

Year 8 PE

Knowledge Organiser



RAINFORD
HIGH



Health Related and Skill Related
Components of Fitness

EVERYONE MATTERS EVERYONE HELPS EVERYONE SUCCEEDS

Health Related Fitness components can help you to perform many skills in sport.



RAINFORD
HIGH

Muscular Endurance:- the ability of the muscle or group of muscles in the body to repeatedly contract or keep going without rest or fatiguing.



Helps a boxer to keep punching, a rower to keep pulling their oars and a rugby player to keep tackling.

Muscular strength:- the maximum force a muscle/group of muscles can apply against resistance.



Helps you to hit, lift, tackle and throw.

Flexibility:- the amount or range of movement that you can have around a joint.



Helps a dancer and gymnast to make shapes and a goalkeeper to reach to save a ball.

Health Related Components of Fitness

Cardio Vascular Fitness - the ability to continuously exercise without tiring.



Helps a runner to keep running in a marathon and a football player to keep up with play for a 90 minute game.

EVERYONE MATTERS EVERYONE HELPS EVERYONE SUCCEEDS

Skill Related Fitness components can help perform many skills in sport.



RAINFORD
HIGH

Agility:- how quickly you can change direction under control and maintaining speed, balance and power.

Power :- often referred to as fast strength. It is a combination of speed and strength.



Helps you to start fast, jump and throw far and high.

Reaction Time:- the time between the onset of the stimulus and the initiation of the response .



Helps a sprinter at the start of a race and a goalkeeper react to a penalty kick.



Dodging a player in a game of rugby or netball.

Co ordination :- the ability to move different limbs at different times or to do more than one task at a time effectively.



Helps a tennis player hit a ball and a netball player catch a ball.

Balance :- the ability to keep your body mass or centre of mass over a base of support



Helps a gymnast to stay on a beam and a skier to stay upright.



Speed:- the ability of the body to move quickly – this can be whole body or just parts of the body

Helps a sprinter to be the fastest in a race and a striker to reach a ball before a defender.

Skill Related Components of Fitness

EVERYONE MATTERS EVERYONE HELPS EVERYONE SUCCEEDS