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How does his Cardio-respiratory system get more oxygen to his legs during a match? How does his cardio-respiratory system differ to the average person?

Name three strategies Kane can use to calm himself down before taking a penalty.

As England captain, why is it important that Kane shows good sportsmanship? Does he ever use gamesmanship?

Using this picture, describe how Kane is using three different components of fitness as he strikes the ball.

What type of lever system is present at the knee? Name each part of this system.

Describe his dietary intake in the build up to a game and immediately after a game.

Classify the skill of a penalty kick in as many ways as possible.

Explain how Kane could use three different training methods in order to improve his fitness levels.

Describe two different reasons why Kane may be motivated to score this penalty.

Players can easily pick up injuries due to the intensity of World Cup matches. Describe three ways that injury can be prevented.

A penalty shootout only occurs after 120mins of football. Why is it essential that Kane takes part in a cool down following such a match? Give an example of a cool-down.

Explain how two different types of guidance could be used when teaching penalty kicks. Describe the advantages and disadvantages of each.

How can England performances have an impact on grassroots football?

