

SKI Week: PE Preparation

Students need to know the following acronyms and provide a sporting example for each:

Year 7

CRABP Coordination Reaction Time Agility Balance Power	Muscles and their place in the body Gastrocnemius Hamstrings Quadriceps Gluteus Maximus Abdominals Pectorals Triceps Biceps Deltoid
BASE FM Body Composition Aerobic Endurance Speed Endurance Muscular Flexibility Muscular Strength	3 Stages of a Warm Up Pulse Raiser Mobiliser Preparation stretches

Year 8

CRABP Coordination Reaction Time Agility Balance Power	Muscles and their place in the body Gastrocnemius Hamstrings Quadriceps Gluteus Maximus Abdominals Pectorals Triceps Biceps Deltoid
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BASE FM Body Composition Aerobic Endurance Speed Endurance Muscular Flexibility Muscular Strength	3 Stages of a Warm Up Pulse Raiser Mobiliser Preparation stretches
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Year 9

CRABP Coordination Reaction Time Agility Balance Power	Muscles and their place in the body Gastrocnemius Hamstrings Quadriceps Gluteus Maximus Abdominals Pectorals Triceps Biceps Deltoid
BASE FM Body Composition Aerobic Endurance Speed Endurance Muscular Flexibility Muscular Strength	Training Methods Circuit Continuous Fartlek Interval
3 Stages of a Warm Up Pulse Raiser Mobiliser Preparation stretches	

