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2017

Term 1 Revision Guide G7



End of Term Test

Scope: Unit 1

Unit 1 Fitness Testing.

This revision guide looks at **Unit 1 fitness testing** and provides information about warming up and cooling down, types of fitness tests, components of fitness and fitness testing equipment

Warming Up

- Before starting physical activity, it is important to warm up
- A warm up is also called a **pulse raiser**
- The effects of a warm up are:
- An **increase** in **body temperature**
- **Increase** in **heart rate**
- Warm ups can also be **sports specific** which **prepare** people for **specific sports activity**

- Part of warming up is **stretching**
- During stretching we stretch our **muscles**
- Stretching help to **prevent injuries**

- An example of different types of stretching are:
- **Static stretching** which is a stretch performed **when you are still**

Static Stretch



- **Dynamic Stretching** which is a stretch performed while **moving**

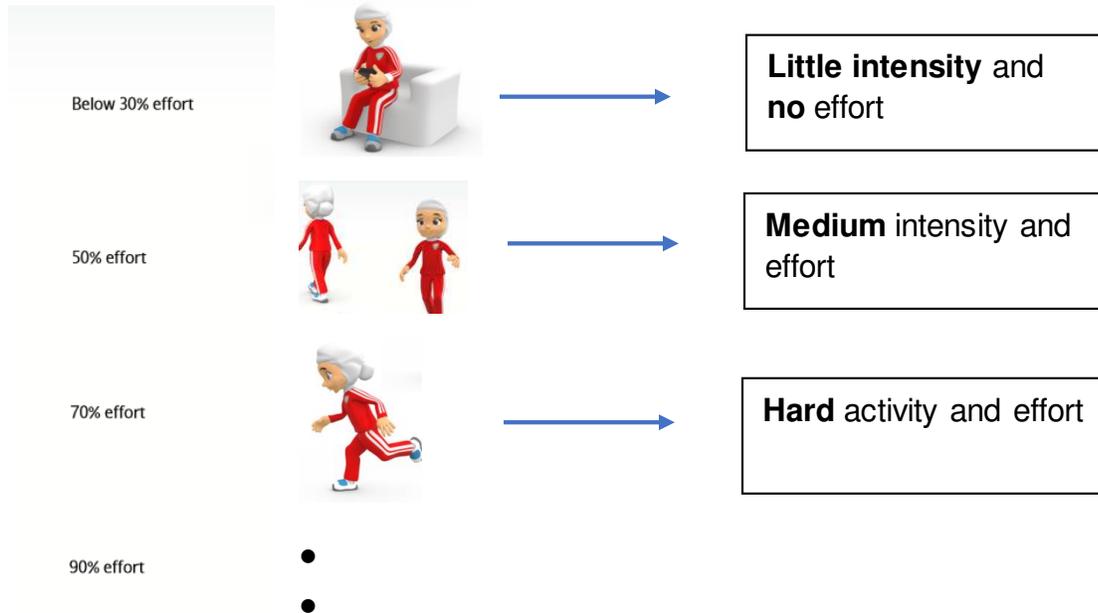
Dynamic Stretch



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Intensity

- When we exercise we work at different intensity levels.
- Intensity levels are from 0-100%.
- **0%** would be **NO activity**
- **100%** would be **MAXIMUM possible activity**



• Cool Down

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- **After** exercising it is good to cool down
- A cool down is also known as an **activity to lower the pulse**
- A cool down:
- **Lowers the heart rate**
- **Lowers body temperature**
- Can help the body **relax**

Safety in P.E

- Having a **safe** place for P.E. can help to **stop injuries**
- To make sure everyone is **safe** it is good to have **safety rules**
- **Before** starting sport you should **check** for any **dangers**
- **Check equipment** and **clothing**
- **Check** the **sports hall** for dangers
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Fitness Testing

- In Unit 1 you
- took part in a range of fitness tests
- Can you remember **what are the fitness tests are called?**
- Can you also remember **which fitness component do they test?**
- **What equipment is needed** for each test?



Standing Broad Jump. for **POWER**

Equipment: Cones, Measuring tape



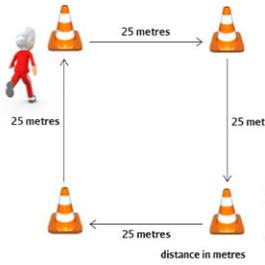
30 metre sprint. for **SPEED**

Equipment: Cones, Measuring tape, Stopwatch



Hand-eye coordination. for **HAND-EYE COORDINATION**

Equipment: Wall, Tennis Ball, Stopwatch, Measuring tape



The Cooper Test for **AEROBIC ENDURANCE**

Equipment Cones, Stopwatch, Measuring tape (Grade 7)



Sit Up Test for **CORE MUSCLE ENDURANCE**

Equipment: Exercise mat, Stopwatch



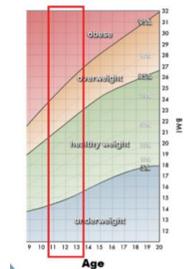
Press Up Test for **UPPER BODY MUSCLE ENDURANCE**

Equipment: Exercise mat, Stopwatch



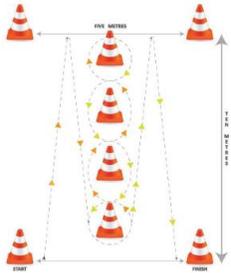
Sit and Reach Test for **FLEXIBILITY**

Equipment: Sit and Reach box,



Body Mass Index for **BODY COMPOSITION**

Equipment: Scales, Measure of height



Illinois Agility Test for **CHANGE OF DIRECTION**

Equipment: Cones, Measure tape, Stopwatch

Start and Stop

- **START!**
- When we exercise our **muscles** and **bones** help us to move
- We can **improve** our fitness by doing exercise



- **STOP!**
- Sometimes the **weather** can change how we exercise:

The heat



Exercise in the **morning**
Drink lots of fluid

The wind



Exercise **inside**
 Wear **warm clothes**

Key words

Body mass index	Standing broad jump	cool down	press ups	sit up	equipment	sit and reach test
lower the pulse	heart	warm-up	aerobic endurance	Illinois Agility Test	stopwatch	flexibility
pulse raiser	fitness test	health	Cooper run test	intensity	upper body	coordination
outdoor	check	sprint test	drink	sit-up	measure tape	weather
endurance	effort	direction	bone	safe	stomach	muscles

The above table covers the essential vocabulary list that Grade 7 students will be required to know for the end of term exam. Students will need to be familiar with these terms for the exam.