

English: Sports 8

Rules

- Presentation max. 5 p.
- Examination – written and spoken max. 100 p. $((100+100) / 2)$
- Sources: **Book (UK FTVS website, chapters 1-4)**
- Information dealt in the classes (grammar, topics, vocabulary)
- Pass: 70
- If grade:
 - 1: 90+
 - 2: 80+
 - 3: 70+

Ben Stokes wins Sports Personality 2019

<https://www.bbc.com/sport/av/sports-personality/50803843>

<https://www.bbc.com/sport/sports-personality/50757574>

<https://www.bbc.com/sport/cricket/50761514>

Fancy dress football? It's the FA People's Cup

<https://www.bbc.com/sport/av/get-inspired/46896419>

Podcast 1



<https://www.bbc.co.uk/programmes/p07xmzqk>

Podcast 1

Home Episodes Podcast

THE LGBT SPORT PODCAST

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The One with Lizzie Williams

One of the UK's leading wheelchair racers joins us for a new and inspiring episode.

12 December 2019
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Definition of physical fitness

Are you a good example of health and vitality?

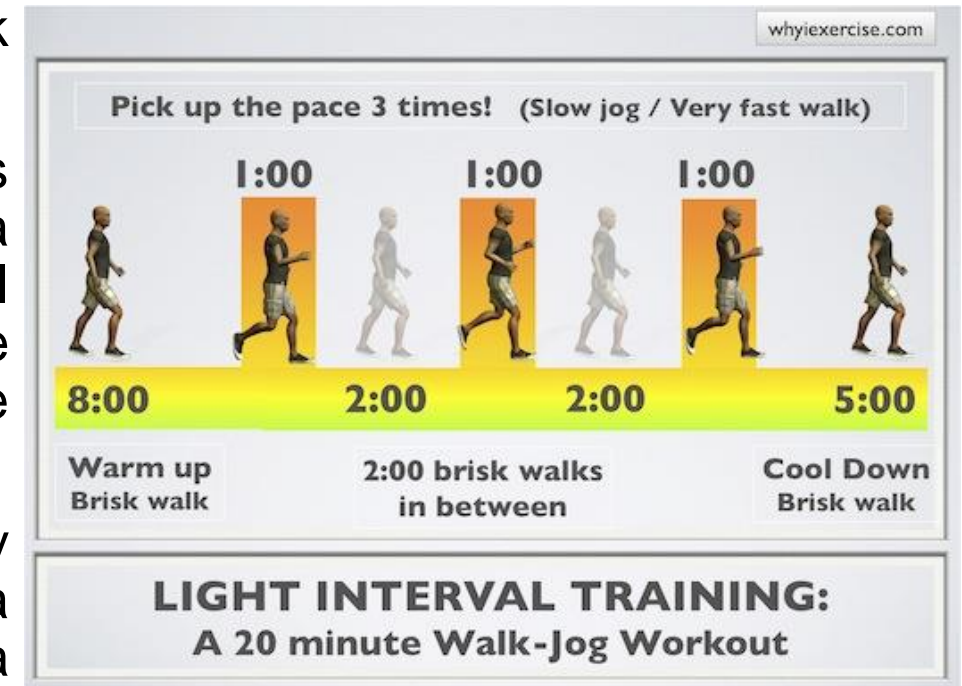
- How long are you able to exercise vigorously without stopping? This depends on your heart's ability to supply blood to working muscles and the muscles' ability to use the oxygen in the blood.
- How easy is it for you to push, pull or lift heavy objects? Strength requires powerful muscular contractions and good coordination between muscle groups. Good muscular performance also includes the ability to work consistently over a period of time. How well are you able to resist fatigue and participate fully in sports and active hobbies like dancing?
- How would you rate your ability to move your joints freely without strain? Good flexibility is helpful in all activities. It allows you to squat, bend, and reach, for example, with a full range of motion. Maintaining and improving your flexibility is helpful for muscular performance and injury prevention.
- Cooper Test: A 1.5 mile jog / run for runners and more athletic types. The Cooper Test also measures upper body strength with a maximum push up test. 1000s of people were tested in the research, so you will get a fair comparison to people in your age group.
- Benefits of physical fitness: Personal health and fitness directly relates to your quality of life, affecting your decisions, activities, opportunities, and more. Compare the effects of active and inactive lifestyles. TV time has a greater impact than you might expect.

High intensity interval training

Intro and intermediate workouts.

- High intensity interval training (HIIT) uses short bursts of intense exercise to achieve better fitness and athletic performance. HIIT workouts can be very effective for all age groups and ability levels. For beginners, *the best starting point is to use less intense intervals.* For example, 3 brief jogs can be mixed into a 20 minute brisk walk, as in the example below.
- You can use this interval training technique with all kinds of exercises. Pick up the pace for 1 minute as you ride a bike or climb stairs, increase the intensity on the elliptical trainer or stairclimber at the gym, or find a walking route with hills. Find more exercise ideas in the article on metabolic equivalent.
- Note: It is important to pace yourself with high intensity interval training. Know your limits. Try increasing to a vigorous (but not hard) effort at first. If you are a beginner, give your body at least 3-4 weeks to adapt to the new exercise before you try for a harder effort. Check with your health care provider before trying intense exercise, especially if you have been inactive for a long time.

Intro workout 1



<https://www.whyexercise.com/high-intensity-interval-training.html>

High intensity interval training

Intro and intermediate workouts.

- Sports drills can be very beneficial for beginners. This type of workout trains multiple muscle groups at the same time and also improves balance and agility.
- Are you ready for a high intensity workout? Determine your fitness level with the Cooper Test.

- Tips for the sports drill workout:

1. Find a flat, open space outside or in a gym to do these exercises.
2. Pace yourself during the intervals-Work vigorously, but don't reach the point of being out of breath.
3. Start with a small step size and stay on the balls of your feet for all 4 exercises.
4. Side shuffle--the further you lower your hips and bend your knees, the harder this exercise becomes.
5. High knees--Use a vigorous arm swing and stay on your toes.
6. Backpedaling--make sure you have a clear path behind you.
7. Crossover steps (Kariocas)--the step sequence as you walk / jog to the L is: (a)R foot in front of L (b) R foot behind L. the step sequence as you walk / jog to the R is: (c)L foot in front of R (d) L foot behind R

Intro workout 2



Intro Sports Drills 20 min

1. Warm Up: brisk walk for 5 min.

2. Side Shuffle: 10-15 seconds to L and to R. 3 times each way at walk-jog speed.

3. Brisk walk for 2 minutes.

4. High Knees and Backpedaling: 10-15 sec each. Repeat 3 times each at walk-jog speed.

5. Brisk walk for 2 minutes.

6. Crossover Steps: 10-15 sec to L and to R. 3 times each way at walk-jog speed.

7. Finish with a brisk walk for 6-8 min.

whyiexercise.com

The poster includes illustrations for Side Shuffle, High Knees, Backpedaling, and Crossover Steps, each with a double-headed arrow indicating the direction of movement.

<https://www.whyiexercise.com/high-intensity-interval-training.html>