Year 7

Sport

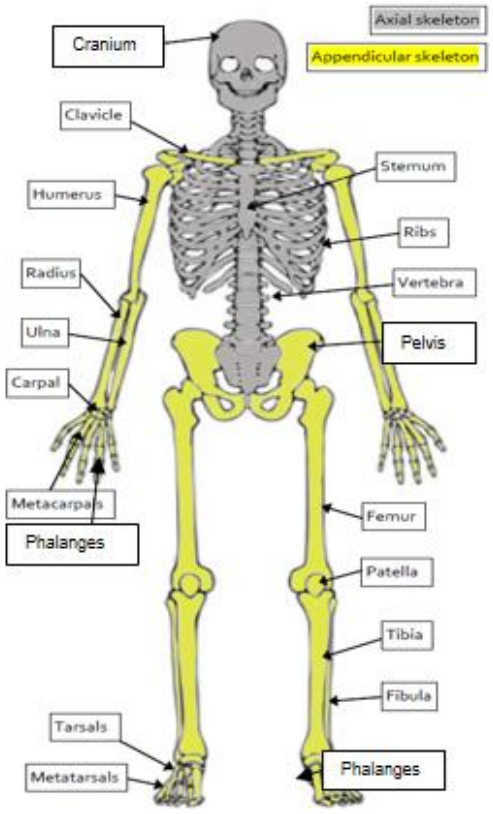
Learning Booklet

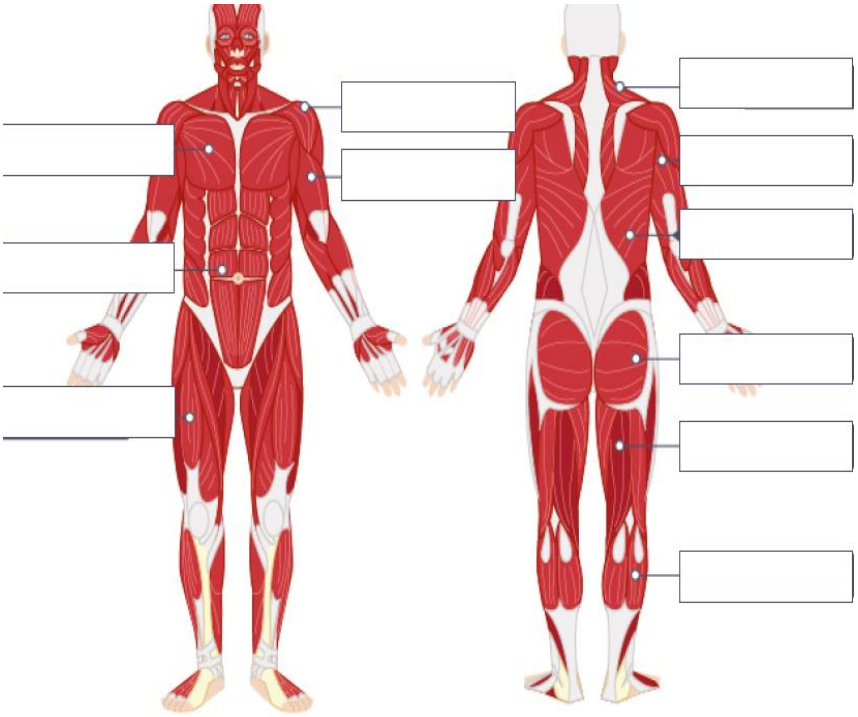
Name:

Tutor:

Class/teacher(s):

School:





Key Information:

The Skeletal system.

The **skeleton** has six main functions:

Support	the skeleton keeps the body upright and provides a framework for muscle and tissue attachment.
Posture	the skeleton gives the correct shape to our body.
Protection	the bones of the skeleton protect the internal organs and reduce the risk of injury on impact. For example, the cranium protects the brain, the ribs offer protection to the heart and lungs, the vertebrae protect the spinal cord and the pelvis offers protection to the sensitive reproductive organs.
Movement	the skeleton allows movement of the body as a whole and its individual parts. The bones form joints and act as levers, allowing muscles to pull on them to produce movement. The bones of the skeleton provide surfaces for the attachment of muscles.
Blood cell production	certain bones in the skeleton contain bone marrow which produces red blood cells, white blood cells and platelets. Examples of bones that contain marrow are the pelvis, sternum, humerus and femur.
Storage of minerals	the bones store minerals such as calcium, iron, potassium and phosphorous and release them into the blood when the body needs to use them.

The Muscular System.

Here are the names, functions and examples of the major **muscles** in your body:

	Function	Example in sport
Deltoid	Lifting the arm at the shoulder	Lifting the arms to block in volleyball; upward arm swing when trampolining
Trapezius	Shoulder horizontal extension (moving the arms backwards at shoulder level)	Preparation phase of an overarm throw or badminton smash
Pectorals	Adduction of the shoulder (moving the arm towards the body); Shoulder horizontal flexion (moving the arms forwards in front of the body)	Upwards phase of a press up; rugby player making a tackle
Triceps	Extension of the elbow (straightening the arm)	Shooting and chest passing in netball (execution phase)
Biceps	Flexion of the elbow (bending the arm)	Drawing a bow in archery; 'backscratch' position during tennis serve
Abdominals	Flexion of the spine (sitting upwards)	Performing a sit up or a forward roll
Latissimus dorsi	Adduction of the shoulder (moving the arm down towards the mid-line of the body)	Hitting in hockey – left shoulder during preparation, right shoulder during execution and recovery
Gluteals	Hip extension (moving the femur backwards)	Pulling leg back at the hip before kicking a ball
Quadriceps	Extension of the knee (straightening the leg)	Kicking a ball (execution and recovery phase)
Hamstrings	Flexion of the knee (bending the leg)	Performing a hamstring curl on a weights machine; preparation phase of a rebound jump in basketball

Gastrocnemius	Plantar flexion of the ankle (pointing the toes downwards)	Standing on tiptoe to mark a shot in netball or pointing the toes during a gymnastic or dance move

GENERIC ASSESSMENT

KS3/4 CORE SPORT ASSESSSMENT

DEVELOPING 1-3	SECURE 4-5	ADVANCED 6-7	EXCEPTIONAL 8-9
I meet the criteria to be classed as developing in most sports. My engagement in some form of physical activity away from college is limited. When observing a performance, I can identify someone's strengths.	I meet the criteria to be secure in one team and one individual sport. I also participate in physical activity away from college. When observing a performance, I can identify someone's strengths and weaknesses.	I meet the criteria to be advanced in one team and one individual sport. I also participate in sports away from college. When observing a performance, I can identify someone's strengths and weaknesses and give the verbal feedback.	I meet the criteria to be exceptional in one team and one individual sport. I also frequently participate in sports away from college. When observing a performance, I can apply theoretical content when analysing someone's strengths and weaknesses.

Example of muscles and bones in action:

Quadriceps- When completing a kick in football, the quadriceps contracts which allows the leg to straighten at the knee.

Rib cage – Our rib cage protects our lungs from damage when playing contact sports like rugby.

Invasion Games 1:

What were the key lesson objectives? ……..

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Identify a muscle and/or a bone and how it relates to the sport……

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Activity Tracker.

Outside of college I have completed the following activity

(This can include clubs, teams or even walking to and from college).

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Assessment information:

Date…….. Sport…….

Reflect: I am working at the …… level.

Analyse: Because……..

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Action: In order to improve I need to……

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Invasion games 2:

What were the key lesson objectives? ……...

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Identify a muscle and/or a bone and how it relates to the sport……

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Activity Tracker.

Outside of college I have completed the following activity

(This can include clubs, teams or even walking to and from college).

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Assessment information:

Date…….. Sport…….

Reflect: I am working at the …… level.

Analyse: Because……..

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Action: In order to improve I need to……

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Gymnastic replication:

What were the key lesson objectives? ……...

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Identify a muscle and/or a bone and how it relates to the sport……

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Activity Tracker.

Outside of college I have completed the following activity

(This can include clubs, teams or even walking to and from college).

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Assessment information:

Date…….. Sport…….

Reflect: I am working at the …… level.

Analyse: Because…….

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Action: In order to improve I need to……

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Net/Wall games:

What were the key lesson objectives? ……...

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Identify a muscle and/or a bone and how it relates to the sport……

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Activity Tracker.

Outside of college I have completed the following activity

(This can include clubs, teams or even walking to and from college).

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Assessment information:

Date…….. Sport…….

Reflect: I am working at the …… level.

Analyse: Because…….

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Action: In order to improve I need to……

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Health Related Education:

What were the key lesson objectives? ……...

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Identify a muscle and/or a bone and how it relates to the sport……

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Activity Tracker.

Outside of college I have completed the following activity

(This can include clubs, teams or even walking to and from college).

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Assessment information:

Date…….. Sport…….

Reflect: I am working at the …… level.

Analyse: Because…….

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Action: In order to improve I need to……

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Striking and Fielding:

What were the key lesson objectives? ……...

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Identify a muscle and/or a bone and how it relates to the sport……

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Activity Tracker.

Outside of college I have completed the following activity

(This can include clubs, teams or even walking to and from college).

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Assessment information:

Date…….. Sport…….

Reflect: I am working at the …… level.

Analyse: Because…….

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Action: In order to improve I need to……

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