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2017

Term 1: Revision Guide G5



End of Term Test

Scope: Unit 1

Warm up and cool down

Fitness is fun but it's important that you warm up and cool down to avoid injury.

Before you start a sport activity you must warm up by **increasing** your **heart rate** and **stretching**. . After exercise, you should **cool down** to bring the **heart rate** back **down** to a normal level.

Etiquette and safety in Sport



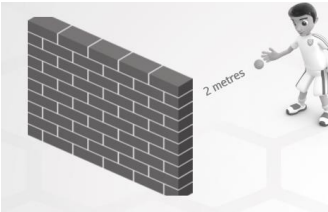

When you exercise, you must show good etiquette and safety in sports. **Good etiquette** means showing **good behavior**. It's how you should behave in a team or individual activity.




Good behaviour	Bad behaviour
<ul style="list-style-type: none"> • Helping someone up if they have fallen • Consoling opponent after a match • After a sporting activity, you should shake hands with your opponent 	<ul style="list-style-type: none"> • Breaking equipment • High or dangerous tackle • Pulling someone's shirt

Safety means free from harm or danger. It's important to stay safe and avoid danger and hazards.

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.

	<p><u>30 metre sprint test</u>. Measures your speed. The test uses 3 cones. Cone one at the start, cone two is 15 meters away from the start, and cone three is 30 meters away from the second cone.</p>
	<p><u>Standing broad jump</u>. Measures power. . Your feet will stand next to a cone. From a standing position, you will jump as far as you can. Your partner will measure the distance jumped from the cone.</p>
	<p><u>Hand eye coordination</u>. Measures hand eye-coordination. The hand-eye coordination test measures coordination between hands and eyes. It consists of a cone that is 2 metres away from a wall, and a tennis ball. Throw the ball underarm at the wall. Catch the ball with the other hand. Measure the number of successful catches in 30 seconds.</p>
	<p>The <u>sit-up test</u> measures the muscular endurance of your stomach. The sit-up test consists of working in pairs. One person will lie on a mat with their feet at on the floor. The second person will hold their feet down. You will perform as many sit-ups as you</p>

	can in 1 minute.
	The <u>10-metre agility test</u> measures how quickly you can change direction . The test consists of two cones, 10 meters apart. You will run from cone one to cone two and collect a bean bag. You will then carry that bean bag back to cone one and place it down. You will repeat this action another three times. You will do it four times in total. Once you have placed the fourth bean bag down you will be given a time.
	The <u>stork test</u> measures how good your balance is. You will work in pairs. One person will hold the stopwatch and the other will perform the test. The person performing the test will stand on one leg. Their other leg rests against the standing leg. The timer will start when the person goes onto their toes. Hold your balance for as long as possible until you lose it or put your foot down.
	The <u>sit and reach test</u> measures your flexibility . You sit down putting your feet against the sit and reach box. Your legs must be straight. You will then bend over the box. Use your arms to push the ruler as far as you can. Once you have stretched as far as you can, you will be given a measurement from the sit and reach box.

Skill related Fitness and Health Related Fitness

The activities above fall into two types of fitness:

Skill Related Fitness & **Health** related fitness

Skill related fitness (example)	Health related fitness (example)
Stork Test (balance)	Sprint test (speed)
Hand eye coordination test (coordination)	Sit up test (muscular endurance)

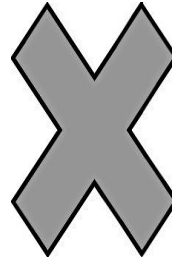
Preparing for fitness testing.

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

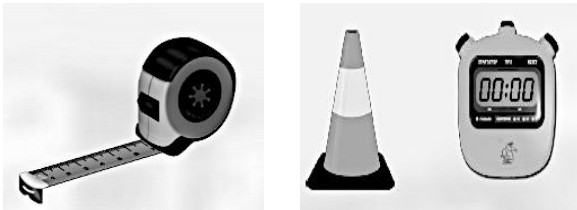
1) Ensure you have the right Kit or clothing.



2) Don't wear watches / jewelry or sandals



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

Warm up	safety	Warm down	good etiquette	sport
Shake hands	Fitness test	Sprint test	Jump test	coordination
endurance	muscular	agility	balance	flexibility
skill	health	Sprint	Sit up	Kit / clothing
jewelry	equipment	active	trainers	stretch

The above table covers the essential vocabulary list which Grade 5 students will be required to know for the end of term exercise. Students will need to be familiar with these terms for the exam.

