

2017

Term 1: Revision Guide G4



End of Term Test
Scope :Unit 1

Safety in Sports

When you exercise or play sport, you need to make sure you play safely. **Safety** means free from harm or danger. It's important to stay safe and avoid danger and hazards.

Warm Up

Before starting it is important to warm up. Warm ups include **stretching**







Stretching to warm up




You must also wear the correct clothing such as **sports shoes** instead of sandals for sport.

Appropriate for PE	Not Appropriate for PE
Sports shoes sports trousers sports top PE Kit	Sandals Kandora Jewellery/watch

Fitness Testing

It's important to do different fitness tests every year. This is so you can measure your improvement each year. Below is a list of the different types of fitness tests and what they measure.

	30 metre sprint test. Measures speed and how fast you are.
	Standing broad jump. Measures the power in your legs.
	Hand eye coordination. Measures coordination.
	Sit up test. Measures muscle endurance.

	<u>10 metre agility test.</u> Measures <u>agility.</u>
	<u>Stork test.</u> Measures <u>balance.</u>
	<u>Sit and reach test.</u> Measures <u>flexibility</u>

Being safe: preparing for fitness testing.

When preparing for sports or fitness test you should follow the correct sequence or steps.

1) Ensure you have the right Kit or clothing



2) Don't wear watches / jewellery or



3) Make sure you have the right equipment



4) Make sure you warm up before the activity



5) Most of all have fun. Being active is good for your health.



Key words

active	measure	30 metre sprint test	muscle endurance.	speed
balance	warm-up	10 metre agility test	Standing broad jump	balance
fitness test	Watches / jewellery	Stork test	PE Kit	equipment
danger and hazards	Sprint test	Hand eye coordination	sit-up test	Sit and reach test
trainers	Sit and reach test	flexibility	safety	kit or clothing

The above table covers the essential vocabulary list which Grade 4 students will be required to know for the end of term exercise. Students will need to be familiar with these terms for the exam.