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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** |  |