for improvement in your sport. This will help you to plan and train effectively.

Activity 14

Strengths	Areas for improvement
1: balancing ability.	1: the applying tactics.
2: speed ability	2: understanding rules.

Attacking tactics

To overcome your opponent, you need different attacking options to be successful. Making the correct attacking decision at the right time could be the difference between scoring, points or not.

Activity

9

Describe two attacking tactics used in your sport.

- | | |
|----|--|
| 1. | Pressur Pressur on the enemy and try to score |
| 2. | Return to your area of the pitch and try to get the ball from the enemy. |



What invasion game are you studying in this unit?

handball

Activity 1

Explain how you participate in this sport. For example, what is the main aim?

im the Godkeeper in the game and my main aim is to push back all the balls that come to me.

Name UAE a

Mai

To make sure this does not happen, we must drink plenty of water to maintain good hydration levels. It is recommended to sip water every 20 minutes when you are exercising, especially when it is hot. The sun can also cause sun burn. Sun protection like UV clothing and high-factor sunscreen will help protect you when playing sports outside.

Safe playing surfaces

It is very important that playing surfaces are safe and suitable for different types of physical activities, sports or exercises. Sports fields, halls or gymnasiums must be correctly prepared. Some areas will have more hazards than others. For example, public parks may contain litter and broken glass. It is important that these hazards are identified and removed before activities take place.



Risk assessment activity

Use the table below. List the hazards you found in the sports hall/sports field at the start of today's lesson. Describe why these hazards are a risk.

Hazard	Description of risk
Public Parks	it may contain litter and broken glass
football stadium without glass	it may hurt the leg

sunscreen mouth guards hot minutes hydration shin pads rules
referee equipment water helmets heat exhaustion sunburn

Health and safety is important when we play sport. To keep safe in sport, we must follow the rules. In competitive games, there is usually an official or referee who helps make sure that everyone is playing by the rules and that they are playing safely. Along with rules and regulations, it is important that we use the correct equipment. If we use incorrect or broken equipment when we play sport, it can be dangerous. Some sports have special equipment to protect the players. Some of this equipment includes helmets, shin pads and mouth guards. This equipment is used to stop serious injuries from happening in contact or higher risk sports.

Playing sports can be dangerous. We must also think about where we play sports. Different environments have different threats or risks to the health and safety of participants. For example, in the UAE the weather can be very hot and sunny. When it is hot, sport performers are at risk of heat exhaustion because their bodies overheat.

All sport needs athletes to be healthy and fit to be successful. Athletes will need different fitness levels for different sports. A marathon runner will use high levels of cardiovascular endurance, but a sprinter will use power more. Invasion sports will use different levels of fitness compared to net and wall sports.

Activity 4

Identify the playing positions in your sport.



walking

~~running~~ running

Jumping

Activity 5

Explain how your chosen components of fitness are applied in your sport.

speed

Balance

Endurance

See elite extension task E3

It is important to know why you need skills in sport. Demonstrating an understanding of your skills allows you to train and develop them.

Activity 3

Explain how you apply the skill in your chosen sport.

Skill 1

by ~~using~~ my
Practiseing
hands musches
and to focus
at the target

Skill 2

Practise ~~to~~ to focus at
Catching

Skill 3

I have to train
on ~~the~~ the bottom
of my leg

Skill 4

I have to train
on the top of my
leg

See elite extension task E2

DID YOU KNOW?

Mohammed Juma plays point guard for the UAE national team. Mohammed will provide the team with ball-playing skills and creativity. He will start most plays for the team.



Techniques in your sport

You need to use key skills and techniques to be successful when participating in invasion sports. Some of these skills will transfer easily from one sport to another. Fundamental skills like running and jumping are very common in all sports. Skills, such as throwing, catching and shooting may vary using different techniques. It is then important to apply the correct technique to the skill and sport you are doing.

Activity 2

Identify four skills that you use in your sport.

DID YOU KNOW?

The UAE has many elite athletes competing around the world. These athletes will train hard at each skill to ensure it is permanent.

1. throwing

2. catching

3. jumping

4. running

Name a UAE athlete for your sport.

Majid Nasser

See elite extension

To make sure this does not happen, we must maintain low levels. It is recommended to sip water when you are exercising, especially when it is hot. The sun can also cause skin damage. Wearing a sun screen will help protect you from the sun's rays. Protection like UV clothing and high-factor sunscreen will help protect you from the sun's rays.

Safe playing surfaces

It is very important that playing surfaces are safe and suitable for different types of physical activities, sports or exercises. Sports fields, halls or gymnasiums must be correctly prepared. Some areas will have more hazards than others. For example, public parks may contain litter and broken glass. It is important that these hazards are identified and removed before activities take place.



Risk assessment activity

Use the table below. List the hazards you found in the sports hall/sports field at today's lesson. Describe why these hazards are a risk.

Hazard	Description of risk
bags on the floor انطاب wet floor ترطوبه un even floor غير متساوية	tripping over bags ان تقع على ساقيه اللاعب slipping on the floor السقوط Can cause injuries يمكن ان تسبب اصابات
using wrong tools استخدام اجهه خاطئه	Can cause injuries, not performing the exercise in a proper way يمكن ان تسبب اصابات، عدم القيام بالتمارين بالطريقه الصحيحه
unavailable sport hall عدم توفر الصالة	tools may get lost, wasting the class time يمكن ان يضيع الادوات، هدر الوقت
not wearing a sport uniform عدم ارتداء الزي الرياضي	Can cause injuries يمكن ان تسبب اصابات
wearing accessories while playing ارتداء الاكسسوارات أثناء اللعب	Can cause injuries for you and the other players يمكن ان تسبب اصابات لك وللباقين

globy



Elite Extension Tasks

ing with the ball

Activity E1

imes your evade does not work and you are tackled. What should you do once you are
d?

should fake the ball from the other team.

ing in rugby

Activity E2

ase types of passing tactics in your lesson. Which one worked well and why?

ing tactic: spin pass
did this work well?

cause it very nice and exited.

anding

Activity E3

in your defensive line, you should all move forward together. Why should you all move
d together?

don't give our team (Almajal) to
bring a goal.

SHOOTING SKILLS

You are going to be a coach and help another player to improve. You are going to help improve their shooting technique.

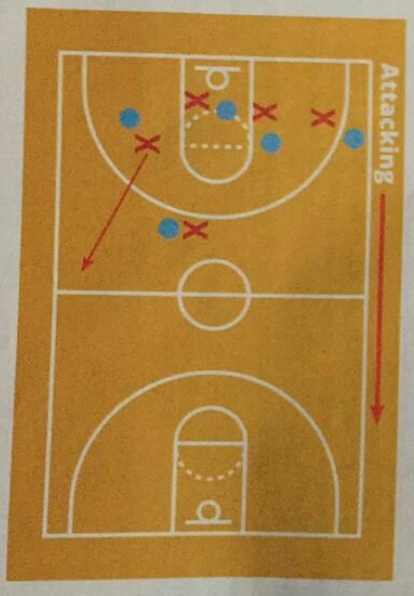
Activity E4

Read each sentence below. What would you suggest to the player to improve?

Problem	What would you suggest?
'I do not have very good accuracy. The ball is not on target. What can I do?'	Practise alot to improve your performance
'I have good accuracy, but I do not have much power. The ball does not reach the target. What can I do?'	Do more training to improve your power

Activity E5

Look at the diagram. The red players are defending. They are ready to counter attack. What should the five defending players move to? Draw arrows to show where they should move. One arrow has been done for you.



Attacking tactics

Activity 83

Look at Activity 8. Select one of your attacking formations. If you were the other team, how would you adapt your defending tactics?



Why have you used this formation?

one player on the player who will and one of the player who will shoot and in front the goal to ~~kick~~ kick it away. It was hand ball.

There are different passing tactics that can be used to give you an advantage over the team.

Activity 5

Read the descriptions and name the type of passing tactic using the words below.

loop pass

switch pass

miss pass-behind

Pass 1

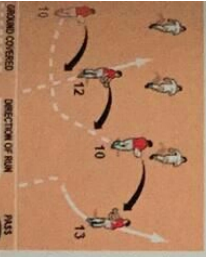


This pass tactic involves the player with the ball run diagonally in one direction. The person behind will run opposite direction. As both players meet, the player with the ball will pass to the other player. This changes the direction of ball, away from the defender.

Loop pass

PASS

Pass 2

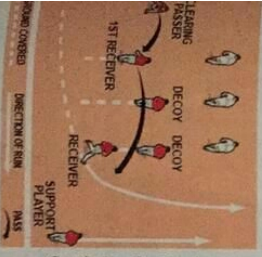


This pass tactic involves a player looping round the back another player to receive the ball again. Player 10 passes the ball to player 12. Player 12 runs behind player 10. Player 12 pass back to player 10 who then passes to player 13. This tactic creates a more dominant attack.

miss pass-behind

PASS

Pass 3



This passing tactic involves missing people when passing ball. The 1st receiver would have the ball and the two players behind their right would be decoys. The 1st receiver would then pass behind the decoys to the receiver further out. This pass tactic confuses defenders as they don't know which attacker to defend.

switch pass

PASS

Elite Extension Task E2

DID YOU KNOW?

As a striker, Ismail Matar needs power and accuracy to beat the goalkeeper.



Activity 6

Are the actions below examples of good shooting techniques for an attacker? Circle the ones that are.

- position your body away from the ball
- use the laces of your boot
- miss the ball
- follow through with the kick
- have a balanced body
- use the top of your head
- keep your eyes on the ball
- wave your arms around

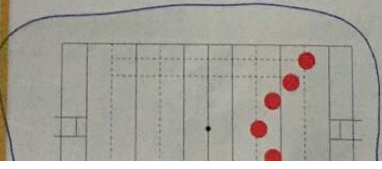
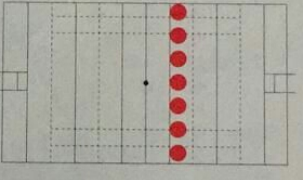
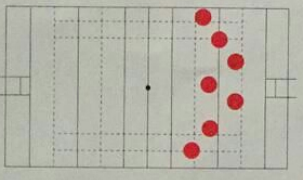


Defending

In rugby, if you can stop the other team from scoring points, the less you will have to score the match.

Activity 10

Circle which line players should use when defending.



Top Tip

Think which line would have less gaps for the attackers to run in.

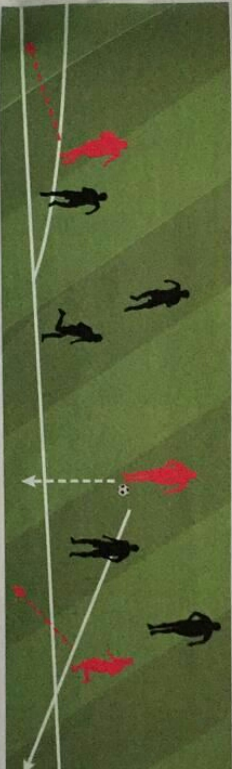
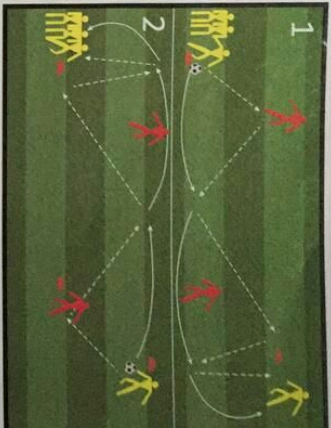
Activity 11

Why have you circled this one?

because the defence should be a circle line

Elite Extension Task E3

Movement off the ball is important. Good movement can support your team to keep possession of the ball even if you do not have it.



Activity 3

Players also need to perform evasive movements off the ball.
How will these evasive actions help the team? Give an example.

They change their positions so when they get ball they could score a goal, but it's important move far away from the defence plays.

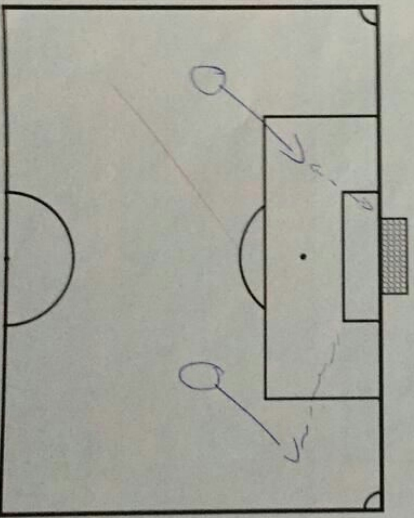
Did You Know? Omar Abdulrahman was voted the most promising player of the year in the 2010-2011 season. He is an attacking player, but still needs to know how to defend. This will help the team win matches.



Attacking tactics

Activity 9

Your team is losing 1-2 and there are only 10 minutes left in the match. Your opponent has changed tactics. More of their players are now defending. Draw two attacking formations you could use to change tactics to attack and score. Draw two attacking formations you could use to



Question 1: stand in the goal keeper space to score ahead ball.

Defending tactics

When you defend, it is important to keep the attacker and the ball in front of you and your teammates.

Activity 7

Explain why it is important to keep the attacker and the ball in front of you when defending your goal.

so when he tries to change his direction it will be easy to get the ball



Communication is required for a team to work together effectively. This is so they achieve their targets.

Activity 8

Read the sentences below. Tick the situations where you think communication will help a teammate.

asking for support to reduce space when you defend	<input checked="" type="checkbox"/>
informing a teammate where to move	<input checked="" type="checkbox"/>
shouting at a teammate for a bad action	<input checked="" type="checkbox"/>
informing a teammate to defend against an attacker	<input checked="" type="checkbox"/>
asking or informing a teammate where to pass the ball	<input checked="" type="checkbox"/>
shouting at an opponent	<input type="checkbox"/>

You should reflect on your tactics and think about how effective they were. For example, how did your team win by using these tactics?

Activity 13

After you have played a game, talk with your teammates about your tactics. What changes do you think you should make to improve?



It is important to understand how to defend against your opponents. You and your teammates know how to defend, but you will stop the opponents from scoring. There are many different ways to defend.

Activity 14

Read the paragraph below about defending. Use the key words to help you.

When you defend, you must try to stop your opponents from scoring. You can do this by close the space. This means you are more intercept the ball. This will stop the other team from gaining possession. You should try to stay reduce to your opponents. This will make it more difficult for them to pass the ball. The defensive players on your team must work together to get possession of the ball.

- reduce
- close
- pass
- stop
- intercept

Now see if you can find the key words in the wordsearch.

Q	E	F	K	P	F	F	K	S
F	Y	C	X	F	A	M	J	T
H	K	F	U	J	N	S	Z	O
T	I	L	F	D	O	Q	S	P
T	P	E	C	R	E	T	N	I
C	L	O	S	E	P	R	U	X

Elite Extension Tasks

PREPARING FOR SPORT

Rules are important in sport to make sure everyone plays fairly. If you do not follow the rules, there are consequences.

Activity E1

Choose two rules from your sport. What will happen if you do not follow this rule? Write the consequences below.

Rule 1: Carry the ball without dribbling

Consequence: walking

Rule 2: standing near than 350 centimeters from the opponent's basket

Consequence: 3 second violation

PASSING AND RECEIVING SKILLS

You have developed your passing skills in your lessons. During a game you must choose the correct type of pass.

Activity E2

Read each sentence below. Write which pass you would use in this situation.

'Your teammate is far away. They have an opponent in front of them.'
The pass I would choose is...
over head pass

'You have a defender standing in front of you. Your teammate is to the side of you.'
The pass I would choose is...
bounce pass

'Your teammate is in an open space. They are close to you.'
The pass I would choose is...
chest pass

Advanced passing and receiving skills

A player needs to be confident when passing and receiving the ball. This is to evade opposition. It will also increase the amount of time that the team has the ball. Passing can be creative by changing the distance, angle and directions used.

Activity 4

Describe three techniques for passing. These can be used in a match to evade opponents.

1 Important to pass a through ball to the team mate.



2 Important to pass a high pass because the team mate is away



3 Important to use passing skills to make the opponent distracted.



Use the pass techniques you listed. Can you explain how receiving the ball might change with each different technique used?

- If you stand in a space you will receive the ball
- If you stand away you must concentrate ball to receive it

Advanced shooting skills

Activity E1

Look at Activity 5. Which type of shot do you think is easiest to use and why?

It is easy to use to the second way because it's more easy to score but the first way is hard to shoot the ball because the defender could the goal shoot the ball ease away from the goal

Activity E2

Look at activity 6. Name one example of a good shooting technique that you have circled. What is this an example of a good shooting technique?

Example: Keeping your eyes on the ball

Why: because it helps you to know where the ball will be passed.

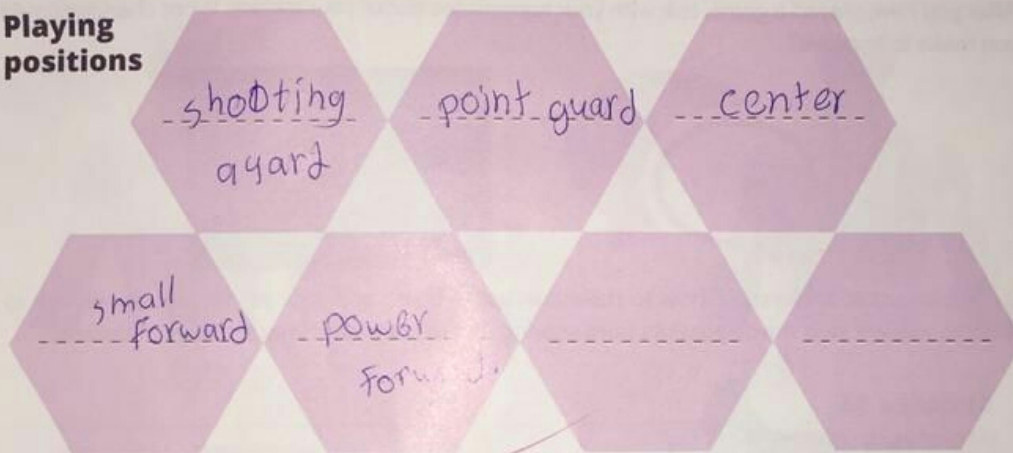
Game tactics

A tactic is an action or strategy that you use in a game. There are many different tactics that you can use to win. You should think about what tactics work well. If your tactic did not work, you should consider changing it to be more effective.

Activity 11

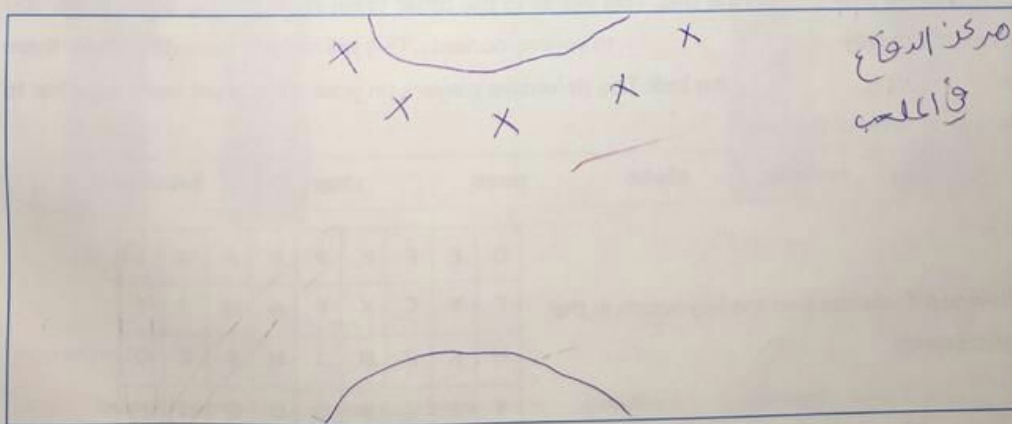
One tactic you can use is to position your players. What are the playing positions in your sport? Write them below.

Playing positions



Activity 12

Draw your playing positions (formation) that you play in your sport. Think about where you will position your attacking players and where you will position your defending players.



Elite Extension Task E5



Keeping safe in Physical Education lessons

Health and safety is an important part of all sport and physical activity. When you play sport in your Physical Education lessons, you must follow best practice to make sure everyone is safe. Injuries in sports happen a lot. When we play games or do any type of exercise, we must do everything we can to stop injuries from happening.

In your Physical Education lessons, you will make sure you play safe. We do this by using best practices. These practices will be used in each lesson and every time you do any physical activity. In this unit, you will find out how to use these safety measures and practices to keep healthy and safe.

Starter activity

Fill in the gaps using the words below:

- sunscreen
- mouth guards
- hot
- minutes
- hydration
- white pants
- referee
- equipment
- water
- helmets
- heat exhaustion
- sunburn

Health and safety is important when we play sport. To keep safe in sport, we must follow rules. In competitive games, there is usually an official or referee who make sure that everyone is playing by the rules and that they are playing safely. Along with and regulations, it is important that we use the correct equipment. If we use broken equipment when we play sport, it can be dangerous. Some sports have special helmets and mouth guards to protect the players. Some of this equipment includes helmets and mouth guards. This equipment is used to stop serious injuries happening in contact or higher risk sports.

Playing sports can be dangerous. We must also think about where we play sports. Different environments have different threats or risks to the health and safety of participants. For example in the UAE the weather can be very hot and sunny. When it is hot, sports participants are at risk of heat exhaustion because their bodies overheat.

Did You Know?

All Mabkhout was part of the UAE's London 2012 Olympic National Football Team. His passing would have helped his team keep possession of the ball.



Advanced shooting skills

There is a variety of techniques we can use when trying to score a goal. Attackers use more than one basic shot.

Activity 5

Describe the two images below, they show techniques attackers use to score goals.



he used his head
to shoot the ball
with a high power



he used his leg
to shoot a higher ball
so the goal keeper
can't save it and
to score a goal

Home Extension Task E1

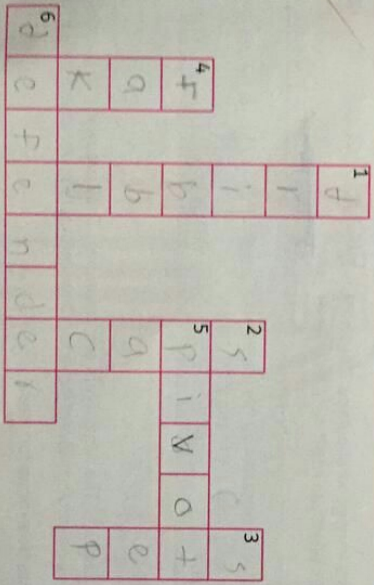
MOVEMENT SKILLS

Evasive movement is important when you cannot pass to a teammate. You must choose action techniques to avoid the defender and keep possession of the ball.

Activity 3

Complete the crossword. All of the answers are linked to evasive movement. Use the key words to help you.

step	defender	space
pivot	dribble	fake



ACROSS

- When you stop dribbling, you can use this to turn around.
- You need evasive movement to move away from this player.

DOWN

- Bouncing the ball with either your dominant or non-dominant hand.
- You need to move into this when in attack.
- Placing your foot forward to change your body position.
- When you move your body in one direction, then quickly change to another.

All sports need athletes to be healthy and fit to be successful. Bodies and how to keep them in the correct condition.

Activity 5

Identify three key muscles you will use to perform actions in your sport.



1

Pectoral

2

biceps / triceps

3

quadriceps

See elite extension task E3

Passing in rugby

A spin pass in rugby is an advanced pass and is used to move the ball long distances, quick

Activity 3

Circle the image that shows how a spin pass should look.



Activity 4

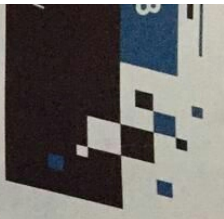
What could be a disadvantage of using a spin pass to someone that is less able in rugby?

This is disadvantage pass because ~~the~~ when you pass to your friend a spin pass your team can lose the ball so other team will take the ball and score a goal.

DID YOU KNOW?

The UAE Rugby Federation participates in 7's and 15's competitions. They focus on passing to move the ball quickly.





unning with the ball

gby, it is important that when running with the ball that you try not to run backwards. can run with the ball in different ways. Below are two ways you can run with the ball.



running with the ball in two hands



running with the ball in one hand

ctivity 1

at else do we need to consider when running with the ball?

~~They~~ a lot of

you can use the ball to another player when you running.

Top Tip

Think about the speed and direction you would run with the ball.

Dribbling skills

Activity 1

Write some differences between the skills you use when you dribble, run and turn with the ball.

Dribble	run	turn
when you dribble you use your leg to do something amazing	when you run with the ball you use almost all your power	when you turn you turn your body in many ways.



Activity 2

Describe three evasive actions that you can use when your team is in control of the ball. Use the images below to help you.

1. You could move to empty space to get past the defence so they can't take the ball.
2. You could stand in front of the defence so they can't take the ball.
3. You could move close to the goal keeper but not in an offside position.

THE HERO

The IX MENA Games will be hosted by Abu Dhabi in 2019. The UAE national team will compete against numerous countries in football.



This test measures your explosive leg power.
Fill in the gaps using the words below.

high standing reach height jump project wall

Start by standing next to a wall. Reach up as high as you can with the hand that is closest to the standing reach height / wall

This is called the Project.

Then, stand a little bit away from the wall. Jump as high as possible using both arms and legs to help you Jump / high your body upwards.

Touch the wall at the highest point you can. Measure the distance between your standing reach height and your Jump height to find your result.

standing reach

When you run with the ball, the other team will try to tackle you. You need to be able to tackle from the other team.

Activity 2

How can you evade tackles from the other team with the ball in your hand.

Through out ^{all} use ^{of} our power to evade tackles



Elite Extension Task E1

Unit 1

Team players

Preparing for sport

In this unit, you will develop your skills in handball or basketball. You will increase your knowledge of the rules and be a good team player. You will also demonstrate a warm-up at the beginning of each lesson.

Activity 1

A warm-up will help to prepare your body for sport.

Identify three exercises that you can include in a warm-up.

1 Running

2 skipping

3 jogging



Activity 2

Stretching will help to prepare the muscles for exercise. Try these stretches in your warm-up. Tick each one that you have completed.



Activity 3

To play a sport successfully, you must learn the rules. Discuss with your classmates the rules of your sport. Are there any other rules you could follow in your lessons?

Elite Extension Task E1

It is important to know why skills allows you to train and develop them.

Activity 3

Explain how you apply the skill in your chosen sport.

Skill 1

work out specific exercises for the skills.

Skill 2

Explain of skill Part and graduation giving skill.

Skill 3

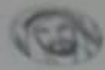
Explain technical and common mistakes.

Skill 4

give a model of skill.



See elite extension task E2



and Health Education

Activity

How do you think fitness training will help to get you ready for National Service?

Give two reasons why you need to be physically and mentally fit to complete your National Service.

Reason 1:

Because national Service Circuits must have a high level of Physical Fitness.

Reason 2: to be ready and Prepared Properly for military training
Because ^{and} all Emirati nationals must complete a period of National Service.

icking

y, whoever scores the most points wins. There are different tactics that can be used to pponents and score points.

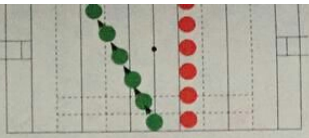
ivity 8

the tactics that rugby teams could use.

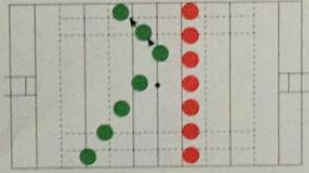
blindside play

wing to wing

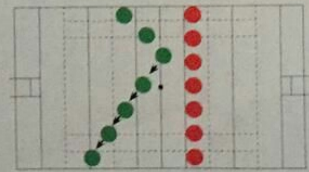
opposite play



ing to wing



blindside play



opposite play

ivity 9

Using some of these tactics in your lesson. Which did you find easiest to use and why?
used: It's very difficult because the Rugby
tactics are very difficult.

was this the easiest to use?

to build your strong and skeletons.

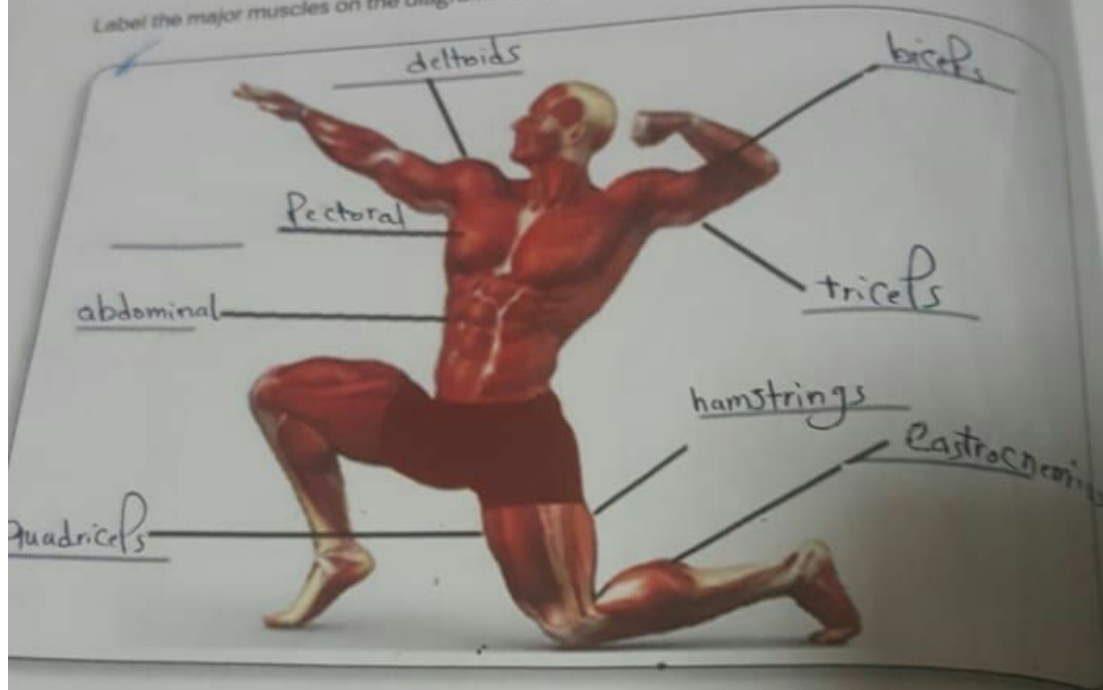
Unit 3
Fitness Testing

The muscular system

Fitness tests also rely on you using different muscle groups. The diagram below shows the major muscle groups of the body.

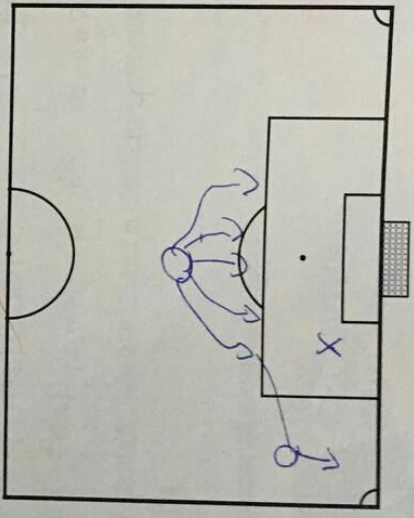
Activity 3

Label the major muscles on the diagram. Use the table to help you.



quadriceps	biceps	triceps	gastrocnemius
abdominals	deltoid	latissimus dorsi	pectoral

See elite extension task 1



Formation 2: ~~standing out of the goal keeper's space~~
to shoot with a high power.

Reflection: Explain how these formations will improve your team's chances of winning all back to attack more.

It will make the players closer
to the opponent

at the following fitness test exercises.

Describe Two Factors that could affect your Progress in your Sport?

- ① external Pressures الضغط الخارجي
- ② Social isolation الانعزال الاجتماعي
- ③ irrational behavior السلوك الغير منطقي

What can you do to reduce the factors affecting your performance?

Practise all time / Follow the instructions of the referee / Search on line to supply myself with information

What joint action is taking place at the elbow?

flexion

Identify the type of joint (knee) being used.

Hinge joint المفصل المسماري (knee + elbow)

What joint action is taking place at the knee?



Measuring body mass index



Body mass index (BMI) is a different way of finding out your body mass. It will then help you decide whether you have too little, normal, or too much body mass. It will then help you decide whether you are underweight, normal weight, overweight, or obese.

To find out your BMI, divide your weight in kilograms by your height squared.

$$\text{BMI} = \frac{\text{weight in kg}}{\text{height in metres}^2}$$

Activity 14

Let's work out your BMI. You can use a calculator.

Weight (kg) = 60

Height (metres) = 1.64

$$\text{BMI} = \frac{\text{weight}}{\text{Height}^2} = \frac{60}{1.64^2} = 22.7$$

I am:

موزون

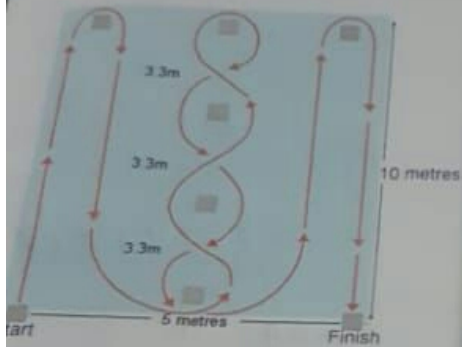


Testing agility

The Illinois agility test

Activity 9

Look at these sentences about the Illinois agility test. Are they true or false? Write T for true or F for false next to each statement.



<input checked="" type="checkbox"/>	This test measures agility.
<input checked="" type="checkbox"/>	This test measures the ability to change direction at speed.
<input type="checkbox"/>	This test needs lots of different equipment.
<input type="checkbox"/>	This test measures the ability to run fast in straight lines.
<input checked="" type="checkbox"/>	This test uses a stopwatch to get results.

The test is very simple. It does not need much space or equipment. In groups, make sure you set up the test correctly. Use the equipment provided and the diagram above to help you.

Equipment:

Flat, non-slip surface

3 cones

Stopwatch



FAST FACT:

Agility is the ability to change direction at high speed.



Testing flexibility

sit and reach test

Activity



This test is used to measure flexibility. It is a good way to measure the flexibility of the hamstrings and lower back muscles.

Look at the instructions below. What is the correct order you would carry out this fitness test? Write a number (1-5) next to each instruction.

3	Put your hands on the top of the box.
2	Place the soles of both feet against the box.
5	Measure the point at which the tips of the fingers reach.
4	Reach forward as far as you can.
1	Sit on the floor and straighten your legs, with your knees flat against the floor.

What do you need to play your court invasion game?

Participating in invasion games needs you to use key skills and techniques to be successful. Some of these skills can be used in many different sports. Each skill you need will use different muscles to perform the required technical actions.

Activity 2

Identify four skills that you use in basketball, handball or netball.

1. **Passing**
changing speed quickly when aiming to pass and control the ball in a game.

2. **receiving (تقبيل)**
catching the ball whilst moving into space.

3. **using power and accuracy to score shooting**
② goals in small-sided games

4. **using both feet to dribble with control, or to change dribbling**
② speed and direction quickly

استخدام كلا القدمين للتحريك مع السيطرة



The UAE has many elite athletes competing around the world. These athletes will train hard at each skill to ensure it is permanent.



Activity 3

Identify a UAE athlete in your sport: **Amel Jamal → Basket Ball Player**

See elite extension task E1



علم التشريح Anatomy of flexibility

المفاصل Joints

Joints are where two or more bones meet. There are three main types of joints in the body. In sport, the most important are the synovial joints. Synovial joints allow the types of movements you need to do fitness tests.

Activity 7

Fill in the gaps using the correct words from the box below.

Joint Type	Examples	Image
المفصل المسمار (المفصل) hinge Flexion and Extension ab-add	knee + Elbow	 flexion + extension + abduction + adduction
المفصل المحوري pivot	Between vertebrae مداحة لعمود الفقري ويوجد بين الفقرات والرقبة	 (rotation + flex + extension)
المفصل الكروي ball and socket (all movements) جميع الحركات	Hips and shoulders	 (all movements) Ball and Socket Joint Open socket of hip Rounded head of upper leg rotation + flexion + add + abd
المفصل للعين condyloid Flex - Ex - abd - add	between radius and Carpal الربوع المداحة	 Extension Flexion rotation + flexion + abduction
المفاصل المنزلقة gliding	Between Carpal and Feet.	

Rugby

Activity

Use the guide below to make a warm-up session for rugby.

Sport:

Aim of the session:

Participants: (Age/Ability/Number)

Equipment needed:

Pulse raiser:

Jogging
side-stepping
skipping

Dynamic stretches:

star jump
high-knee
Toe-touch
arm circles

Sport-specific activity:

~~lower back~~ 1- Bend the feet on the chest
2- sit and reach Test
3- high knee
4- leg swings.

Activity 6

Identify and describe three components of fitness used in your sport.

1. Speed

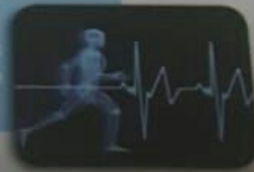
2. Strength

3. Coordination

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Components of fitness can be split into two types; physical and skill. You will need to keep both trained to be successful.



It is important that you train effectively to progress your skills and technique in sports. Various factors can affect your progress as an individual but also as a team.

Activity 7

Describe two factors that could affect your progress in your sport.

من ياملن بأن يتقدموا في سباقهم
رياضة؟

External Pressures
1. الضغوط الخارجية

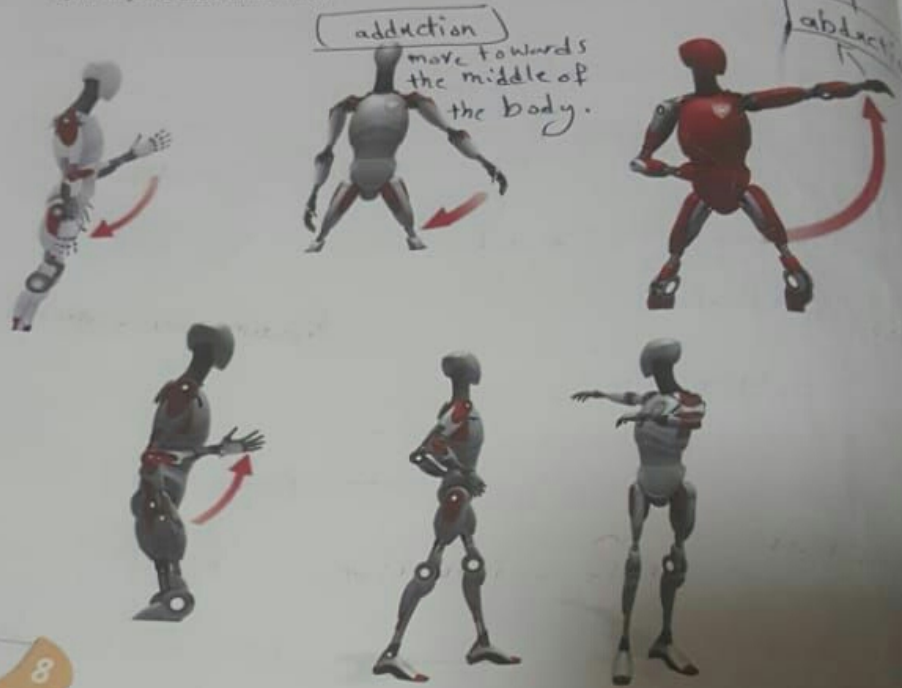
الافتقار الاهتمام

السلوك الغير صحي

2. Social isolation

irrational behavior

Synovial joints allow different types of movement to happen:



Activity 8

Draw a line to match the joint to the movements allowed at the joint.

- 3 knee
- 4 wrist
- 2 hip

- flexion and extension
- flexion, extension, rotation, abduction and adduction
- flexion, extension, abduction and adduction

What is fitness testing?

Fitness testing is used to check fitness levels and create a starting point to identify strengths and areas for improvement. There is a test for each component of fitness. Different athletes use different tests.

Activity

Draw a line to match each test to the correct component of fitness.

1 Illinois agility test	6	1 Flexibility
2 Sit and reach	4	2 Speed
3 35m sprint test	2	3 Cardiovascular endurance
4 Cooper run	3	4 Power
5 Sit-up / press-up test	5	5 Muscular endurance
6 Vertical jump	4	6 Agility