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Safety in sport

Before you play any sport, you need to think about how to be safe. You could think about the clothes to wear, the rules and how to work with others. If everyone knows the rules and how to play, sport will be more fun!

Activity 1

Write three things you should wear in your PE lesson to be safe in sport.



Elite Extension Activity (E1)

It is important to show good behaviour when you play sport. This is called 'etiquette'.

Activity 2

Look at the sentences below. Tick which sentences show good etiquette in sport.

shake hands with your opponent at the end of a game	hurting another player	agree with the official
disagree with the official	play fairly	Say kind words to another player

Passing and receiving skills

PASSING

In this unit of work, you will use different throwing and catching skills. There are different types of passing skills. Each pass can be used in different situations during a game.

Activity 3

For each type of pass, describe when you would use this in a game.

Chest pass: Close	Underarm throw: Close
Shoulder pass/overarm pass: Far away	Bounce pass: Close

Top Tip

Think about how far you will throw the ball for each type of pass.

Activity 4

Look at the player. Which pass is he about to perform?

Label the player and write three teaching points of how to pass overarm.



RECEIVING
In your lessons, you will catch and receive the ball at different heights.

The different heights you can catch a ball are:

- Above your head (high)
- Chest height (medium)
- Below your waist (low)

DID YOU KNOW?

Ham Al-Hashmi is a UAE football player and has a very good catching technique. This helps him to keep possession of the ball.



Activity 5

The player is catching the ball low, using a cup catch. Describe what you should do with each body part to catch the ball.

Hand:
together

Eyes:
on ball

Knees:
bent

Elbow:
bent

Feet:
balanced



Evasive movement

When you have control of the ball, you need to think about ways to keep it. If you cannot pass to a teammate, then you need to think about what to do. When you do not have the ball, you should move into space to receive a pass. When you have the ball, you can use skills such as 'pivot' or 'fake' to attack.

Activity 6

Look at the two definitions. One is describing a pivot. One is describing a fake step. Label the definition correctly

Pivot or fake step?	
Pivot	Fake Step
This is when you keep one foot still and use the other foot to turn around	This is when you step forward in one direction, then change and step in a different direction

Look at the images below. They show a player performing a fake step. The players use this to dribble and beat the opponent. You can also use a fake step to move away from an opponent, into space.



Activity 7

Describe an example of when you could use a fake step in your sport.

To trick defender

Elite Extension Activity E3

Shooting skills

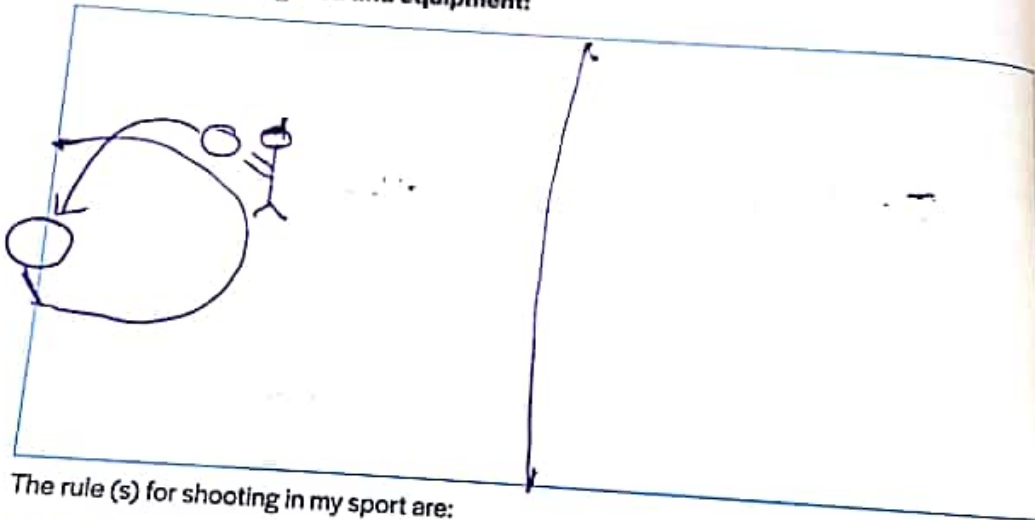
In this unit, you are learning about basketball or handball. The way you shoot in each of these sports is different. You will learn the correct shooting technique for your specific sport. You will learn how to improve your aim and increase the power in your shot. This will help the ball to reach its target.

Activity 8

Draw the shooting area and equipment that you use to shoot in your sport. Write the rule for shooting at the bottom of the box.

My sport is: basketball

Draw the shooting area and equipment:



The rule (s) for shooting in my sport are:

Can shoot inside or outside of 3 point line

The images below show two different ways to shoot.

Handball

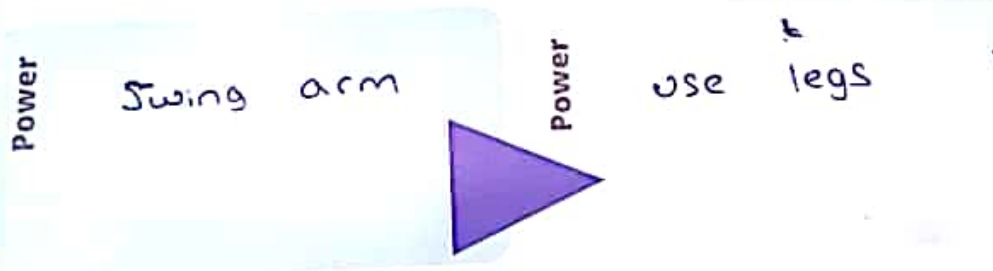


Basketball



Activity 9

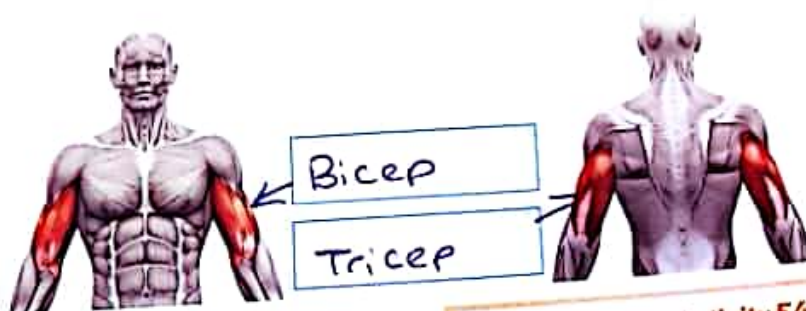
Describe 2 ways that you can increase your power when shooting.



Muscles are important for all movement in sport. When you shoot, you use muscles in your arms.

Activity 10

The bicep and tricep muscles are in your arms. Label the muscles correctly.



Elite Extension Activity E4

Unit 1

Top team sports

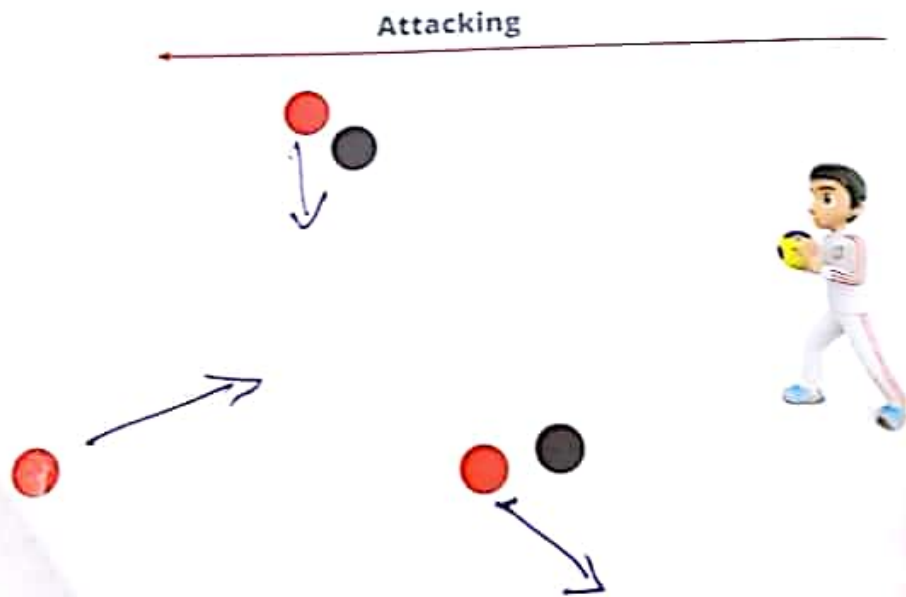
Attacking skills

Attacking skills are important to be successful. You must work as a team to move past the opponent's defence to score. You need to think about how you will lose the defenders to create space.

You have already learned about evasive movement. This can be used to help you attack successfully.

Activity 11

Look at the diagram below. You are the player with the ball. You are on the red team. Draw two arrows to show where your teammates can move to receive the pass.



Top Tip

When you attack, you should move towards the opponent's goal. Think about this when drawing your arrows

Activity 14

Read the scenario below. Write what you could do to change your tactics? Write in the box.

Your opponent's are winning the game. They are finding it easy to move past your defenders.

I would change tactics by...

Making defender stay close together to close space

Elite Extension Activity E5

SAFETY

Activity

In activity 1, ... could cause

Examples

- Ball
- Acc
- Be

PASSING AND RECEIVING SKILLS

Activity E2

You have learned about the main types of passes and when you would use them in a game. You will think about what height you will receive the ball.

For each pass, write if you will receive this 'high', 'middle' or 'low'

Chest pass

Middle

Shoulder pass

High

Bounce pass

Low

EVASIVE MOVEMENT

Activity E3

Describe three teaching points of a fake step (what do you do with your body, hands and feet?)

1. Move foot forward
2. Move hands forward
3. Move ball forward

SHOOTING SKILLS

Activity **E4**

Imagine you are going to be a coach and look at another player's shooting technique. Write one thing they did well when they are shooting. What could they do to improve?



What did your classmate do well?

Elbow forward

How can they improve?

Eyes on target

YOU KNOW?

The UAE men's handball players can shoot with a lot of power. They will review their technique so that they can improve.



DEFENSIVE SKILLS

Activity **E5**

Defensive playing positions in sport are defensive. These players must stop the opponents from scoring. Describe two defensive playing positions in your sport. Write about what they must do well.

Defensive players

1. Outside Left



2. Outside Right



REVIEW

Think about the skills that you have learned in this unit. Write two skills that you can perform well.
Write two skills that you need to improve.



Two skills I can perform well:

- Chest pass
- bounce pass

Two skills that I need to improve:

- overhead pass
- pivot

Activity 2

Design a warm-up for your PE lesson. You should include four exercises and four stretches. You can write or draw them in the boxes.

Warm-up exercise	Stretch
Running	Quad stretch
Jogging	Hamstring stretch
Small game	Calf stretch
Small game	Back stretch

Elite extension task E1

Preparing for sport

In this unit you will practise a range of skills and movements to improve your performance in a selected sport. You will participate in skill practises and games to improve your ability.

Before you participate in exercise, you should complete a warm-up to prepare your body.

Activity 1

Why should you complete a warm-up? Write two reasons in the box.

1. Warm muscles up

2. Reduce risk of injury



Top Tip

Think about how your body will benefit from a warm-up. Also, think about how your brain will benefit from a warm-up. It is good to be prepared!

Did You Know?

Handball is a high intensity sport. The athletes must participate in a warm-up to make sure they do not injure their muscles.



ime. One strategy you could
a of who to pass to. This will

o pass the ball. You should
a, as quickly as possible.

the game.



y of Education - United Arab Emirates

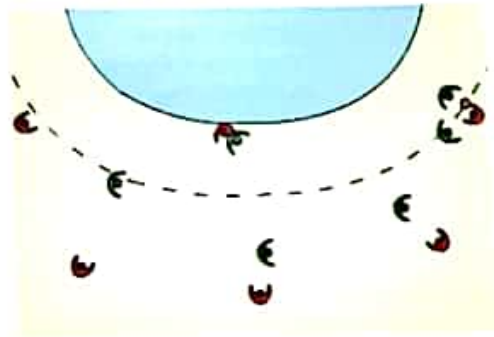
Defending strategies

Having a strong defence will stop your opponents from scoring. You should work with your team to reduce the space and try to intercept the ball.

Activity 8

Look at the position of the green players (defenders). Why is this a good defending strategy? Write 2 reasons.

1. Stopping Space
2. marking players



It is also important to think about how your team can improve.

Activity 9

Can you suggest an area of improvement with this strategy? Write your answer below.

It leaves one
player open

Top
Tip

Can you see any re-
players (attackers)
open space? When
should the green
team (defenders)
be?

Elite extension task E4

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Unit 1

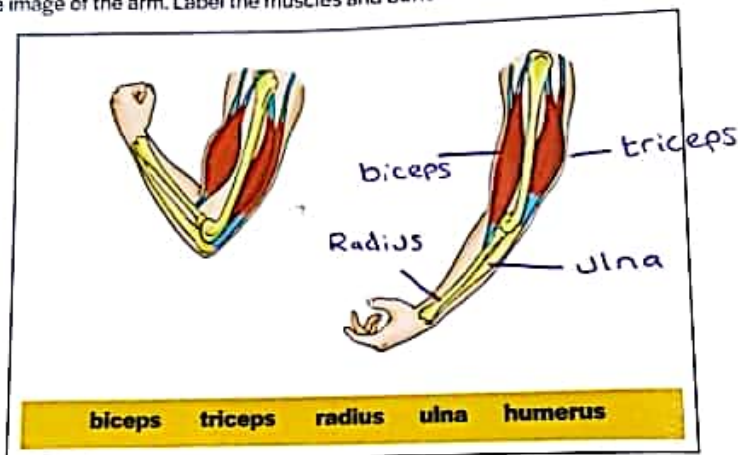
Ball Sports

Basic anatomy

The muscles and bones in your body work together so that you can move. For example, the muscles and bones in the arm help you to pass and receive.

Activity 14

Look at the image of the arm. Label the muscles and bones correctly.



The skeleton is not just for movement. It has other roles.

Activity 15

What are the other roles of the skeleton (bones) in the body? Tick all of the correct answers.

To give the body shape ✓	To give the body support ✓
To help you breathe	To protect body parts, like the lungs and heart ✓

Travelling

Dribbling is a skill used to travel in handball and basketball. Having a good technique will help you to keep control of the ball and keep possession. This will help you to advance up the court.

Activity 4

Fill in the gaps using the key words

Dribbling: You should catch the ball at hip level. You must use your finger tips to push the ball. The palm of the hand must face down, otherwise this would be a double dribble. Keep your body low for balance. You must keep bouncing the ball when you are moving. When you stop dribbling, you must pass the ball. If you start to dribble again, this is called a double dribble.

double dribble low catch bounce moving pass fingertips

Evasive movement is important when you travel. You should move quickly in different directions to move away from your opponent.

Activity 5

Look at the different types of evasive movement on the left. Draw an arrow to match description of the technique.

pivot
dodge
fake step
sprint

accelerate and move quickly; use arms to increase speed

keep one foot in place; move the other foot to rotate the body

move close to a player, step sideways; transfer your body weight and move quickly in the opposite direction

step forward in one direction, push your arms forward; change and pass in a different direction

Attacking strategies

To be successful, you should plan your tactics to help you win the game. One strategy you could use is to plan your passing combination. Therefore, you will be aware of who to pass to. This will help you to advance towards the goal.

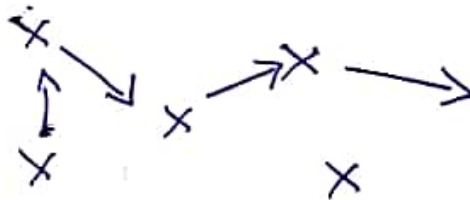
Activity 6

Identify the playing positions in your sport.

When your team starts the game, you should have a plan of where to pass the ball. You should aim to move the ball to your shooting players or into the shooting area, as quickly as possible.

Activity 7

Write or draw a passing combination you could use from the start of the game.



Sports performance

There are many other aspects to sports performance. A player needs more than just good skill levels. Communication is very important for your team to be successful.

Activity 12

Write two examples of when you would use communication in your sport.



defending



You also need to look after your body to make sure you perform to the best of your ability. This can be difficult when the weather is hot.

Activity 13

What is dehydration? What can you do to avoid becoming dehydrated?

When your body
doesn't have enough
water.

Drink more water



Elite extension task E6

Analysing performance

You will now take on the role of a coach and observe a performance. You will identify another player's strengths and areas for improvement.

Activity 10

Watch another player perform in a game. Look at their skills when they play. Write up to three skills they perform well and up to three skills they need to improve.

Strengths

- chest pass
- bounce pass
- dribbling

Areas for improvement

- Pivot
- Overhead
- Communication



Areas of performance you could observe include passing, receiving, shooting, moving into space, evasive movement, defending, fitness, goal keeping and teamwork.

A good coach will suggest a way that a player can improve. This will allow the player to practise their skills to become a better player.

Activity 11

Choose one area for improvement. Suggest a way for the player to improve.



Area for improvement: Communication

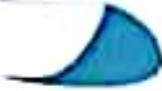
The player could improve by...
talk more when playing

Elite extension task E5

Evasive movement

When you have control of the ball, you need to think about ways to keep it. If you cannot pass to a teammate, then you need to think about what to do. When you do not have the ball, you should move into space to receive a pass. When you have the ball, you can use skills such as 'pivot' or 'fake' to attack.

Activity 6



Look at the two definitions. One is describing a pivot. One is describing a fake step. Label the definition correctly

H-w

Pivot or fake step?	
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Look at the images below. They show a player performing a fake step. The players use this to dribble and beat the opponent. You can also use a fake step to move away from an opponent, to space.



Activity 7



Describe an example of when you could use a fake step in your sport.

When I want to pass that to pass

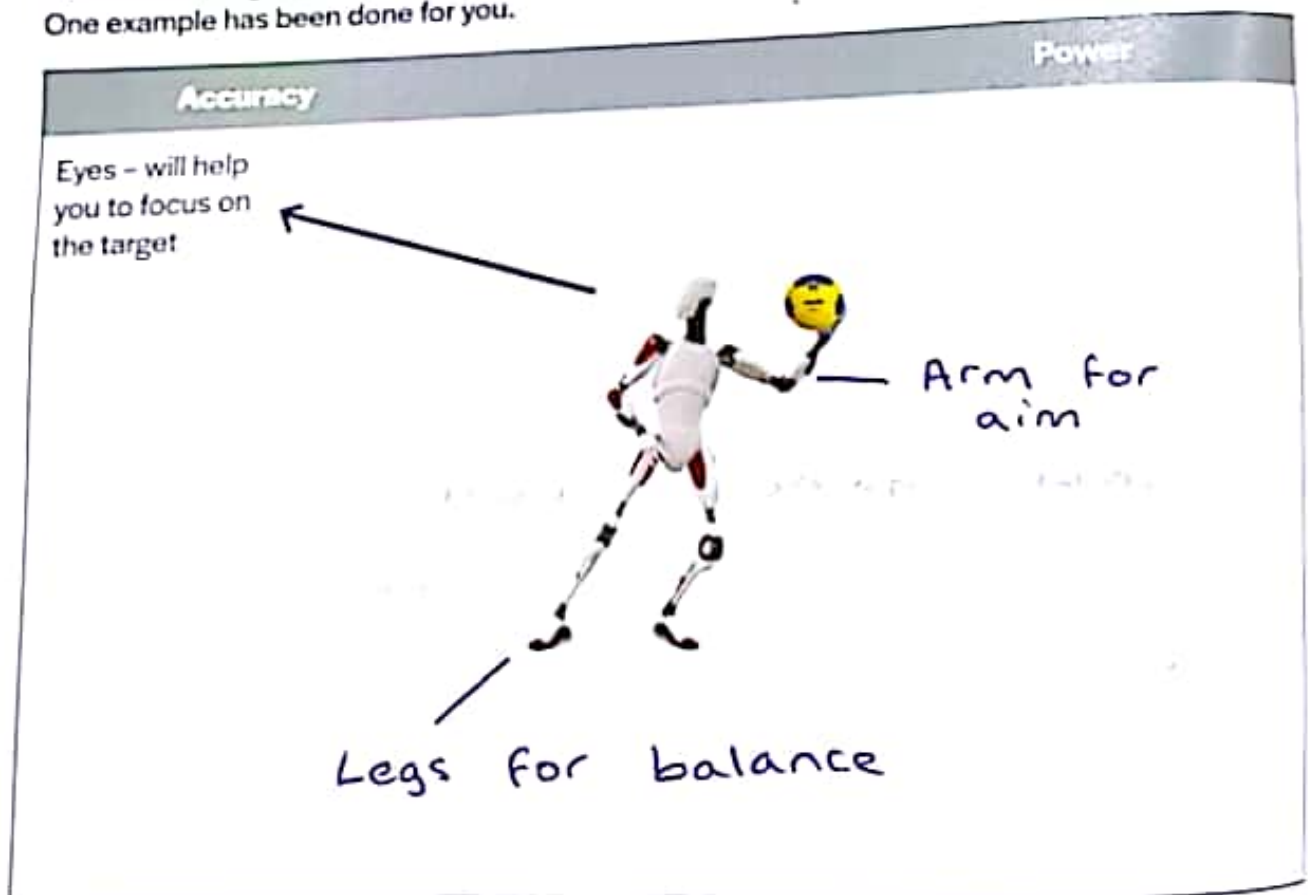
Skill technique

Passing

Your technique is an important part of your performance. If you have a good technique, you will perform better. A good passing technique will help you with accuracy and power. This will help your team to keep possession of the ball.

Activity 3

Look at the image below. Describe how you can use your body to create accuracy and power. One example has been done for you.



Mohammed Al Zarooni is a UAE wheelchair basketball player. He has played for the UAE for over 16 years. He has practised his skill techniques to become one of the best players!



Elite extension task E2

SAFETY IN SPORT

Activity **E1**

In activity 1, you described how to be safe in sport. Some behaviours could cause an injury. Write three examples of dangerous behaviour.

Examples of dangerous behaviour:

- Bad tackle
- Aggressive
- Bad language

g positions can help you to create tactics. You should try different positions 1
gths.

Activity 12

are the attacking positions in your sport? Choose one attacking position th
Describe the role of that position.

Attacking position:
Shooter

Role of this position:
Score

Defending skills

mes in sport, you can lose possession of the ball. You must use your
the opponents from scoring. There are many different ways to defend
ng the space is often used to force the other team to make mistakes. Th
rely to get the ball.

Activity 13

the list of defending skills below. Try as many of these as you can in you
at you have practised.

Try a defensive playing position

