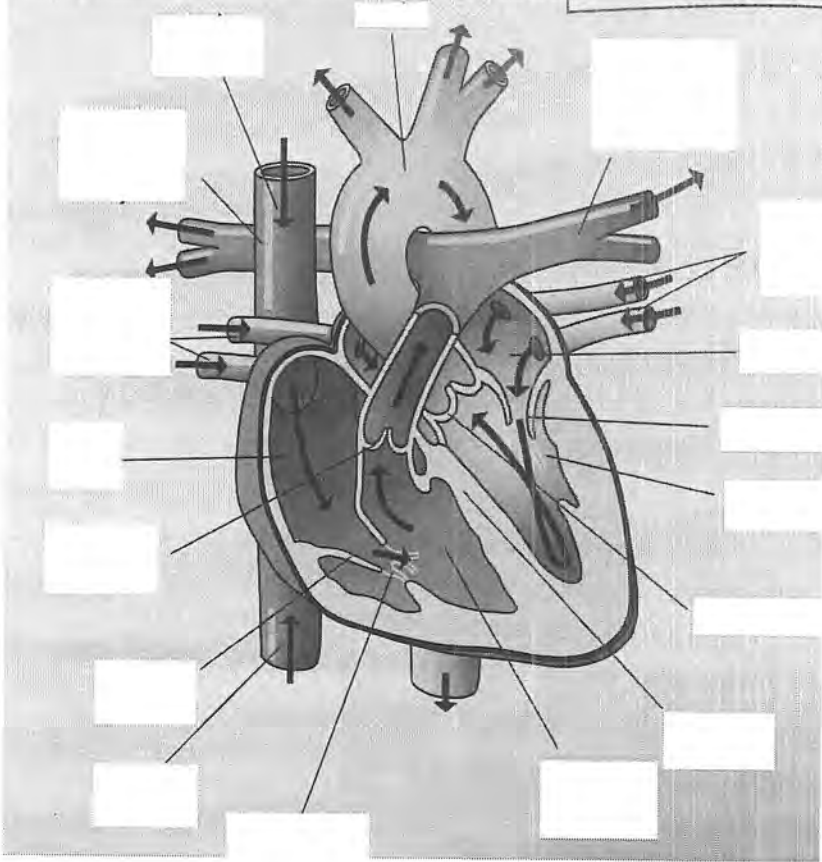


KS3 PE THEORY

YEAR 7

CARDIOVASCULAR SYSTEM

Label the anatomy of the heart including those provided.



Key definition: (key words: beat, minute and number)

Heart rate:

Complete the table below

Function	Explanation
Transportation of.....	This is important because...
Regulates.....	This is important because...
Clotting of	This is important because...

↓ Complete the definitions of the key words below. One has already been done for you. ↑

Key words

Cardiovascular— relating to the heart and blood vessels

Oxygenated (remember- brought back to the heart) -

Deoxygenated (remember—carries CO₂ to be took out of the body) -

List at least 4 examples of how exercise can impact on your PHYSICAL HEALTH:

(Example: Reduces obesity).



List at least 4 examples of how exercise can impact on your EMOTIONAL HEALTH:

(Example: Increases confidence).



List at least 5 examples of how exercise can impact on your SOCIAL HEALTH:

(Example: Increases communication).



COMPONENTS OF FITNESS- SRF

Tick when complete ✓

Define the term power

Explain why they may focus on re- action time

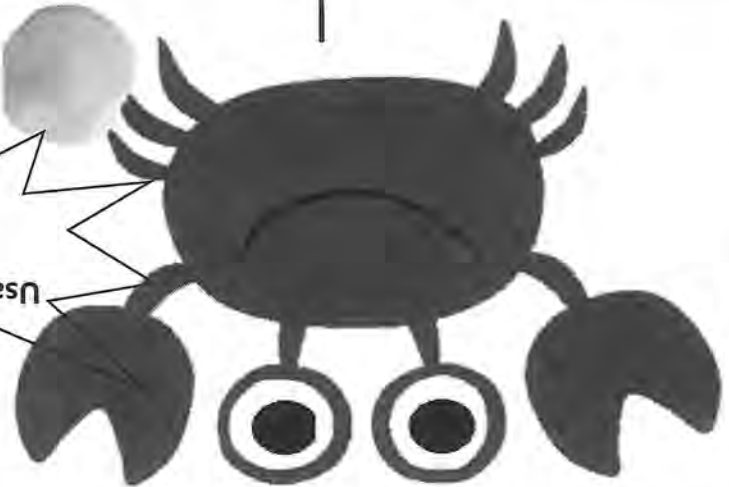
Describe when agility is needed in swimming

What is needed at the start

Explain why coordination is needed

Define cardio-vascular endurance

Usain Bolt needs?



USAIN BOLT

Skill-related fitness defined :

Youtube: Usain bolt—100m WR race.
Mo Farah—Double Olympic champion race 2012 Olympics

Fill in the blanks

The ability to use two or more body parts together

Power

Being able to keep the body stable, while at rest or in motion

Reaction time

Why is having good 'reaction time' good for sprinters?

Because it allows...

Using a sporting example of your choice, except swimming, explain the most important component(s) of fitness. (Tip: Define the component and describe why your sport needs it).

Mo Farah needs?

CARDIOVASCULAR SYSTEM

Complete the blank boxes and chambers to the right. Draw the pathway of blood using a red and blue pencil.

Right atrium	Right ventricle
Left atrium	Left ventricle

Test yourself and/or your partner

1 mark available	Identify the top 2 chambers of heart?	Why is the blood taken to the lungs before the rest of the body?
2 marks available	What separates the 2 sides of the heart?	Which side of the heart carries oxygenated blood?
3 marks available	Identify + explain the type of blood the 2 sides carry (Tip: Left is oxygenated blood Right is deoxygenated blood)	What part of the heart takes blood to the lungs, how do you know its this and why does it go via the lungs first?

Task:
With a partner we are going to have a drawing competition of the heart—you will have 10 minutes to try and complete your drawing (no tracing and use colour).
Teacher to judge :)

SKELETAL SYSTEM

Label the skeleton



The number of bones decreases from 270-206. Why??

Vertebral column



My job is to:

- Support the
- Protect the
- Help maintain
- Facilitate
- Absorb
- Enable attachment of

Remember 5 functions by the phrase '**B**ones **M**ake **M**oving **J**oints **P**ossible'

- B
- M
- M
- J
- P

Explain, using one example, how the skeletal system's protective function aids performance in physical activity and sport.

TYPES OF HEALTH

The three types of health are... 1. P

2. E

3. S

Can you define 'health'?

Identify a minimum of 3 emotional health benefits as per the video you are watching

- 1.
- 2.
- 3.



- Improved...
- Reduced risk of...
- Improved...



Having read the scenario, answer the follow questions;

- What are the benefits of Jimmy's participation in tennis on his social health?
- How can schools support young people to improve their social health?
- How has your own social health improved as a result of engagement in physical activity?

WARMING UP

I am stretching my...

Q



Purpose of a warm up

Prevent _____

Increase _____

Prepare _____



3 phases of a warm up are;

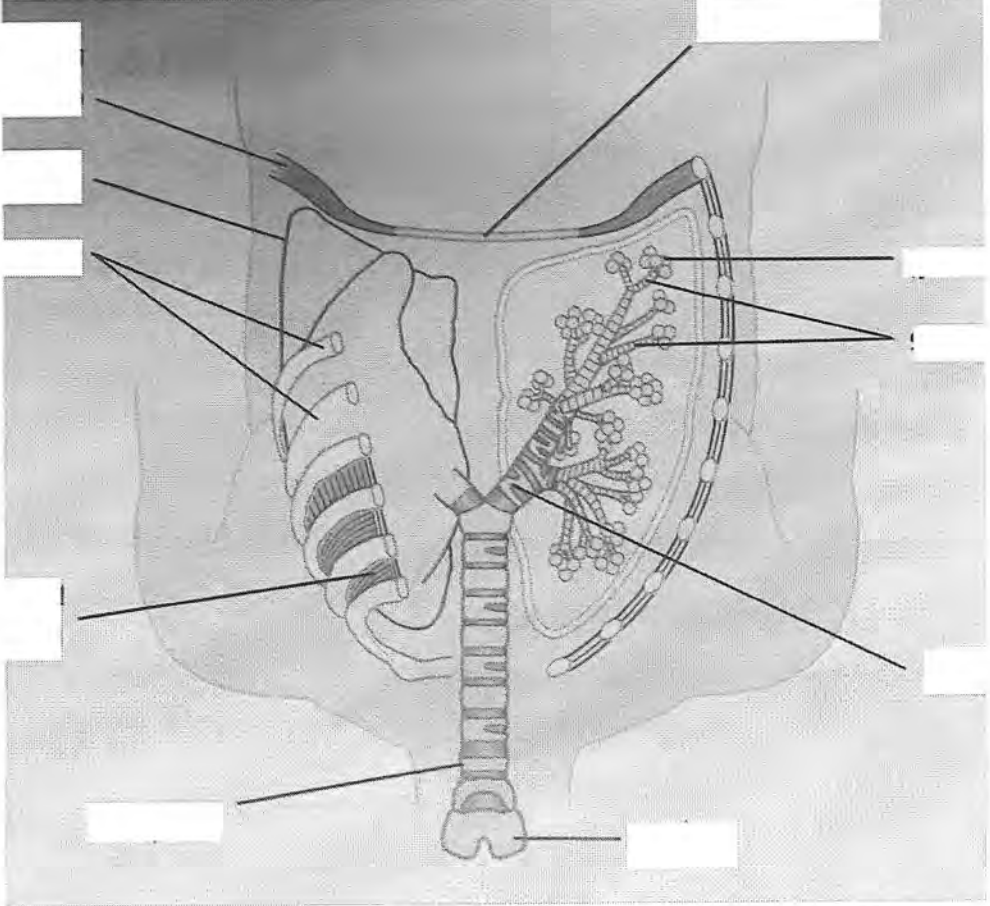
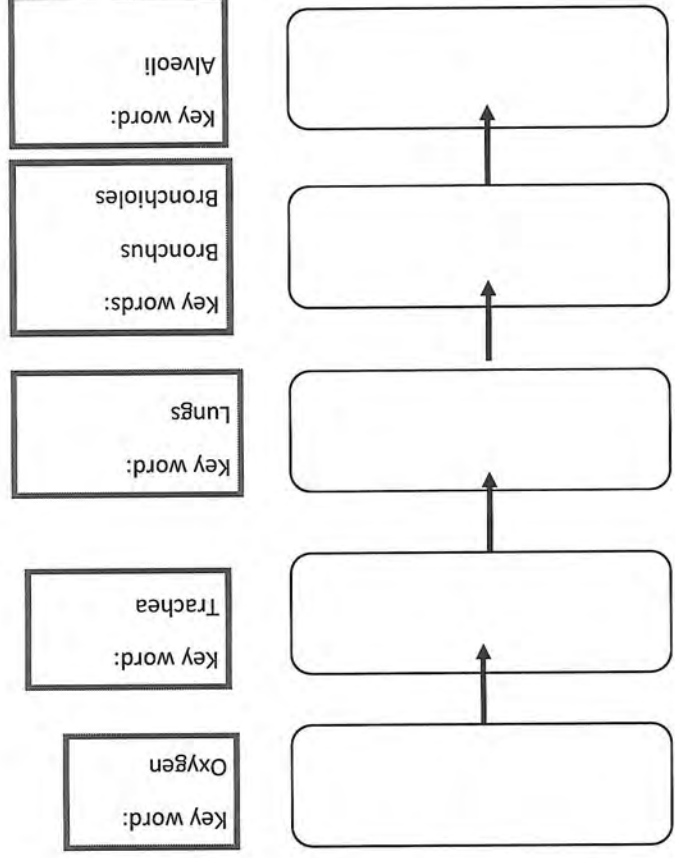
I am stretching my...

1. P
2. S
- 3.

Sport of your choice:		Timings	Activity	Pulse raiser:	Stretching:	Specific drill practice:
	Equipment needed	Diagram (if needed)				

RESPIRATORY SYSTEM

Complete the flow diagram below to show the pathway of air



Correctly label the respiratory system below.

Key points

Connecting one rib to the next are the _____ muscles.

Air enters the lungs when we _____ and exits when we _____.

The _____ is where the process of gaseous exchange occurs.

RESPIRATORY SYSTEM

There are two important processes to consider when looking at the respiratory systems. These are inhalation (breathing in) and exhalation (breathing out).

Use the image provided to fill in the blanks.



Inhalation

The intercostal muscles _____ which pulls the _____ upwards.

The diaphragm _____ which pulls it _____ and flattens.

When the chest _____, so do the lungs.

When these expand the pressure inside _____.

VS.



Exhalation

The intercostal muscles _____ which lowers the _____.

The diaphragm _____.

When the chest size _____, the lungs _____.

This forces _____ out of the lungs.

Using a sporting example explain the increased demand for oxygen by the body and how this demand is met

My sporting example is.....

There is an increased demand for oxygen because....

The demand for oxygen is met by

Key words: Oxygen, muscles, transport, body, working, pressure, lungs and diaphragm.

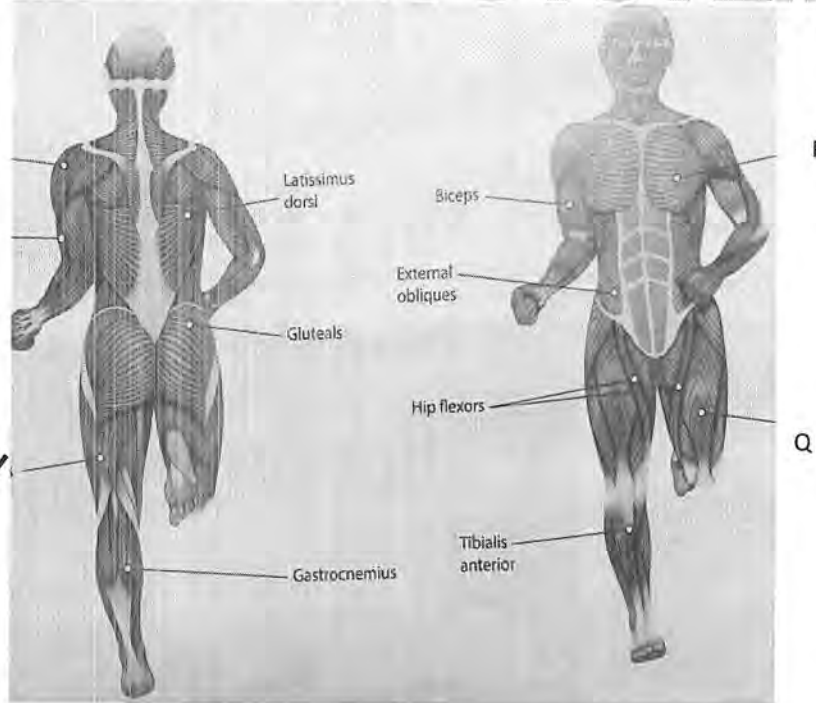
Use the diagrams to the left to help you.....

Question: Do you know what else we breathe out during exhalation? (Tip: Begins with C and ends in E).

MUSCULAR SYSTEM

There are 5 muscles unlabelled. What are they? Use the books to help you).

Activity: With a partner you have 5 minutes to work together to revise where the muscle's are in your body...test each other...can you get 12 out of 12?



What two muscles help me to kick this ball?



3 muscle types— Complete the explanation or identify the muscle type

1. Cardiac

2. _____ Found within the urinary and digestive systems.

3. _____ Attached to the skeleton and under our control.

Write a paragraph to explain which muscles you use during a sporting action of your choice e.g. rugby, netball or shotput. (Use the picture above)

'Sentence starter: I use my during netball this is whilst I am aiming to shoot'. It enables me...'

The only cardiac muscle in the human body is...

