

Physical Education Home Learning Worksheet

Name: _____ Class: _____ Date: _____

Task 1: Show us your understanding of Warm-Ups

1. Why is it important to warm up before physical activity? (Give at least 2 reasons)

i.

ii.

2. Name 3 types of activities you might include in a warm-up:

i.

ii.

iii.

Task 2: Plan Your Own Warm-Up.

For a sport of your choice, plan and describe a suitable warm-up.

Sport: _____

Pulse Raiser	
Mobility	
Stretching	
Sport-Specific activity	

Explain why is your warm-up suitable for your chosen sport?

Task 3: Create Your Own Game

Be creative and design a new game of your own. Can you design our next new game to play in PE lessons?!

Name of your game:

Objective/aim of the game (how you win):

Number of players on each team:

Equipment needed:

Playing Area - Draw a diagram of the playing area.

Rules (at least 4):

- 1.
- 2.
- 3.
- 4.

How the game starts and ends:

How are points scored?

What skills does your game develop?

What components of fitness are used? Justify your answer, explain when and why.

Safety: Give 2 safety rules

- 1.
- 2.

- Explain how you would adapt your game for beginners or advanced players.