

S3 PHYSICAL EDUCATION

Preparation for National PE

TASK 3

Factor: *Physical Fitness*

Sub Factor: *Power*

INVESTIGATE

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

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

Power is:

INVESTIGATE DATA COLLECTION

From Task 1 and 2, you should now know that the data collection method for Physical Fitness is:

STANDARDISED FITNESS TESTS

How good is your Power?

Click this link to see how to test your Power:

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

(Note: The information on this link refers to the use of a sandpit, this is not required - a flat surface and a measuring tape is all you need)

Write 3 important rules for doing this test 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 the following short clips:

<https://www.youtube.com/watch?v=drvXbzZHV9I>

<https://www.youtube.com/watch?v=yC3zLvDs2AA>

<https://www.youtube.com/watch?v=x2Fqv3GtI8E>

<https://www.youtube.com/watch?v=gFfudAXH4rc>

While you watch, and for each clip, note down a situation where the person required good **POWER** to help them be successful.

Comment on what they did and how power helped.

DEVELOP

PRACTICAL TASK

Here is a workout focusing on developing power in your legs:

<https://www.youtube.com/watch?v=iHmnhDI3hF4>

- Aim to do each of the exercises without stopping!

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.