

2017

# Term 1: Revision Guide G6



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
- The effects of a warm up are:
- An **increase** in **body temperature**
- **Increase** in **heart rate**
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- Part of warming up is **stretching**
- During stretching we stretch our **muscles**
- Stretching help to **prevent injuries**
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### Cool Down

- **After** exercising it is good to cool down
- The effects of a cool down are:
- **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**
- **Etiquette** is also need in P.E. **Etiquette** is showing **good behavior** in sports.
- **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?



**10 metre agility test.** for **CHANGE OF DIRECTION**

**Equipment:** Cones, Stopwatch, Measuring tape



**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



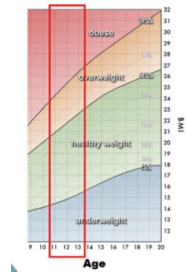
## Sit Up Test for **STOMACH MUSCLE ENDURANCE**

**Equipment:** Exercise mat, Stopwatch



## Sit and Reach Test for **FLEXIBILITY**

**Equipment:** Sit and Reach box,



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## Body Mass Index for **BODY COMPOSITION**

**Equipment:** Scales, Measure of height

## 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 which Grade 6 students will be required to know for the end of term exercise. Students will need to be familiar with these terms for the exam.

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