



Physical Education

Independent Learning Project

Year 7 & 8

Name:

Tutor Group:

There are 3 parts to the project:

A: Using the internet to research and complete the diagrams and questions

B: Attend an extra-curricular club

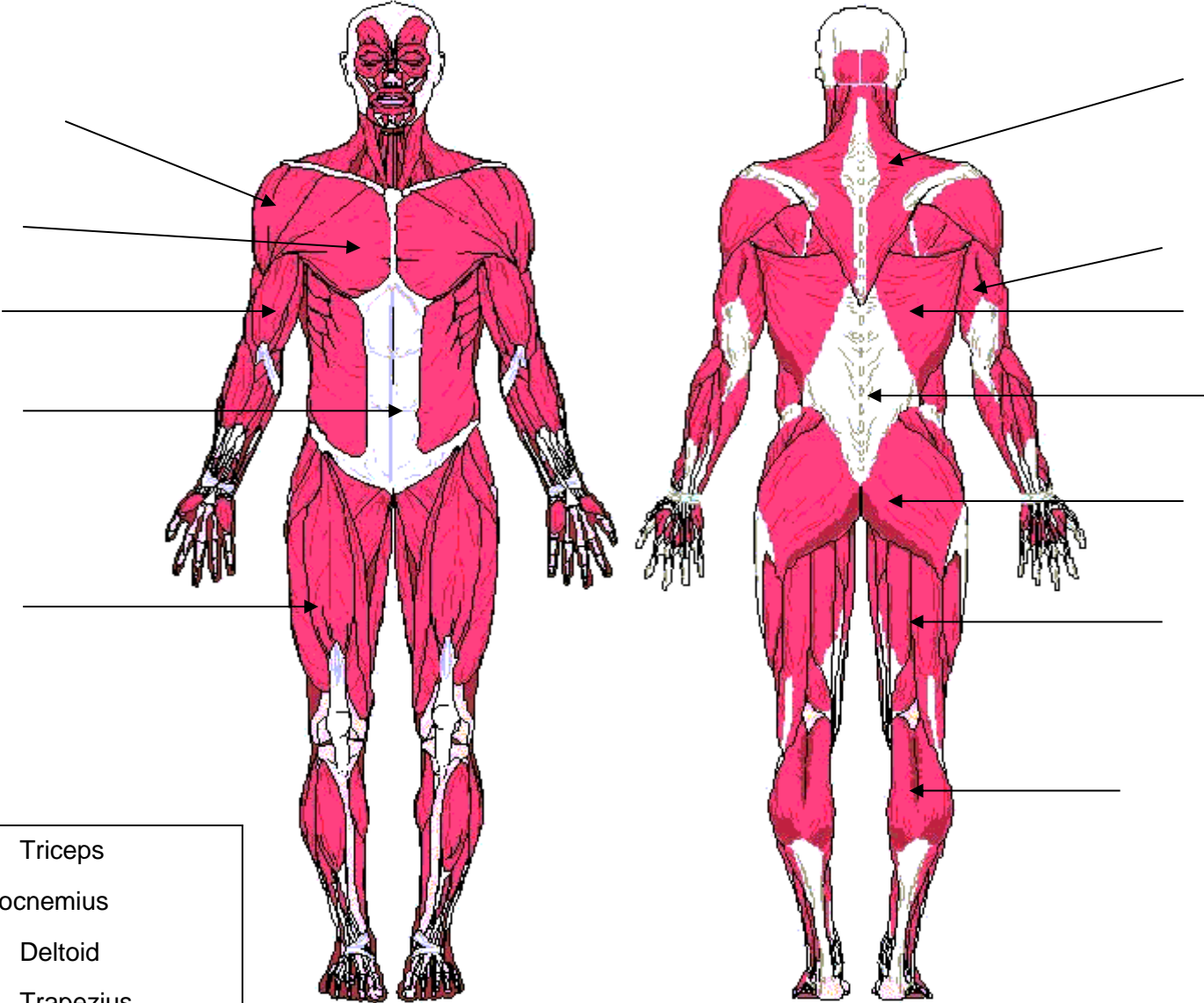
C: Create a diary of exercise

Part A:

Fill in the diagrams of the body below.

1. The major muscles of the body
2. The skeletal system

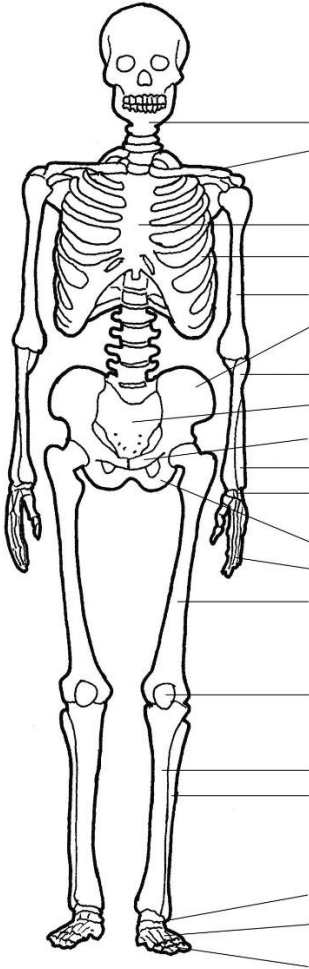
Major muscles of the human body



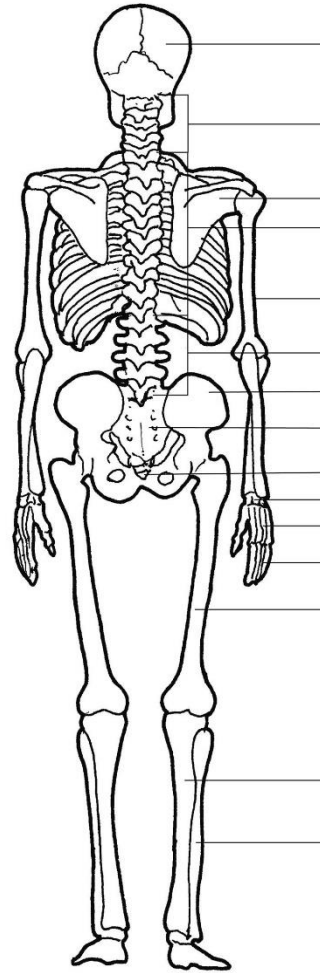
Abdominals	Triceps
Biceps	Gastrocnemius
Quadriceps	Deltoid
Pectoralis major	Trapezius
Latissimus Dorsi	Hamstrings
Gluteus Maximus	Erector Spinae

Structure of the Skeleton.

Label the front of the skeleton.:



Label the back of the skeleton:



Part B:

Attend at least one extracurricular club a week.

1. Which club(s) did you attend?
2. What did you enjoy most about the club?
3. Will you be attending again?

Part C:

My diary of exercise for the week:

It is important to take part in physical activity daily in order to keep a healthy body.

You now need to log all the exercise you do in a week. This includes walking to school, playing football at lunchtime, after school clubs, playing with your team at the weekend.

Use the diary on the next page to record all the details.

Exercise Diary:

Day	What I did	How long I completed it for	How I felt after?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			