Year 8 PE Knowledge Organiser





Health Related and Skill Related Components of Fitness

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



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 keep tackling.

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Muscular

the

strength: the

maximum force a

muscle/group of

muscles can apply

muscles can apply

against resistance.



Flexibility: the amount or range of 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 with play for a 90 minute

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

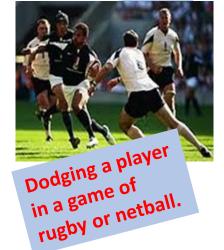
Agility:- how quickly you can change direction under control and maintaining speed, balance and power.

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



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





Skill Related Components of Fitness

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

enectively.

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 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.