

Year 9 PE Core Knowledge

Sporting Behaviour:

Deviance: Behaviour that falls outside the norms of what is thought to be acceptable; goes against the moral or laws of the sport

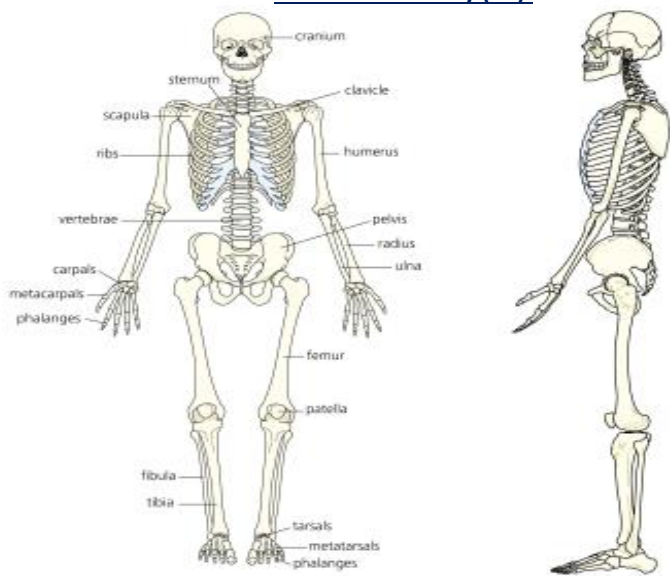
Positive Deviance: No intention to cause harm or break the rules

Negative Deviance: Intention to cause harm or break the rules

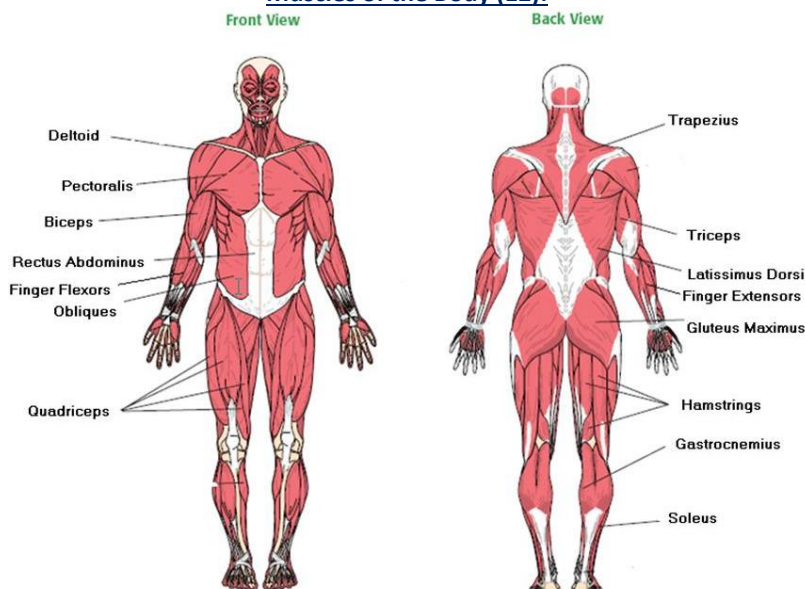
Gamesmanship: Bending the rules of a sport without actually breaking them (form of negative deviance)

Sportsmanship: Qualities of fairness, following the rules, being gracious in defeat or victory

Bones of the Body (20):



Muscles of the Body (12):



Muscle Fibres:

Type I: Slow twitch - aerobic work

EG Long distance running

Low intensity activity

Positives: High fatigue resistance - high myoglobin content

Negatives: Low speed & force of contraction



Type IIa: Fast twitch – aerobic & anaerobic work

EG 800m runners

Extended high intensity activity (30secs-2mins)

Positives: High speed & force of contraction, strength & speed endurance

Negatives: Not as fatigue resistant as type I & not as powerful as Type IIx



Type IIx: Fast twitch - anaerobic work

EG 100m sprinter

Explosive activity

Positives: Very high speed of force & contraction

Negatives: Very low fatigue resistance due to rapid build up of lactic acid



Connective Tissues at a Joint:

Ligaments – Connect Bone to Bone

Tendons – Connect Muscle to Bone

Cartilage - prevents friction and bones rubbing together. Acts as a shock absorber

Long Term Effects & Benefits on Musculo-Skeletal System (if time for rest and recovery is allowed)

1. **Increased Bone Density** – Prevents Osteoporosis (brittle bones) if exercise is weight bearing
2. **Increased Strength of Ligament & Tendons**
3. **Muscle Hypertrophy** (muscle increase in size)
 - Increased Muscular Strength
 - Increased Muscular Endurance
 - Increased Power = Muscular Strength x Speed