

## Stretch and Challenge Activities for (Physical Education)

### KS3

**Daily Physical Activity** – Revisit Term 6's 'Health Related Fitness module'. Examine your own fitness requirements and plan your Summer programme – 'Stay Fit – Stay Strong'.

**The body** – Find the names and location of the bones in the human body, learn the names by placing 'sticky notes' on somebody else.

**The muscles** – Find the names and location of the major muscle groups in the human body. This will be useful in PE lessons giving you confidence when leading stretches for the class or a small group. To develop this further learn which dynamic stretches are used for each muscle group.

**Observation and analysis** – Watch a sports match or competition either 'live' or on media, analyse the performance suggesting areas of strengths and weaknesses.

### KS4

**Daily Physical Activity** – Revisit Term 6's 'Health Related Fitness module'. Examine your own fitness requirements and plan your Summer programme – 'Stay Fit – Stay Strong'.

#### **Somatotyping and Diet**

Choose a sport/playing position: Suggest an appropriate somatotype justifying your choice.

Outline the implications of performance enhancing drugs for this sport.

Describe a diet plan for a sports performer in this sport, justify your decisions.

**Skeletal System** – Evaluate your own 3 sports, comparing the common injuries in each. What equipment / safety measures may be used to avoid such injuries?

**Cardiovascular System** – Outline the cardiovascular requirements of 3 different sports/events, evaluate the demands that they place on this system. Explain what method(s) of training would help improve the cardiovascular system for each sport.

**Muscles and movements** – Look at sporting actions and analyse the movements made by the performers. Use the key terms 'abduction, adduction, flexion, extension, rotation' when describing the movement. Develop this by looking at what muscles are used to produce these movements.

**Observation and analysis** – Watch a sports match or competition either 'live' or on media, analyse the performance suggesting areas of strengths and weaknesses. Develop this, by outlining appropriate training methods/structured practices which would allow the performer to produce the perfect model.

### KS5 – Further Reading or Research Opportunities:

See attached.