

**Science - Year 6**

**Second Look Science – Block 6SLS**

# **The Science of Sport**

Session 5

Resource pack

Sports Champions cards

<b>nutrition</b>	<b>training (quality and quantity)</b>
<b>training</b>	<b>parental support</b>
<b>cultural influence</b>	<b>school</b>
<b>age</b>	<b>facilities</b>
<b>practice</b>	<b>money</b>

**injury**

**gender**

**sponsorship**

**friends**

**kit**

**media**

**mental skills  
training**

**heart rate**

**anaerobic  
threshold**

<b>blood pressure</b>	<b>ability of muscle tissue to effectively use oxygen</b>
<b>cardiac capacity</b>	<b>height</b>
<b>lung capacity</b>	<b>body type</b>
<b>fast and slow twitch muscles</b>	<b>respond well to training</b>
<b>flexibility</b>	

Dana Asher-Smith vs Paula Radcliffe



## Chris Hoy vs Bradley Wiggins



Interchangeable sports

**Rowing**

**Cycling – long  
distance**

**Cycling -  
sprinting**

**Rugby**

**Football**

<b>Hockey</b>	
<b>Swimming</b>	
<b>Long distance running</b>	
<b>Sprinting</b>	



Nature vs nurture: children to consider the following for themselves

Nutrition	practice
Training	parental support
cultural influence	school
friends	facilities
Heart rate	height
blood pressure	lung capacity
flexibility	fast and slow twitch muscles