

Enter to the left of the Sportsworks entry sign.

Personal information:

Name:

Date:

Age: years

Sex: (male or female)

Fill in your results here:

1. Hand width: cm

2. Weight: kg

3. Height: cm

4. Arm span: cm

5. Stretch: cm

6. Balance: sec

7. Reactions: sec

8. Jump cm

9. Fitness:

Resting heart rate: beats per minute

Heart rate after step test and a minute's rest:

beats per minute

10. Upper body strength kg

11. Co-ordination: score

12. Vision: Left eye degrees

Right eye degrees

13. Grip: Left hand kg

Right hand kg

Keep this card and compare your scores next time you visit Sportsworks



Pathway A

Enter to the right of the Sportsworks sign.



Safe sport (*Protective gear*)

Draw three items of protective gear used in three different sports and name them.

Sportsworks

Going swimmingly (*Swim costumes*)

Name three different fabrics that have been used to make swimming costumes.



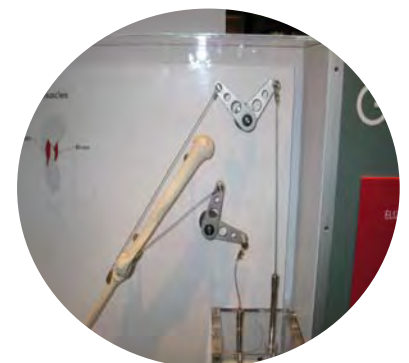
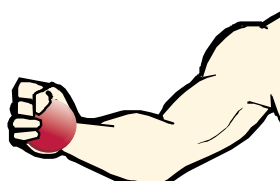
Pathways

Working together (*Arm muscles*)

Label the drawing to show the muscle that raises the arm and the muscle that extends the arm.

Triceps

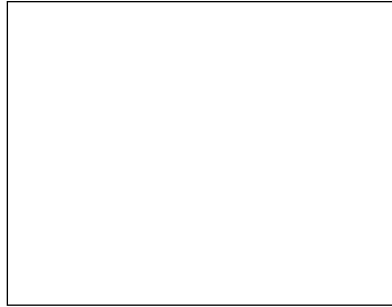
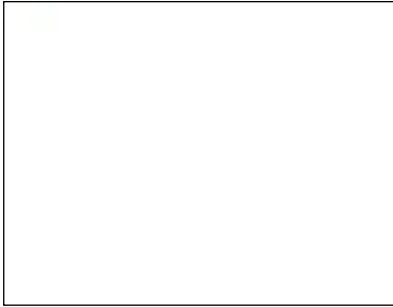
Biceps





Whack it *(Tennis racquets, etc)*

Draw the two pieces of equipment used in the game invented in the 1920s by the Newport Railway workers.



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Having a ball *(Balls)*

Draw a line to join the type of material with the correct ball.

Metal (brass)

Leather

Rubber

Polyurethane



Fuel for action *(Nutrition)*

Name three foods that help to build strong bones.

Pathways





Pathway B

Enter to the right of the Sportworks sign.



Where does it hurt? (*Sports injuries*)

Draw a line from the four body parts to their correct location on the footballer.

Sportworks

Cruciate ligament

Achilles tendon

Rotator cuff

Hamstring



A head start (*Helmets*)

How does the modern helmet of Scott Aspen (c. 1998) protect the head from serious injury?

What material were the first racing helmets made from?



Having a ball (*Balls*)

How does a waterproof soccer ball improve the safety of the players?



Pathways



Feel the difference (*Touch balls*)

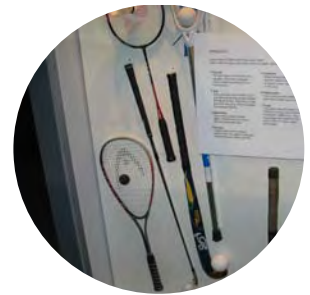
Why do some balls have a raised texture or a 'pimple' surface?



Whack it (*Tennis racquets, etc*)

What is the name of the game invented in the 1920s by Newport Railway workers?

Name two other similar stick and ball games.



Good sport (*Sports profiles*)

What are the main sporting achievements of these athletes?

John Landy _____

Shirley Young _____

Rohan Robinson _____

Don Elgin _____

On the other foot (*Sports shoes*)

What are two differences between a sprinter's shoe and a long distance runner's shoe?



Fuel for action (*Nutrition*)

Name four foods that help us make healthy blood.



Pathway C

The multiple choice pathway

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Proportions

Q1. A skinfold test is used to measure the thickness of fat tissue under our skin in key locations.

The test is usually done on a person's biceps, triceps, abdomen, thigh and which one of the following areas?

Choose from

- a) face
- b) calf
- c) ankle



Making bats

Q2. Cricket bats are made from blocks of wood cut from a cricket willow tree. The handle is made from manau cane which is embedded with a shock absorbing material.

Which material?

- a) rubber
- b) balsa wood
- c) kevlar



Pathways



Whack it (*Tennis racquets, etc*)

Q3. Look at the seven different 'stick & ball' games.

Circle which one was invented by workers from Melbourne's Newport Railway Yards.



Sportsworks

Feel the difference (*Touch balls*)

Q4. This picture shows a variety of balls used in different sports.

Draw a line from the name of the sport to the ball that it uses.

- a) soccer
- b) netball
- c) tennis
- d) cricket
- e) Aussie rules football (AFL)
- f) golf



Pathways



Working together (*Arm muscles*)

Q5. Two muscle groups enable us to raise and lower our arm. The biceps is on the upper surface of the arm and the triceps is on the under surface. By placing your free hand on the two muscle groups, while flexing and extending your arm, you can now answer the following question.



a) Biceps (**raise / lower**) our arm

b) Triceps (**raise / lower**) our arm

A head start (*Helmets*)

Q6. These four helmets were used at different times in the history of cycling.

Write their names below in correct order from oldest to most recent.



(*Mystery exhibit*)

Search for this exhibit.

Q7. What sport uses the equipment pictured here?

Circle the correct answer:

- a) Horse riding
- b) Rock climbing
- c) Paragliding
- d) Tobogganing





Fuel for action (Nutrition)

Q8. Look at the two food groupings.
Which group is best for building strong bones?
Which group helps us to stay well?



A

A / B builds strong bones
A / B helps us to stay well



B

Q9. Look at the two food groupings.
Which group provides the most energy?
Which group helps us to grow?



A

A / B provides the most energy
A / B helps us to grow



B

Going swimmingly (Swim costumes)

Q10. Swimming costumes have been made from a range of different fabrics.
Tick the materials that have been used to make swimming costumes.

- | | |
|-----------|-----------|
| a) silk | d) rubber |
| b) wool | e) nylon |
| c) cotton | f) lycra |





Answers to Pathway C multiple choice questions

- Q1** Skinfold tests are done on the calf, as well as other places listed.
- Q2** Rubber is added to cricket bat handles for improved shock absorption.
- Q3** Trugo was the game invented at the Newport Railway Yards.
- Q5** Biceps raise and triceps lower our arms.
- Q6** Oldest to most recent:
Racing helmet, c.1930
Rosebank Stackhat, c.1983
Scott Aspen helmet, c.1998
Elite racing helmet, 2005
- Q7** Rock climbing.
- Q8** Food for building bones is calcium rich e.g. dairy/soy & fish group. (A).
Food for helping us stay well is the fruit and vegetable group. (B).
- Q9** Food for providing energy are the carbohydrate group e.g. pasta / bread. (A).
Foods for helping us grow are protein rich e.g. chicken & fish. (B).
- Q10** Wool, cotton and synthetic materials like nylon and lycra have been used to make swimming costumes.