

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:

INVESTIGATE DATA COLLECTION

From Task 1, you should now know that the data collection method for Physical Fitness is:

STANDARISED FITNESS TESTS

How good is your Muscular Endurance?

Click these link to see how to test your Muscular Endurance:

<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.

Upload your results to the S3 Elective Teams Page to see how you compare to your classmates

ANALYSE

- Watch 5 minutes of this volleyball game.

<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.

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!

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.