

Activity 1: Pre-match Training – Extension ideas

EXTENSION IDEAS

These video clips and the data from them could be used for the further activities:

1. Further work on fitness:

Look at how one player's heart rate varies in different tasks and compare this using mean, median and mode as well as range. Consider how useful each of these measures is in this context.

Analyse the players' variation in heart rates as they all carry out one specific training exercise. Compare the data using box and whisker plots.

2. Further work on distance, speed and acceleration:

In one of the training activities, such as the shuttle run, what would the distance-time graph look like? What about the speed-time graph or velocity-time graph?

3. Further work on statistics:

Which of the boys is most representative of the group?

Using the player profile data, how old do you think these boys are?

Collect data from your own class or use *Census at School* data (or similar) to compare.

See <http://www.censusatschool.org.uk/>

Use a spreadsheet to explore any correlations or links between the data you have for each player, such as leg length and speed, or chest size and fitness.