

PE Tasks



During your PE lessons in school, you have been given a number of tasks to complete to further improve your knowledge of PE, health and fitness.

These tasks can be completed on Word or can be written.

Task 1- The effects of exercise on the body.

Draw an image of an athlete. Research the effects of exercise, and around the body you must label the effects of exercise on the body.

Hint: Research the physical and mental benefits of exercise.

Task 2- The History of the FA.

Watch the short video of the History of the Football Association. You must then create a timeline of all the events that have happened in the FA's history that have made it what it is today.

<https://www.youtube.com/watch?v=nWLZz1wtnrE>

Task 3- Components of Fitness

Research the different components of fitness. You must then order the components from most important to least important for the following athletes:

Mo Farah

Lionel Messi

Michael Jordan

Anthony Joshua

Lewis Hamilton

Hint: Research the athletes, and their sports if you are unsure.

Task 4- World Records

For this task, you need to research the world records for the sports below, and state who holds the record and what the record is. An example is given below:

E.g. 100m World Record: Usain Bolt- 9.58 seconds.

Marathon World Record:

Longest Tennis Match:

Longest Undefeated Boxing Record:

Most goals scored in a football season:

Most Grand Slams in Tennis:

High Jump:

Longest Plank:

Fastest 5k:

Task 5: Sports Leaders

For this task, you need to identify 3 different sports leaders. You need to then write a short description of who they are, and what makes them a great leader.

Your leaders however must all have different roles in sport e.g Manager, Captain, Coach etc.

Hint: Research what makes a great leader.