



VS



YEAR 7 Sports Person Profile – PE ILB

Select a Sports Person of your choice and complete their sporting profile below

Each week we will focus on a topic within Sport and Physical Education where you will place yourself in the position of your named person and complete the work set using their circumstances, individual needs and role with their sport. You will use your sports hero to provide examples on how the lesson topic relates to their circumstances.

Pupil Name:

Class teacher and year group:

Sports Person name:

Sport:

Competition history:

Honours and achievements:

Reasons why you have selected this individual:

You can select any sports person past or present. Draw a picture on this front page of them in action or cut and paste a clip from the internet.

Week 1 Components of Fitness

There are 11 main components of fitness that are needed by sports performers to be successful within their sport. A single fitness component represents a specific segment or ingredient within fitness. The correct balance of these components is needed to achieve optimal activity success. Some sports only require a few fitness components to be successful where others need all 11.

Component name	What does it mean?	Using your Sports Person provide examples of different actions, movements or skills that they will need to perform that requires fitness demands from each component to be successful in sport.
Cardiovascular endurance	The ability of the heart, lungs and blood to transport oxygen during sustained exercise. To create whole body movements like running	
Strength	The ability of a muscle to apply force and overcome resistance or the amount of force a muscle can exert.	
Speed	The ability to move all or part of the body as quickly as possible.	
Flexibility	The range of movement (ROM) at a joint. It is the ability to move the joints through their full range of motion.	
Muscular Endurance	The ability to use voluntary (skeletal) muscles repeatedly without tiring.	
Coordination	The ability to move two or more body parts under control, smoothly and efficiently.	
Agility	The ability to change the direction or position of the body at speed.	

During your fitness work out your teacher may ask you to complete Circuit training. Think about the different types of exercises that your sports person may complete and why?

Week 2 Cardiovascular System

This system is very important and its use is linked to the aerobic endurance fitness component. It is vital for everyone to work their cardiovascular system in order to lead a healthy active lifestyle. It is the best exercise to burn fat stores to maintain weight levels. It basically means Cardio = heart and Vascular = blood vessels (veins etc.)

Use the words below to fill in the blanks

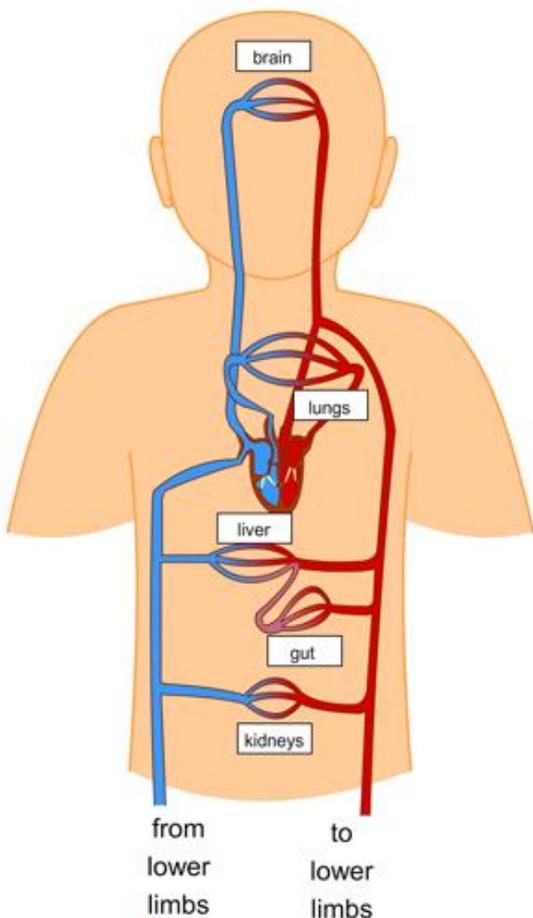
The Cardiovascular system is made up of blood, and the heart. The main function is to blood with oxygen to working muscles to help make movement and to then pump the blood back to the lungs so that more can enter the system from breathing in (respiration.)

Blood vessels are small pipe lines that blood. There are three main types, veins, and arteries. Arteries mainly take blood with oxygen to the working and organs to allow movement. Veins then take the blood from organs and muscles once the oxygen has been used and is pumped back to the lungs.

Capillaries wrap around muscles and organs so that can occur.

pump, carry, capillaries, blood vessels, oxygen, gas exchange, muscles, away

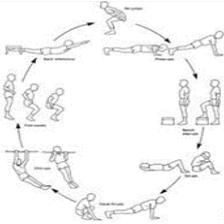
In the space below explain how important the cardiovascular system is to your selected sports person in being successful within their sport?



During your fitness work out your teacher may ask you to complete Isometric exercises within your Circuit training. Think about the different types of exercises that your sports person may complete and why?

Week 3 Methods of training

Each component of fitness has a specific method of training that must be followed to make fitness gains within that area. Training methods must follow a strict set of guidelines to ensure they are fully beneficial. It is common for certain methods of training to be able to improve a number of different fitness components collectively. Sports performers will usually complete training methods specific to their fitness needs.

Method of training	Fitness components improved	Picture stimulus	Description and guidelines
Circuit Training	Muscular Endurance Strength, Power		A set exercise is completed at each station, once completed you move onto the next in a circular motion. Exercise are completed within a set time or after a number of repetitions.
Weight training	Muscular Endurance Strength, Power		Exercise that use either free weights or resistance machines where repetitions are counted when completing an isolated movement targeting a specific muscle group.
Continuous Training	Aerobic Endurance		Long steady exercise that is completed without any rest periods. Duration is for at least 30 minutes and intensity level is low to moderate. Usually jogging but can be other activities like cycling etc.
Interval Training	Aerobic Endurance		Periods or exercise followed by periods of rest. Repeated on a rotation. Work times vary between 30 seconds and 5 minutes with recovers such as slow jogging or complete rest.

Using your sports person can you select the two most important methods of training and explain what they may include and why they are so important to your performer being successful within their sport?

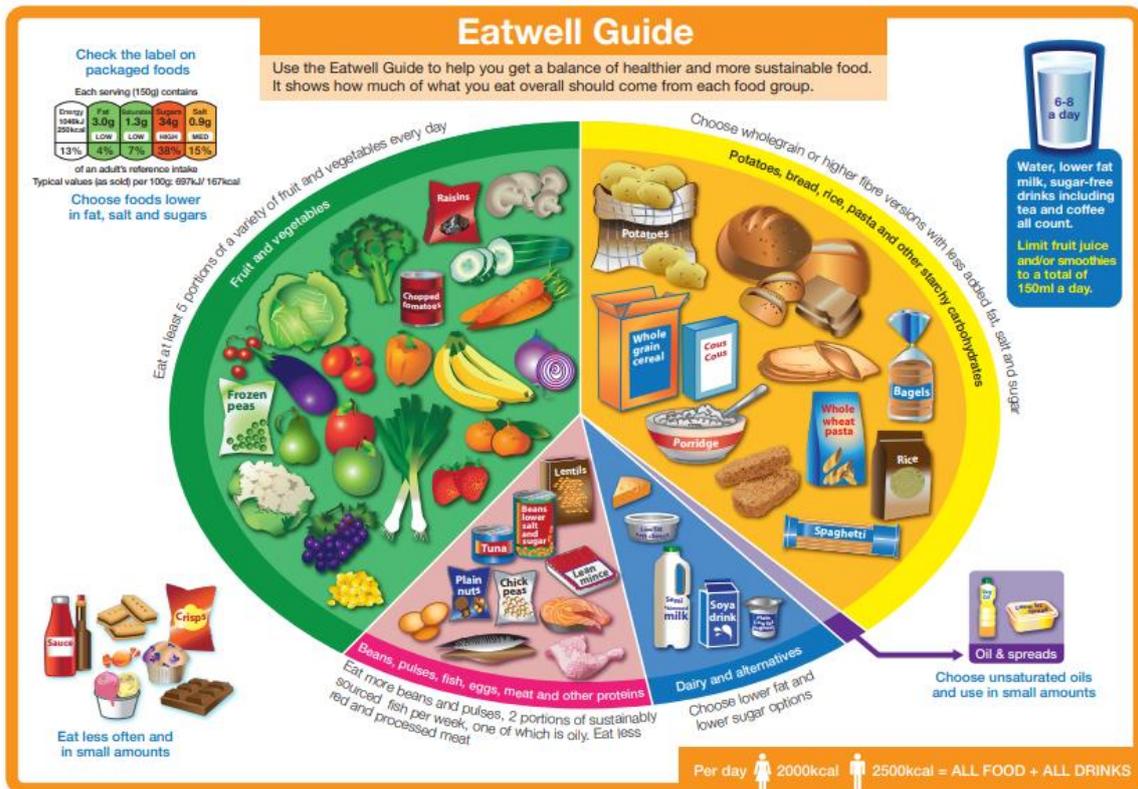
Most important -

Second most important -

During your fitness work out your teacher may ask you to complete a set number exercises within each station of your Circuit training. Think about the different types of exercises and how many repetitions your sports person may complete and why?

Week 4 Diet in Sport

Eating a balanced diet is important to a sports person as it provides the necessary fuel to complete everyday tasks as well as suppling energy for training and competing. A balanced diet means having the correct balance of all food types within the needed quantities. Calories are a measure of energy within food, we must ensure that the amount of calories we eat are expelled via exercise as if not access calories are then stored as fat cells.



What food types should your selected sports person eat more of within their weekly diet and why?

What food types should your selected sports person avoid eating and why?

During your fitness work out your teacher may ask you to complete flexibility themed Circuit training. Think about the different types of exercises that would be most important for your sports person to complete and why?

Week 5 Principles of training

When taking part in physical activity there is usually an underlying goal or target that the individual wants to achieve. Think about the possible targets for you chosen sports person and how do they design their weekly or monthly training programs to prepare? The principles of training are a set of rules to follow when designing a training program that ensure the training needs of an individual are met.

FITT Principle

Frequency = how often you exercise.

Intensity = how hard you exercise.

Time = how long you exercise.

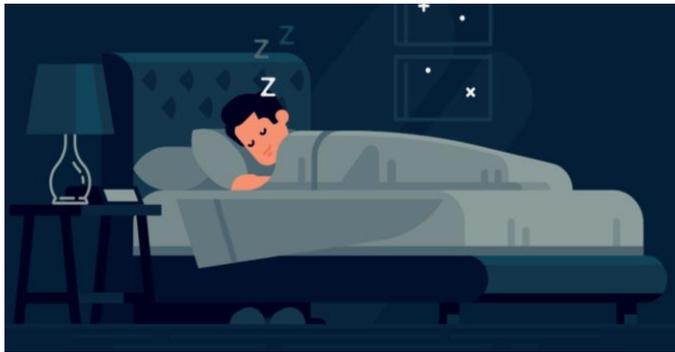
Type = what kind of exercise you do.

PROGRESSIVE OVERLOAD

This simply means increasing your training workload gradually. This can be done by slightly increasing frequency, intensity, time and reducing recovery periods. Usually only one variable is changed at a time.



Rest and recovery - When designing a weekly or monthly training plan it is vital that you include rest days especially after competition, games or heavy training sessions. This is to allow your body to recover, adapt and to repair. If your body does not get a chance to recover your progression will be reduced and could lead to possible injury.



Using your selected sports performer can you give examples of how they may use these three principles within their training plans?

FITT

Progressive Overload

Rest and Recovery

During your fitness work out your teacher may ask you to complete Fartlek themed Circuit training. Think about the different types of exercises that would be most important for your sports person to complete and why?

Home Learning Resources

Youth Sport Trust

These are the challenges that we set out in the first home learning program. There are 20 to choose from.

<https://www.youthsporttrust.org/60-second-physical-activity-challenges>

Each challenge is for 60 seconds – have a go and each time try to beat your highest score.

This is the link to the Youth Sports Trust, they have some great home learning resources.

<https://www.youthsporttrust.org/free-home-learning-resources-secondary>

<https://www.youthsporttrust.org/primary-pe-activities>

Joe Wicks

I heard he is back!!! I have created a few worksheets that work with the Joe Wicks YouTube videos. There are a couple on the shared drive depending on which year group you will pitch it to.

You can adapt these anyway you like or use the sheets I have created.

London Youth Games

These have challenges on the link below that can be completed at home, you can download the task sheet and save it to the google drive to set. These also give adaptations on how they can be completed at home with different types of equipment.

There is 10 weeks worth of challenges on here

<https://www.londonyouthgames.org/virtual-games/>

If you are wanted more information regarding any of the topics within this booklet please look at:

<https://www.bbc.co.uk/bitesize/subjects/znyb4wx>

Click on any of the exam boards and search the topic name, they cover all the topics listed within this pack.