

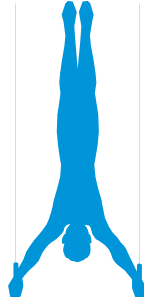


# (U8L9R2) Muscle Group and Different Sports

## 6 S's of Training

- 1. Skill
- 2. Stamina
- 3. Suppleness
- 4. Strength
- 5. Speed
- 6. Safety

Target Sports	Endurance Sports	Flexible Sports	Power Sports	Fast Sports
Require Skill	Require Stamina	Require Suppleness	Require Strength	Require Speed
e.g. Archery, darts, golf, shooting and lawnbowls	e.g. Marathon, rowing, swimming, road cycling and triathlon	e.g. Gymnastics and synchronised swimming	e.g. Hammer-throw, discus, weightlifting and shotput	e.g. Sprinting, team sportseg soccer, hockey and AFL





## (U8L9R2) Muscle Group and Different Sports

### Training

We have looked at SIX S's of training. List one additional sport requiring each of the following:

- Skill : \_\_\_\_\_
- Stamina : \_\_\_\_\_
- Suppleness : \_\_\_\_\_
- Strength : \_\_\_\_\_
- Speed : \_\_\_\_\_

### Muscles

Some muscles help you perform actions by helping you move your joints. These are often the powerful muscles that can help you move fast and have a tendency to get bigger if you use them regularly, e.g. arm biceps.

Other muscles help hold the body stable so that you can move your arms and legs, like those muscles around your shoulder blade, hips and abdomen.

Match the muscle groups that would be most important to the following sports:

1. Marathon running

2. Sprinting

3. Weightlifting

4. Gymnastics

5. Swimming

6. Archery

All muscles

Shoulders and trunk

Shoulders and back

Legs

All Muscles

Legs, trunk and arms

