



Physical Education

Please complete one line from the task list below. All students must complete the middle task as part of their line:

<p>Take the following 'sporting personality' test on the BBC website. It is not diagnostic, but may give you an indication of what 'type' of sporting personality that you have. Did you result match with your interests?</p> <p>https://www.bbc.co.uk/teach/take-the-test-which-sport-suits-your-personality/z6dwbdm</p>	<p>The element of rest that the pandemic has offered to partially injured or injured sports people has been of great benefit. This has particularly helped footballers and NBA basketball players prior to the completion of their respective sporting seasons.</p> <p>What common treatments are used to treat the following?</p> <ul style="list-style-type: none"> - Fractures, - Joint injuries - Exercise induced muscle damage 	<p>Isotonic, is a term that many students have heard before in relation to sports drinks. In relation to muscular contraction, what does this term actually mean and in addition, what does the contrasting term, isometric refer to?</p>
<p>The use of VAR as a new technology in football is an example of how the sport is trying to ensure fairer outcomes for the participating teams. What other examples of technology can you reference within sport and how to they ensure fairer outcomes for the teams/participants?</p>	<p>Watch a second continuous, 10min video of a match/ performance in your favourite sport or activity. Similar to last time, choose one performer and identify and justify two/three aspects of their performance that are a particular strength and two/three that you see as being a weakness. Make a note of the hyperlink to the footage you have used as part of this exercise.</p>	<p>Group and team dynamics play an important part in sports. What aspects of group dynamics (i.e. how the team works) with respect to the current Premiership Champions, Liverpool?</p> <p>Conversely, what 'dynamics' within the team may have impacted upon Aston Villa's performance this year?</p>
<p>Research, sketch, label and outline the structure and function of the key parts of a neurone.</p>	<p>Consumption of water normally increases during sports training during the summer. Why is this and what are the functions of water to a sports person's body?</p>	<p>Locate the following muscles and distinguish between where they are positioned on the body:</p> <ul style="list-style-type: none"> - Rectus femoris - Vastus medialis - Semimembranosus - Vastus lateralis - Biceps femoris - Semitendinosus - Vastus intermedius