

# S3 PHYSICAL EDUCATION

Preparation for National PE

## TASK 2

Factor: *Physical Fitness*

Sub Factor: *Muscular Endurance*

# INVESTIGATE

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

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

- Muscular Endurance is:

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## INVESTIGATE (*CONTINUED*)

- How good is your Muscular Endurance?

Click these link to see how to test your ME:

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

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

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

Write 3 important rules for doing these tests accurately.

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

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

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

### PRACTICAL

- If you have enough space give them a try.

# ANALYSE

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

<https://www.youtube.com/watch?v=OSlgStlYY6A>

While you watch, note down 2 or 3 situations where a player needed good Muscular Endurance to help them be successful.

Comment on what they did and how it helped.

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# DEVELOP

## PRACTICAL TASK

Here is a muscular endurance workout:

<https://www.youtube.com/watch?v=xBSofw8ljNE>

- Choose which level you want to work at for each exercise and give it a go.
- There is no sound with the clip so you may wish to put your own music on in the background for motivation!