2017

# Term 1: Revision Guide G4



End of Term Tes Scope :Unit 1

### Safety in Sports

When you exercise or play sport, you need to make sure you play safely. <u>Safety</u> means free from harm or danger. It's important to stay safe and avoid danger and hazards.

#### Warm Up

Before starting it is important to warm up. Warm ups include stretching



Stretching to warm up

You must also wear the correct clothing such as sports shoes instead of sandals for sport.

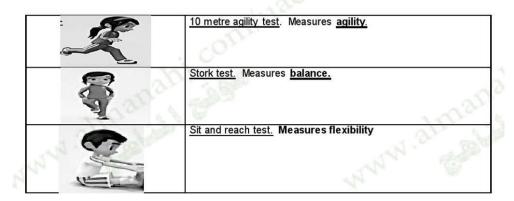
Appropriate for PE	Not Appropriate for PE	
Sports shoes	Sandals	
sports trousers	Kandora	
sports top PE Kit	Jewellery/watch	

#### **Fitness Testing**

It's important to do different fitness tests every year. This is so you can measure your improvement each year. Below is a list of the different types of fitness tests and what they measure.

30 metre sprint test. Measures speed and how fast you are.
<u>Standing broad jump</u> . Measures the <u>power</u> in your legs.
Hand eye coordination. Measures coordination.
Sit up test. Measures muscle endurance.

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## Being safe: preparing for fitness testing.

When preparing for sports or fitness test you should follow the correct sequence or steps.

