

# Year 8

# Sport

# Learning Booklet

Name:

Tutor:

Class/teacher(s):

School:



# Major Key Words:

Key definitions		Key definitions	
<b>Physical wellbeing</b>	Activities that improve your health and fitness or provide you with a physical challenge.	<b>Agility</b>	The ability to change direction quickly and maintain control of your whole body.
<b>Mental wellbeing</b>	Activities that reduce/control stress or tension on the body and also improve your confidence and self-esteem.	<b>Balance</b>	The ability to retain the centre of mass of the body.
<b>Social wellbeing</b>	Activities where you can develop friendships and build teamwork skills.	<b>Coordination</b>	The ability to use two or more body parts together.
<b>Health</b>	A state of complete mental, physical and social wellbeing, and not merely the absence of disease and infirmity.	<b>Power</b>	The ability to do strength performances quickly. <b>POWER = STRENGTH X SPEED</b>
<b>Cardiovascular fitness</b>	The ability to exercise the entire body for long periods of time without tiring.	<b>Reaction time</b>	The time between the presentation of a stimulus and the onset of movement.
<b>Muscular strength</b>	The amount of force a muscle can exert against a resistance.	<b>Speed</b>	The rate at which an individual is able to perform a movement or cover a distance in a period of time.
<b>Muscular endurance</b>	The ability to work the muscles for long periods of time without tiring.	<b>Function of the muscular system</b>	Produce movement, to stabilise our joints and maintain our posture.
<b>Flexibility</b>	The range of movement possible at a joint.	<b>Voluntary muscles</b>	Muscles that we can consciously control and move.
<b>Body composition</b>	The percentage of body weight that is fat, muscle and bone.	<b>Involuntary muscles</b>	Muscles that we have no control over and cannot consciously control or move.

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.

# GENERIC ASSESSMENT

## KS3/4 CORE SPORT ASSESSMENT

### DEVELOPING

1-3

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.

### SECURE

4-5

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.

### ADVANCED

6-7

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.

### EXCEPTIONAL

8-9

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.

# Invasion Games 1:

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

.....  
.....

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

.....  
.....  
.....

Activity Tracker.

Outside of college I have completed the following activity

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

.....  
.....  
.....

Assessment information:

Date.....

Sport.....

Reflect: I am working at the ..... level.

Analyse: Because.....

.....  
Action: In order to improve I need to.....  
.....  
.....

# 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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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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# 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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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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.....

# 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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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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# 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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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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# 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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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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