

S3 PHYSICAL EDUCATION

Preparation for National PE

INTRODUCTION

Over the next few months you will develop your knowledge and understanding in relation to the 4 factors that we focus on in PE.

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:



INVESTIGATE DATA COLLECTION

In order to identify strengths and development areas in your performance, you need to do data collection.

The data collection method we use for Physical Fitness is: **STANDARDISED FITNESS TESTS**

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.

**** Upload your results to your S3 Elective Teams page 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

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.



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.

ASSIGNMENT RETURNS

Once you have completed the required tasks, submit your responses on your S3 Elective Teams assignment page.

REMEMBER

- You can choose to write your responses, take a photo and then upload this to the page or you can type your responses and submit this.
- If possible, it would also be good to see any photos/videos of the practical tasks you are able to carry out so please feel free to upload these too.

