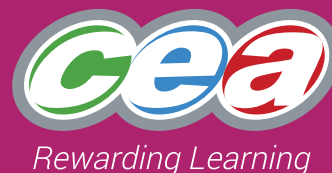


Task Sheet

Entry Level Physical Education:
Unit 8 Fitness and Athletic Activities (Level 1/2/3)



Name: _____

Exemplar Resource Sheet 8.1

Can be used to meet

Assessment Criteria: L1

Assessment Criteria: L2

Assessment Criteria: L3

Title: The importance of Physical Activity

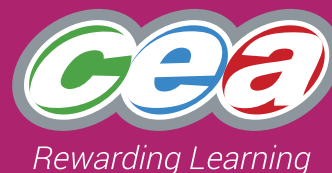
What are some of the benefits of Physical Activity?

- Use the empty speech bubbles to identify reasons why we participate in physical activity.

The form contains six empty speech bubbles for students to write their answers. The bubbles are colored as follows: a green bubble (top left), a blue bubble (top middle), an orange bubble (top right), a purple bubble (middle left), a yellow bubble (bottom left), and a red bubble (bottom right).

Task Sheet

Entry Level Physical Education:
Unit 8 Fitness and Athletic Activities (Level 1/2/3)



Name: _____

Exemplar Resource Sheet 8.2

Can be used to meet

Assessment Criteria: L1

Assessment Criteria: L2

Assessment Criteria: L3

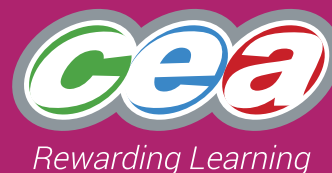
Title: Assessing fitness

Individual Fitness Testing Recording Sheet

Fitness Test Name:	Component of fitness measured:	Date of test:	Score	
Sit and reach	Flexibility			
Grip dynamometer	Strength		Left	Right
1-minute press-up test	Muscular Endurance			
1-minute sit up test	Muscular Endurance			
BMI	Body Composition			
Vertical Jump Test	Power			
Illinois Agility Run Test	Agility			
30m Sprint Test	Speed			
Multi Stage Fitness Test (Bleep Test)	Aerobic Endurance			

Task Sheet

Entry Level Physical Education:
Unit 8 Fitness and Athletic Activities (Level 1/2/3)



Name: _____

Exemplar Resource Sheet 8.3

Can be used to meet

Assessment Criteria: L1

Assessment Criteria: L2

Assessment Criteria: L3

Title: Physical Activity Diary

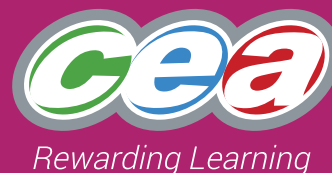
Individual Fitness Testing Recording Sheet

Day and date	Physical Activity	What type of exercise?							Duration How many Minutes?
		Cardiovascular (min)			Resistance		Flexibility		
		Light	Moderate	Vigorous	Endurance (hard)	Strength (Very Hard)	Mobility Exercises	Static Stretches	
e.g. 21/03/15	Rugby	10	20	15		x	x	x	60 minutes

(Print this table out and complete it as a record of your physical activity and the type of activity you take part in)

Task Sheet

Entry Level Physical Education:
Unit 8 Fitness and Athletic Activities (Level 1/2/3)



Name: _____

Exemplar Resource Sheet 8.4

Can be used to meet

Assessment Criteria: L1

Assessment Criteria: L2

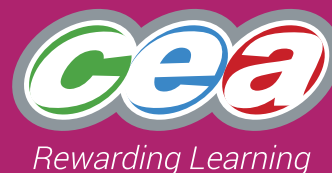
Assessment Criteria: L3

Title: Circuit Training Template

Objective:		
Circuit training session outline:		
Component of session:	Key Factors:	Order of stations:
Warm-up activity		
Number of stations		
Time at each station (mins)		
Rest between each station, or rest station included in circuit (mins)		
Time for each circuit (mins)		
Number of circuits in each session		
Time for each session (mins)		
Cool-down activity		
Equipment required:		
Review of performance: What went well? What can improve?		

Witness Statement

Entry Level Physical Education:
Unit 8 Fitness and Athletic Activities (Level 1/2/3)



Witness Statement

Candidate Name: _____

Candidate Number: _____

Activity: _____

Unit: _____

This form may be used by tutors to demonstrate and verify learners have produced evidence which meet the learning outcomes for a unit.

Learning Outcome being evidenced:

Explain how the candidate meets the assessment criteria:

TUTOR and CANDIDATE: Sign and print your name

TUTOR SIGNATURE: _____

CANDIDATE SIGNATURE: _____ Date: _____