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| --- | --- | --- | --- | --- | --- |
| **ACTIVITIES** | **Y/N** | **THE BODY** | **Y/N** | **SKILLS AND TECHNIQUES** | **Y/N** |
| **Nature and purpose**  **Creativity**  **Size and shape**  **Equipment for activities**  **Tactics**  **Principles of play**  **Official/ Formal and unwritten rules**  **Rules**  **Conduct and behaviour**  **Scoring**  **Roles and function**  **Roles and responsibilities**  **Personal and physical qualities**  **Adaptation of activities** |  | **Structure and function**  **Oxygen transport system,**  **Body structure**  **Joints**  **Movement of a hinge joint**  **Aspects of fitness**  **Physical** -Cardio respiratory endurance  **Physical** - Muscular endurance  **Physical** – Strength  **Physical** – Speed  **Physical** – Power  **Physical** – Flexibility  **Skill related** – Coordination  **Skill related** – Agility  **Skill related** – Balance  **Skill related** – Reaction time  **Mental** – Mental fitness  **Training and it effects**  **Warm up and warm down**  **Principles of training**: Specificity,Progressive overload, frequency,Intensity and duration  **Methods / types of training:** Continuous, fartlek, interval, circuit,Flexibility, weight training.  **Training within activities** |  | **Techniques**  **Skills and techniques**  **Ways of developing a skill**  **Breaking down a skill**  **Easy and complex skills**  **Skills learning**: gradual build up, Whole part whole and stages of Learning.  **Principles of effective prac and refin**  **Feedback**  **Cooperation**  **Mechanical principles**  **Balance / centre of gravity**  **Transfer of weight**  **Application of force**  **Rotation**  **Resistance**  **Follow through**  **Levers** |  |