

HLS Transition Project - PE





Task 1 – Get Inspired

From the 26th July to the 8th September 2024, the best sports people in the world will be competing at the Olympic and Paralympic games. A lot of the activities that they compete in you will do at school in your PE lessons. Can you get inspired by watching these amazing athletes compete?

Fill in the log on the next page by writing the activity you watched; an athlete who competed and something you learnt about the activity.

<https://www.bbc.co.uk/sport/olympics>

<https://www.paralympic.org/paris-2024>

<https://olympics.com/en/paris-2024>



Activity watched	Athlete/team achievement	What did you learn about the athlete/sport?



Task 2 – Get Learning

An Olympian will have developed their skills and fitness over several years of training. Different Olympian's will have different components of fitness that make them successful in their sport. Can you identify an Olympian or Paralympian who would need good levels of the components of fitness described on the next slide?

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Component of fitness	Description	An Olympian/Paralympian who needed this to be successful
Cardiovascular endurance	The ability to exercise for a long period of time without tiring.	
Muscular endurance	The ability of the muscles to contract for a long period of time without tiring.	
Muscular strength	The ability to apply force to a resistance (lift heavy objects).	
Flexibility	The range of movement at a joint (how far you can reach/stretch).	
Speed	The ability to move the body or parts of the body quickly.	
Power	The ability to apply force quickly (strength x speed).	
Reaction time	The time taken to respond to a stimulus (eg. Pistol, ball, shuttle).	
Co-ordination	The ability to move two or more body parts at the same time with control.	
Balance	The ability to remain stable over a base of support (remaining still).	
Agility	The ability to change direction quickly at speed.	



Task 3 – Get Active

Being active is important for your physical, mental and social health and well-being. Keep a log of the activity you do over the summer. This could be riding your bike, going for a swim, playing a cricket game, going netball training, doing a dance class etc.

What components of fitness did you require to complete the activity?

Get your activity signed off by somebody to confirm you completed it!



