



# INTERACTIVE REVISION (14-16)

- A RANGE OF HIGH QUALITY INTERACTIVE EXERCISES AND ANIMATIONS
- VISUALLY ENHANCES ANY 14+ EXAM COURSE IN PHYSICAL EDUCATION
- SUITABLE FOR A SINGLE COMPUTER, NETWORK, DIGITAL PROJECTOR OR VLE
- SITE LICENCE INCLUDED AS STANDARD!



These powerful and engaging PowerPoint presentations can be used on standalone or networked PCs, interactive whiteboards or your school's VLE, and perfectly complement our highly successful core theory presentations and associated worksheets - see separate advert.

The interactivity of the exercises, together with regular feedback, are provided through 'structured word' exercises, 'drag & drop' exercises, 'point & show' animations, quizzes, and wordsearches - see back page for more details.

The presentations can be used to support your scheme of work in many ways, e.g. as lesson starters or plenaries, revision for tests and exams, to enliven the P.E. resources on your VLE, or even add them to your own existing presentations, (simply by copying and pasting individual slides). Sets 1-4 cover The Body, Health & Fitness, Training & Sporting Skills and Social Issues & Injuries. You only need PowerPoint 2000 or later to run, edit or personalise the original presentations which average 25 slides each.



**Fitness, Training & Exercise**  
There are five types of exercise. Click to select...

Key Points | Drag & Drop | Point & Show

Quiz | Wordsearch

**Interactive Exercises 5 Types**

**Training Thresholds**  
Drag the button to show results for different ages...

Age predicted maximum = 220 - Age  
Maximum Heart Rate = **195**

Anaerobic Training Threshold  
85% of MAX HR = **166**

Transition zone for Aerobic & Anaerobic Training

Aerobic Training Threshold  
60% of MAX HR = **117**

Click and drag the red slider to compare age, heart rates and training thresholds

Show Results

**The Human Body**  
**Set 1**

# THE HUMAN BODY

90 INTERACTIVE REVISION EXERCISES  
PROVIDED WITHIN 4 POWERPOINT PRESENTATIONS

Set 1 (4 Topics)

Unit 1 - The Skeletal System

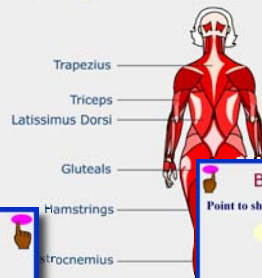
Unit 2 - The Muscular System

Unit 3 - The Cardiovascular System

Unit 4 - The Respiratory System

## Body Muscles - Back

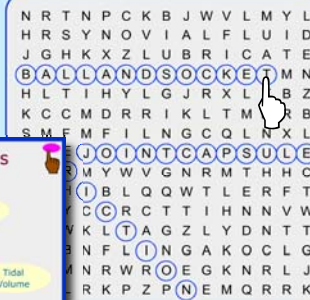
Drag each label to the correct place on the body...



Well Done!  
Click the arrow to move on

## Wordsearch 3

Click and drag on the grid to highlight the listed words. Words go across, down and diagonally downwards.



### Skeletal System

- ~~BALL AND SOCKET~~
- ~~CARTILAGE~~
- ~~FRICTION~~
- ~~GLIDING~~
- ~~HINGE~~
- ~~JOINT CAPSULE~~
- ~~LIGAMENT~~
- ~~LUBRICATE~~
- ~~MEMBRANE~~
- ~~SYNOVIAL~~
- ~~SYNOVIAL FLUID~~
- ~~TENDON~~



## Breathing - Key Terms

Point to show the meanings...



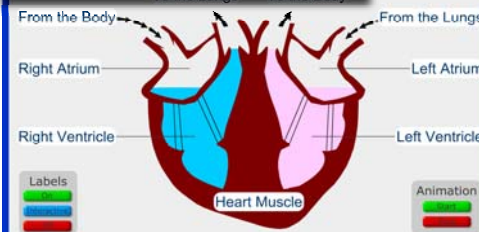
## Breathing - Key Terms

Point to show the meanings...



## Blood ? The Skeletal System - Quiz 1 ? and Slow Twitch Fibres

label to the correct box...



Q1. Which bone is found in the upper part of the arm?

- A. Femur
- B. Radius
- C. Humerus
- D. Tibia

## The Circulatory System - Quiz 2

Q2. The force that the blood places upon the walls of the blood vessels is known as blood \_\_\_\_\_

Enter your answer here

pressure

Correct - Well Done!



**Health & Fitness**  
**Set 2**

# HEALTH & FITNESS

121 INTERACTIVE REVISION EXERCISES  
PROVIDED WITHIN 6 POWERPOINT PRESENTATIONS

Set 2 (6 Topics)

Unit 1 - Effects of Exercise

Unit 2 - Energy for Exercise

Unit 3 - Fitness, Training & Exercise

Unit 4 - Health & Fitness

Unit 5 - Hygiene & Safety

Unit 6 - Nutrition & Exercise

## Stamina Tests

### Multi-Stage Fitness Test

This test is progressive and maximal. It involves running a distance of 20 metres, marked out at each end by cones. Each 20 metre run must be completed in time to a series of beeps on a p... The beeps come at progressively shorter intervals, so the person must in... until they can no longer keep pace. There are 25 levels; the higher you finish, the better your stamina.



The Start



The 20m run

## Fitness Tests

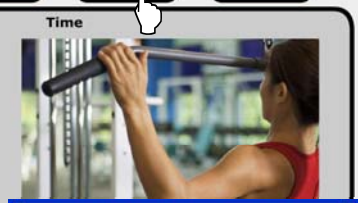
Drag the labels to the correct place...



## Blisters, Corns & Bunions



## Overload



## Foot Disorders - Key Terms

Drag the labels to the correct definition...

- Verruca** A flat wart that grows on the sole of the foot, caused by a virus.
- Podiatrist** A person who deals with minor foot disorders. Also called a Podiatrist.
- Bunions** A hard pad of skin of the foot caused by ill-fitting shoes.
- Blisters** Inflammation of the joint between the big toe and the foot. It is treated with surgery.
- Warts** A painful swelling and reddening caused by irritation, injury or infection.
- Virus** A micro-organism that causes a verruca.
- Bunions** A fluid filled pocket of skin, caused by ill-fitting shoes.
- Warts** A white fungal infection that grows between the toes.

## ? Energy for Exercise - Quiz 3 ?

Q1. The process by which after exercise is called...

- A. Resting
- B. Recovery
- C. Return
- D. Recuperation

Sorry, click 'Reset' to try again.



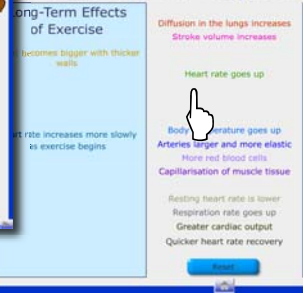
## Percentage of Aerobic Respiration

Drag the figures to the correct place...

Event	Percentage of Aerobic Respiration
Marathon	60%
10,000 Metres	83%
5,000 Metres	20%
1,500 Metres	Less than 1%
800 Metres	100%
400 Metres	95%
200 Metres	10%
100 Metres	50%

## ? Long and Short-Term Effects

Drag the labels to the correct place...



Marathon runners use aerobic respiration to produce the energy that is used for long periods of low intensity effort.

Anaerobic respiration happens without oxygen; lactic acid is produced as a waste product.

When the heart and the lungs cannot supply enough \_\_\_\_\_ to the skeletal muscles, \_\_\_\_\_ respiration takes over.



**Training & Skills Set 3**

# TRAINING & SKILLS

112 INTERACTIVE REVISION EXERCISES PROVIDED WITHIN 6 POWERPOINT PRESENTATIONS

Set 3 (6 Topics)	
Unit 1 - Acquisition of Skill	
Unit 2 - Developing a Training Programme	
Unit 3 - Exercise, Training & Good Health	
Unit 4 - Factors Affecting Performance	
Unit 5 - Methods of Training	
Unit 6 - Skill Related Fitness	

### Body Types

Check your understanding of these key facts...

Endomorph   **Mesomorph**   Ectomorph

A mesomorph body shape has the following characteristics:

- Wide shoulders.
- Narrow hips.
- Muscular arms and legs.
- Muscular body.
- Very little body fat.

The word 'Muscular' will help you remember the body shape of a Mesomorph.

### Psychological (Mental) Benefits

Check your understanding of these key facts...

Enjoyment   Stress and Tension

Self-confidence   Aggression

Stress and Tension  
Exercise cannot help a person solve their problems, but it helps relieve stress, and reduces blood pressure.

### Use of Skills

Drag the skill to the correct place...

What is needed to perform a lineout skillfully?

Good hand-eye \_\_\_\_\_ to catch the ball.

Maintaining good \_\_\_\_\_ during the jump and lift to keep upright.

Good \_\_\_\_\_ to change direction in the air if needed.

Quick \_\_\_\_\_ to beat the opponents to the ball.

Agility   Reactions  
Co-ordination   Balance

### Basic and Complex Skills

Drag the activity to the correct place...

Basic Skills   Complex Skills

### Wordsearch 1

Click and drag on the grid to highlight the listed words. Words go across, down and diagonally downwards.

CLKQOXYONATDDE  
AKJGXTDKNAFCMLJ  
RALFFRXKZPNLDD  
DZDEHVDRAATLWNA

Factors Affecting Performance  
ALVEOLI  
ANAEROBIC  
BRONCHITIS  
CAPILLARIES  
CARDIOVASCULAR  
DEHYDRATION  
GLYCOGEN  
HAEMOGLOBIN  
HYPERTHERMIA

### Improving Fitness

Drag the improvement to the correct place...

Fartlek training improves → Speed and/or Stamina

Interval training improves → Stamina

Continuous training improves → Strength

Circuit training improves → Suppleness

### Wordsearch 2

Click and drag on the grid to highlight the listed words. Words go across, down and diagonally downwards.

RQDC HSTRJPRCPWK  
NEMT OLUKNRTRDRH  
PKLMKMRKRNKXFEZE  
HHRALMPKGGGFSTH  
RHYFXBMERENWEGA  
RHLSPAWRTRKRNAMB  
IQQRICTKWIIYNSGI  
NPERIODISATIONL  
JNQBDTTKOKXINJI  
UWZTNSWHXNDNORT  
RCLOSESEASONNA  
IJNTKLCBWRCREST  
EARECOVERYATQYI  
SGMKKHZZRRCPDLO  
QBBTEAMWORKBYCN

### Methods of Training

Drag the training method to the correct place...

100% Aerobic

Interval

100% Anaerobic

Fartlek  
Continuous  
Circuit

**Social Issues & Injuries Set 4**

# SOCIAL ISSUES & INJURIES

125 INTERACTIVE REVISION EXERCISES PROVIDED WITHIN 7 POWERPOINT PRESENTATIONS

Set 4 (7 Topics)	
Unit 1 - Amateur & Professional Sports	
Unit 2 - Injury & First Aid	
Unit 3 - Funding Sport & Sponsorship	
Unit 4 - Local Providers of Sport	
Unit 5 - National & International Provision	
Unit 6 - Social & Cultural Aspects	
Unit 7 - Media & Sport	

### Wordsearch 1

Click and drag on the grid to highlight the listed words. Words go across, down and diagonally downwards.

ZKZKZKZKZKZKZKZK  
KZLSTKPTKQKRWK  
MYDQCVFPDXMXFUD  
PLTCMHSPFPKXFSB  
BKLTLDQSMQKMTD  
OGEWXPRLUQVLLFD  
KJHGFEDCBAZYXWV

Amateur and Professional Sport  
AMATEUR  
ENDORSE  
SPONSORSHIP  
GIFTS  
SPONSOR

### Dr. ABC Routine

Drag the action to the correct place...

First   Last

### Centres of Excellence

Drag the centre of excellence to the correct place...

Bisham Abbey  
Crystal Palace  
Lillleshall  
Plas-Y-Brenin  
National Cycling Centre

### Members of a Club Committee

Drag the member to the correct place...

Chairperson: This is the most important official. They represent the club and hold all meetings, keeping them in order.

Captain: This official stands in for the Chairperson when they are not available.

Minute Taker: This role involves taking minutes at all meetings and dealing with all correspondence to and from club members.

Treasurer: This person manages all clubs finances.

Secretary: This person is responsible for organising the team when they are playing. They motivate the players and make tactical decisions.

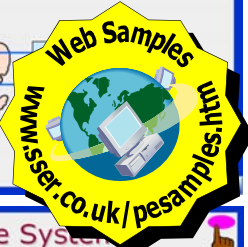
Non-playing members who enable the match or competition to take place by enforcing the rules and regulations of the sport involved.

### Wordsearch 2

Click and drag on the grid to highlight the listed words. Words go across, down and diagonally downwards.

EPRQOYONATDDE  
LKPQWZPZKZKZKZK  
KZLSTKPTKQKRWK  
MYDQCVFPDXMXFUD  
PLTCMHSPFPKXFSB  
BKLTLDQSMQKMTD  
OGEWXPRLUQVLLFD  
KJHGFEDCBAZYXWV

Injury and First Aid  
ASWAY  
BREATHING  
CARDIAC MASSAGE  
CASUALTY  
ELEVATION  
SWELLING  
RESPONSE  
UNCONSCIOUS



### National Governing Bodies of Sport

Check your understanding of which Governing Body controls which sport...

Amateur Swimming Association

Gymnastics   Football   Hockey   Swimming   Tennis

### Gender in Sport

Drag the sport to the correct place...

Sports in which Women & Men Do Not Compete Together: Boxing, Gymnastics, Equestrian, Adventure Racing

Sports in which Women & Men Do Compete Together: Swimming, Sailing, Horse Racing

Football

### Discipline System

Click and drag the cursor to display some examples of the use of the discipline system used in football...

"If you take a player's legs again you will be off!"

Yellow card   Red card

### Types of Practice

Check your understanding of these key facts...

Part Practice

Whole Practice

Variable Practice

Fixed Practice

**Part Practice**

Part practice is a good way to learn a complex skill. The complex skill is broken down into its parts and each part is practised separately.

Examples:  
Long jump and high jump can both be developed this way.

Front crawl can be developed in parts, before the whole stroke is put together.

Type of Interactive Exercise	Number of Exercises			
	Set 1	Set 2	Set 3	Set 4
Key Point Summary	25	41	48	56
Drag & Drop	17	13	14	16
Point & Show	21	23	18	22
Quiz	11	17	12	9
Wordsearch	16	27	20	25

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