



PUPIL WORKSHEETS
SCIENCE

6

- 6A: Human Life
- 6B: Human Life
- 6C: Healthy Living
- 6D: The Ash Tree
- 6E: Energy and Forces

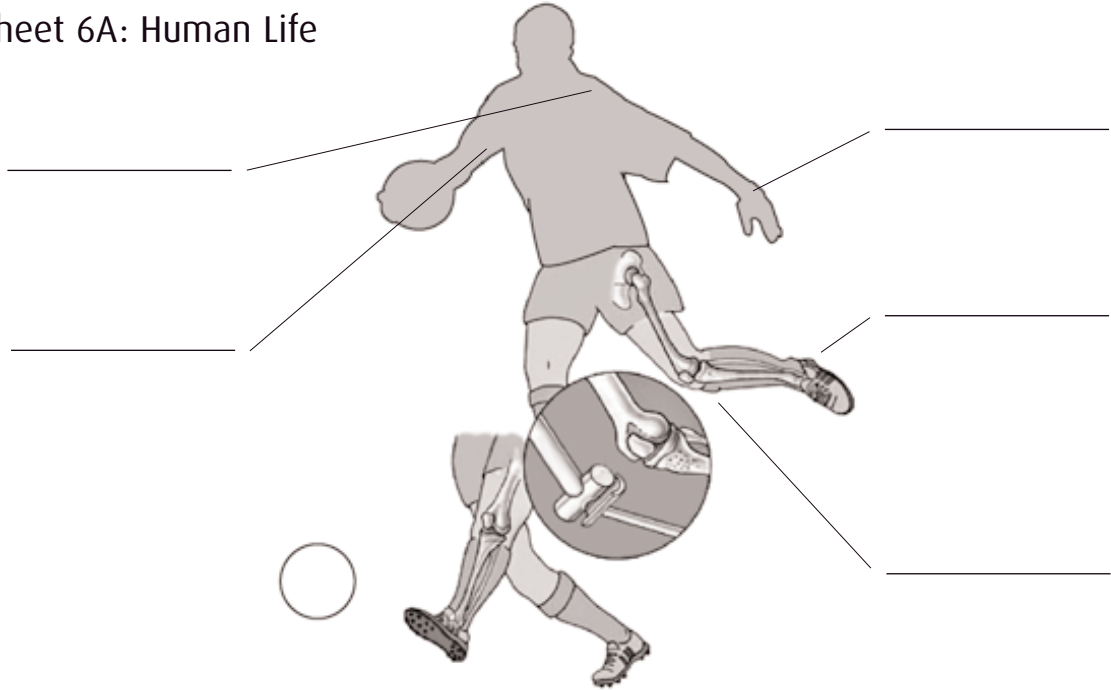
Module

6

WORKSHEETS **6A** to **6E**



Worksheet 6A: Human Life



(1) Label the joints that are important in playing G.A.A.

(2) Explain the function of a joint _____

(3) The _____ is the joint in the hand. This is useful for the _____ in Gaelic football.

The arm is flexible because of the _____. This is useful when _____ the sliotar in hurling and camogie.

The legs are able to bend because of the _____. This is useful for _____ in all gaelic sports.

The _____ is the joint in the foot. This is useful for the _____ in football.

In performing the crouch lift in football, the following joints would be used; _____



Worksheet 6B: Human Life

(4) As well as allowing you to bend, the bones in your skeleton also _____
the body and _____ delicate organs.

The lungs which allows us to _____
are protected by the _____.

The brain, which is part of the _____ system, needs protection.

The brain is protected by the _____.

In hurling and camogie, protective headgear is worn. This is known as a _____.

(5) The function of the muscles is _____

Muscles can _____ but they cannot _____ so they work in _____.

(6) The heart which is part of the _____ system helps to pump _____ around the body and
deliver _____ to where it is needed. The heart is protected by the _____.

(7) Pulse at rest for one minute _____
Pulse after one minute of running on the spot _____.

(8) Rest for one minute and test again recording in the table below. Remain at rest and repeating this test
every minute until the starting pulse rate has been reached.

Predict how long it will take _____

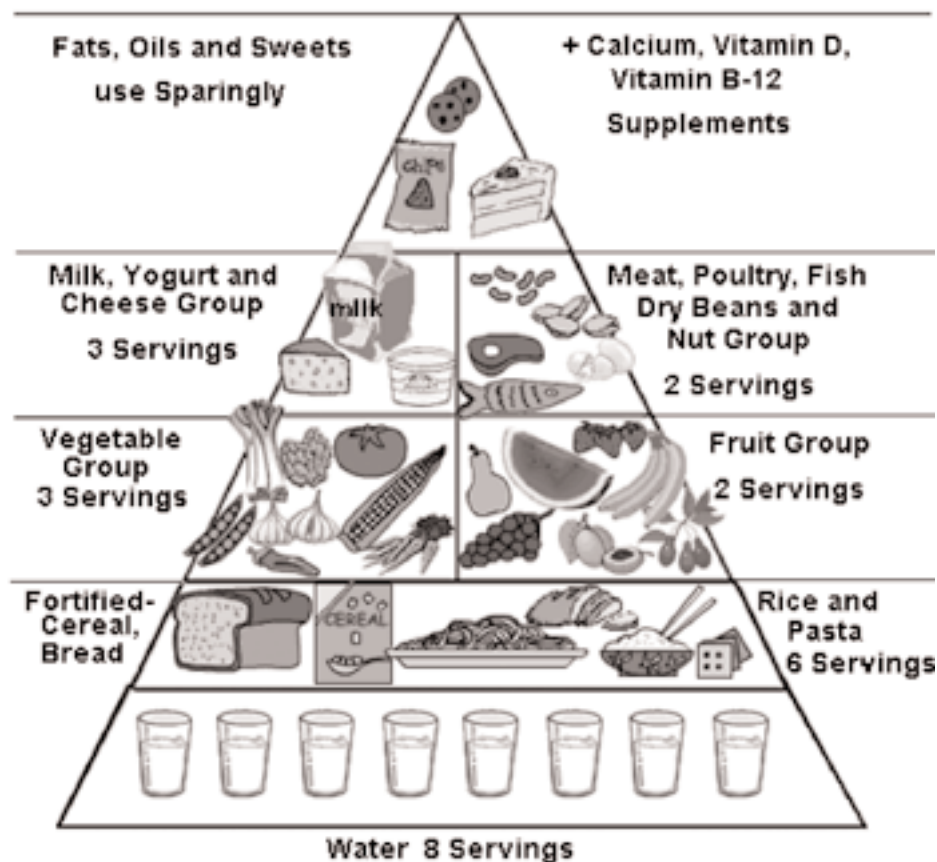
1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min	9 min	10 min

(8) How long does it take for your pulse to return to its normal rate?

Discuss the results in your groups.



Worksheet 6C: Healthy Living



- (1) (a) Look at the food pyramid. Based on the above information design a healthy diet for Séan Óg Ó hAilpín for a day.
It must involve 3 main meals, breakfast, lunch and an evening meal.
You must ensure that the correct proportions of the above food groups have been included.

(b) How might Séan Óg Ó hAilpín's diet be different than a person who works in an office job and is not involved in a sport?
Discuss what these differences may be.

- (2) Record your meals in your food diary each day.
Identify what section of the food pyramid you need to eat:

(a) More of: _____

(b) Less of: _____

- (c) Discuss alternatives that you could eat to follow the rules of the food pyramid, e.g.
I am not eating enough fruit, I could include some banana chopped up in my breakfast cereal.



Worksheet 6D: The Ash Tree

The wood used to make hurleys comes from the ash tree.

Task (1):

Using the website http://www.wildkids.org.uk/tree_measure.htm find out how to calculate the girth, age and height of a tree.

To convert your height to metres and centimetres the following link may be useful:

http://www.engineeringtoolbox.com/length-units-converter-d_1033.html

Often we hear people use the catch phrase 'The clash of the Ash'. Discuss with your partner what you think this term means.

Locate an ash tree in you local environment and complete the following grid.

Name:	In English: In Irish:
Location:	
How does the trunk feel: (Take a bark rubbing)	
Describe the buds:	
Describe the fruit:	
Describe the leaves: No. of leaflets (Take a leaf rubbing)	
Minibeasts found:	
Growth on trunk:	
Uses:	
Age:	
Height:	

Task (2):

Listen to teacher describing how a hurley is made. Make a list of the equipment required to make a hurley.



Task (3):

Label the parts of the hurley



Worksheet 6E: Energy and Forces

A force occurs when a push or a pull is exerted on an object.

Task (1):

Investigate different ways of applying a force to a football or sliotar.

Tick the force that is applied to the each ball.

	Football	Sliotar
For example: Fist pass	X	
Hand pass		
Strike		
Kick		
Spin		
Lob		

Task (2):

Explore the effects of friction on the movement of the football/ sliotar in examining their movement on different surfaces.

Conduct a fair test.

The only variable i.e. thing that can be different is the surface.

Everything else must be the same.

So use the same stopwatch and the ball must be rolled with the same force.

Predict how far you think the ball will travel

Surface	Sliotar	Football	Handball
Grass			
Carpet/matting			
Tarmac/concrete			
Hall floor			

Record the distance each ball travels in the box below and evaluate the results.

Surface	Sliotar	Football	Handball
Grass			
Carpet/matting			
Tarmac/concrete			
Hall floor			

Task (3):

Investigate what is the best point of contact to move the sliotar the furthest distance when taking a penalty or making a side line cut.

What part of the hurley stick should be used for either. Why?

