Year 8

Sport

Learning Booklet

Name:

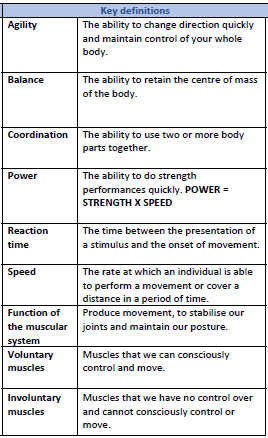
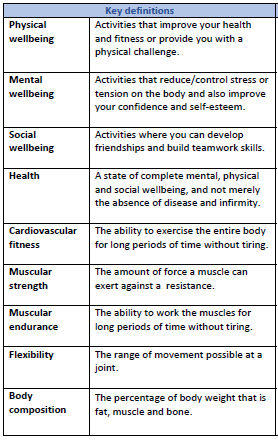
Tutor:

Class/teacher(s):

School:



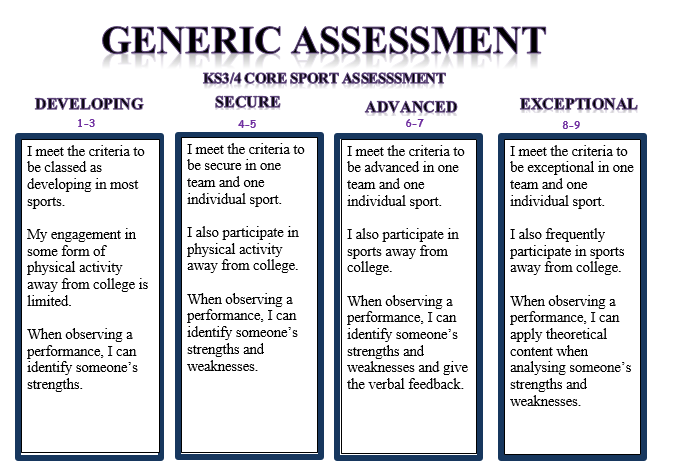
Major Key Words:





Example of component of fitness:

Agility: In basketball, agility is used when attempting to dodge around opposing players. This includes changing the shape of your body quickly whilst maintaining balance.



Invasion Games 1:

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

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Identify and explain a component of fitness 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………………………..……………………………………………………..

…………………………………………………………………………………………………………..

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 and explain a component of fitness and how it relates to the sport………………………………………………………………………………………………….

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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 and explain a component of fitness and how it relates to the sport………………………………………………………………………………………………….

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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 and explain a component of fitness and how it relates to the sport………………………………………………………………………………………………….

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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 and explain a component of fitness and how it relates to the sport………………………………………………………………………………………………….

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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 and explain a component of fitness and how it relates to the sport………………………………………………………………………………………………….

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