

NAME: \_\_\_\_\_

# scoilnet

# PE BOOKLET



Class:

Year:

**Benefits of physical education**

- Improved health
- Improved fitness
- Increased confidence and self-esteem
- Positive impact on other areas of life e.g. school work, manual work

**What do you like about PE and Games?**

**What sports and activities have you covered in PE and Games so far this year?**

**Choose one activity and list key words and phrases that you learned.**

**Can you find a photo of a performer in the activity that you have chosen above?**

**RUGBY**

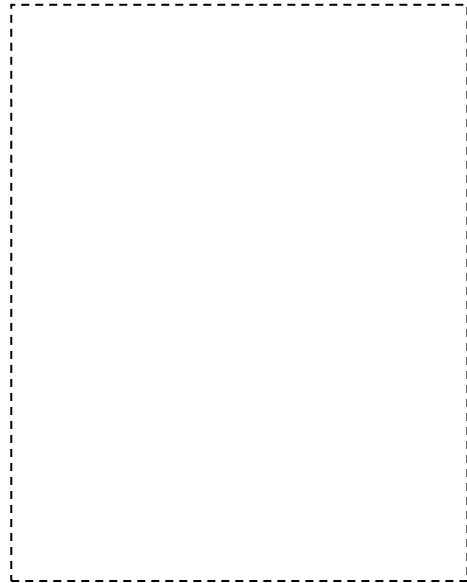
Photo of my favourite rugby player

Name:

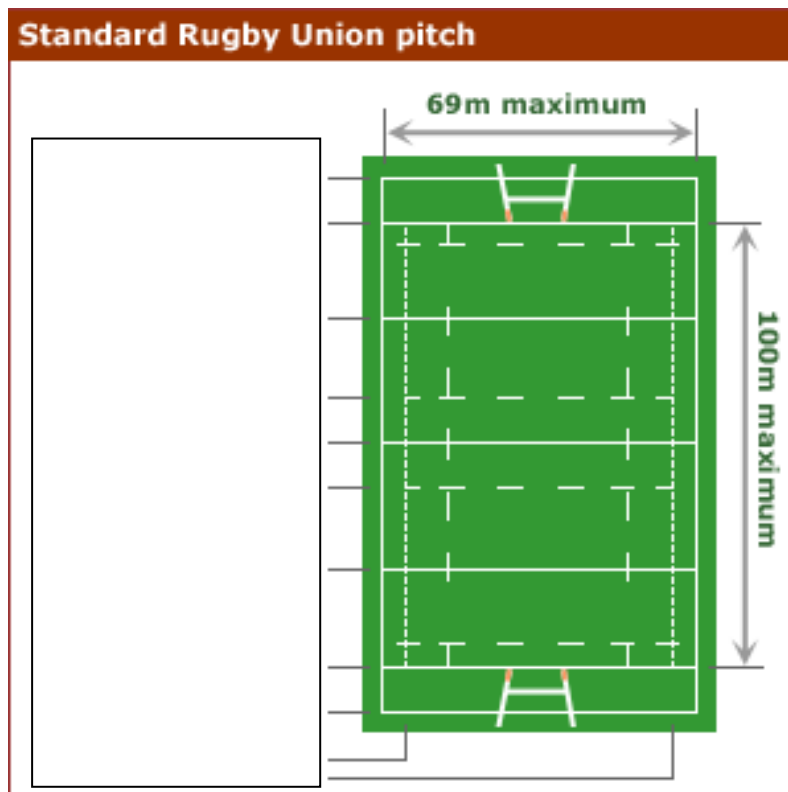
Position:

Club:

Country:



**Can you label the lines on a rugby pitch?**



**Name some rugby skills that you learned.**

**Chose a skill in rugby. Get photos of players performing the skill and find out some coaching points.**

<u>Photo(s)</u>	<u>Coaching Points</u>

***Insert a few strengths and weaknesses in your current rugby performance.***

<b>Your Strengths</b>	
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**Your Weaknesses**

<b>Your Weaknesses</b>	
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**FOOTBALL**

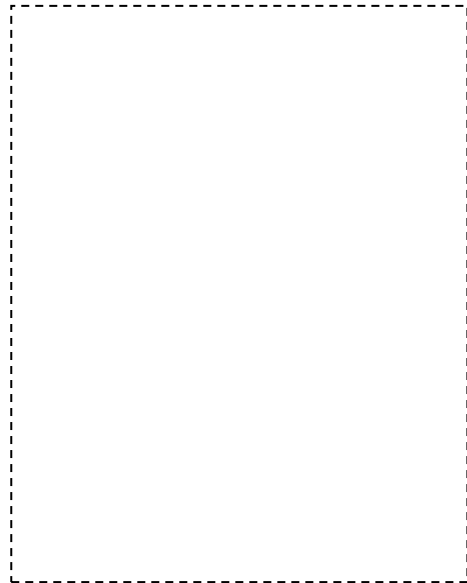
Photo of my favourite football player

Name:

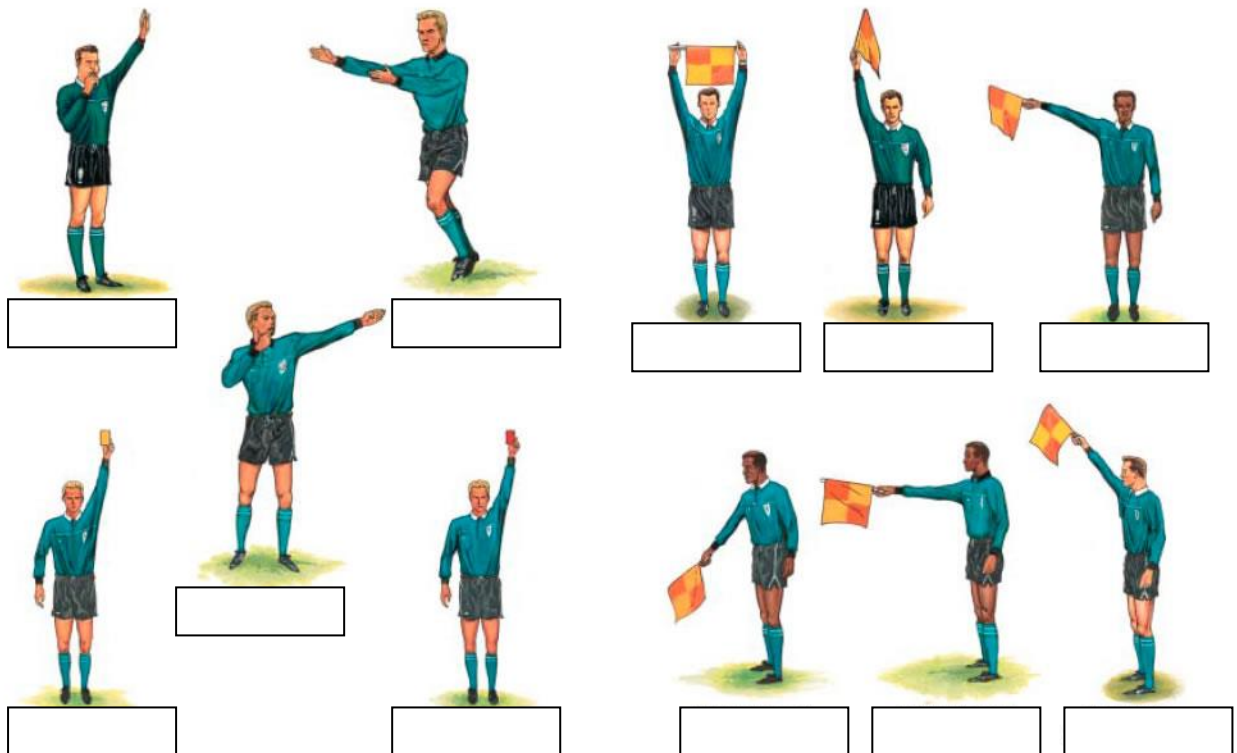
Position:

Club:

Country:



**Do you know your referee/assistant referee signals?**



**Name some football skills that you have learned.**

**Fill this page with information on your favourite team...**

Club –

League –

Manager –

Captain –

History

Managers

Honours

Squad

Photo

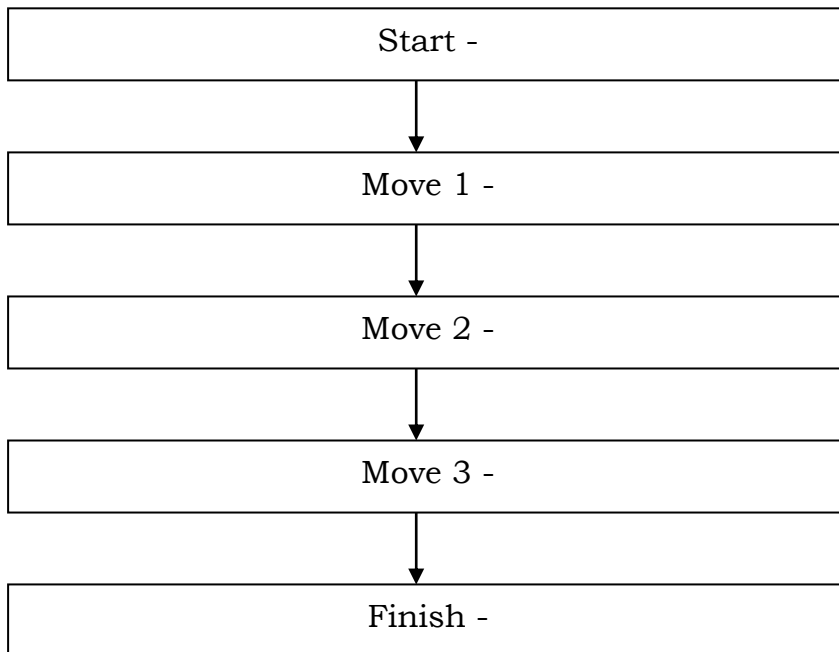
***Insert a few strengths and weaknesses in your current football performance.***

<b>Your Strengths</b>	
<b>Your Weaknesses</b>	

## **GYMNASTICS**

A sequence in gymnastics is a series of movements performed in order.

Fill out a sequence that you have performed in class...



**Photograph of a gymnast**



### **Analysis of Performance**

Insert photos of gymnastic performance from your class and say ‘what is good’ and ‘what could be better’.

<b>Good Points</b>	
<b>Points to improve</b>	

<b>Good Points</b>	
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<b>Points to improve</b>	

**ATHLETICS**

The 2012 Olympics were hosted by London.

***London Olympic Symbol***

***Olympic Symbol – Find and paste it in***

***History of the Olympics – Search the web for information***

Complete the following table on the current Olympic Records and the athletes who hold them. Search the web for the relevant information.

(Boys should complete table for males, girls for females!)

<b>Event</b>	<b>Record</b>	<b>Athlete</b>	<b>Nationality</b>
<b><i>100m</i></b>			
<b><i>200m</i></b>			
<b><i>400m</i></b>			
<b><i>800m</i></b>			
<b><i>1500m</i></b>			
<b><i>110m hurdles</i></b>			
<b><i>Long Jump</i></b>			
<b><i>High Jump</i></b>			
<b><i>Triple Jump</i></b>			

<i>Javelin</i>			
<i>Shot</i>			
<i>Discus</i>			

**My PE Profile**

<b><u>STRENGTHS</u></b>	
<b><u>AREAS FOR IMPROVEMENT</u></b>	
<b><u>GOALS</u></b>	
<b><u>REFELCTIONS</u></b>	