

# S3 PHYSICAL EDUCATION

Preparation for National PE

# INSTRUCTIONS

Over the next few months you will develop your knowledge and understanding in relation to the 4 factors we focus on in PE, with the main focus being on the Physical factor.

The 4 Factors are:

MENTAL

EMOTIONAL

SOCIAL

PHYSICAL (which is split into 3 areas: *Fitness, Skills & Tactics*)

The weekly tasks will not only give you the opportunity to develop your knowledge in relation to the factors but will provide you with practical tasks that you can give a go at home too if possible.

TASK I

Factor: *Physical Fitness*

Sub Factor: *Agility*

# INVESTIGATE

- **First**, you need to find out what AGILITY is. Use the following link to help you:

<https://www.brianmac.co.uk/agility.htm>

- Agility is:

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## INVESTIGATE (*CONTINUED*)

- How good is your Agility?

Click this link to see how to test your agility:

<https://www.brianmac.co.uk/illinois.htm>

Write 3 important rules for doing this test accurately.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

### PRACTICAL

- If you have enough space give it a try.

*\*\* If you want, upload your results to S3 Teams and see how you compare to others! \*\**

# ANALYSE

- Watch 5 minutes of this basketball game, or another team game of your choice.

[https://www.youtube.com/watch?v=PeczgXwz\\_kQ](https://www.youtube.com/watch?v=PeczgXwz_kQ)

While you watch, note down 2 or 3 situations where a player used agility to help them be successful.

Comment on what they did and how it helped.

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# DEVELOP

- Watch this clip about Speed Agility Quickness training.

<https://www.youtube.com/watch?v=3ew2m3m5f0M>

This clip mentions football but would help improve agility for any sport.

## PRACTICAL TASK

- Create your own 10 minute session.
- If you are able to, use what equipment and space you have available to you and give it a go.