

# VIDEO LIBRARY



## UNIT 1: FITNESS TESTING & TRAINING

The following clips will help with the delivery and assessment of this unit, although it must be noted that some links will expire over time

At the time of inclusion however they were all active!

The following are ideal for criteria P1 & M1, although there are numerous other sports included on the BBC Sport Website - <http://news.bbc.co.uk/sport>

<http://news.bbc.co.uk/sport2/hi/cricket/skills/7399136.stm> - throwing

[http://news.bbc.co.uk/sport2/hi/boxing/get\\_involved/4253958.stm](http://news.bbc.co.uk/sport2/hi/boxing/get_involved/4253958.stm) - boxing

[http://news.bbc.co.uk/sport2/hi/rugby\\_union/skills/7362451.stm](http://news.bbc.co.uk/sport2/hi/rugby_union/skills/7362451.stm) - rugby

<http://news.bbc.co.uk/sport2/hi/athletics/7541215.stm> - athletics

[http://news.bbc.co.uk/sport2/hi/other\\_sports/gymnastics/8287936.stm](http://news.bbc.co.uk/sport2/hi/other_sports/gymnastics/8287936.stm) - gymnastics

The following clip is ideal for P2 and looks at 3 different fitness training methods. There is also a check on the pupils' understanding - what a bonus!

[http://www.bbc.co.uk/schools/gcsebitesize/pe/exercise/1\\_exercise\\_principles\\_act.shtml](http://www.bbc.co.uk/schools/gcsebitesize/pe/exercise/1_exercise_principles_act.shtml)

This link is also useful for P2 and although it isn't a video it contains excellent information the pupils will find useful for many aspects of this unit

[http://www.bbc.co.uk/schools/gcsebitesize/pe/exercise/1\\_exercise\\_principles\\_rev1.shtml](http://www.bbc.co.uk/schools/gcsebitesize/pe/exercise/1_exercise_principles_rev1.shtml)

Some general stuff!

<http://news.bbc.co.uk/sport1/hi/olympics/7569006.stm> - Sport science testing

<http://www.youtube.com/watch?v=iglJwQPbuq8> - general fitness testing

<http://www.youtube.com/watch?v=6rCOi-RSAsc> - skin fold calliper test

<http://www.youtube.com/watch?v=x89wVNO6xyo&feature=related> - sit & reach test



Regular checks will be made to ensure clips are live, but if you find any that have expired or know of any we could include please let us know!