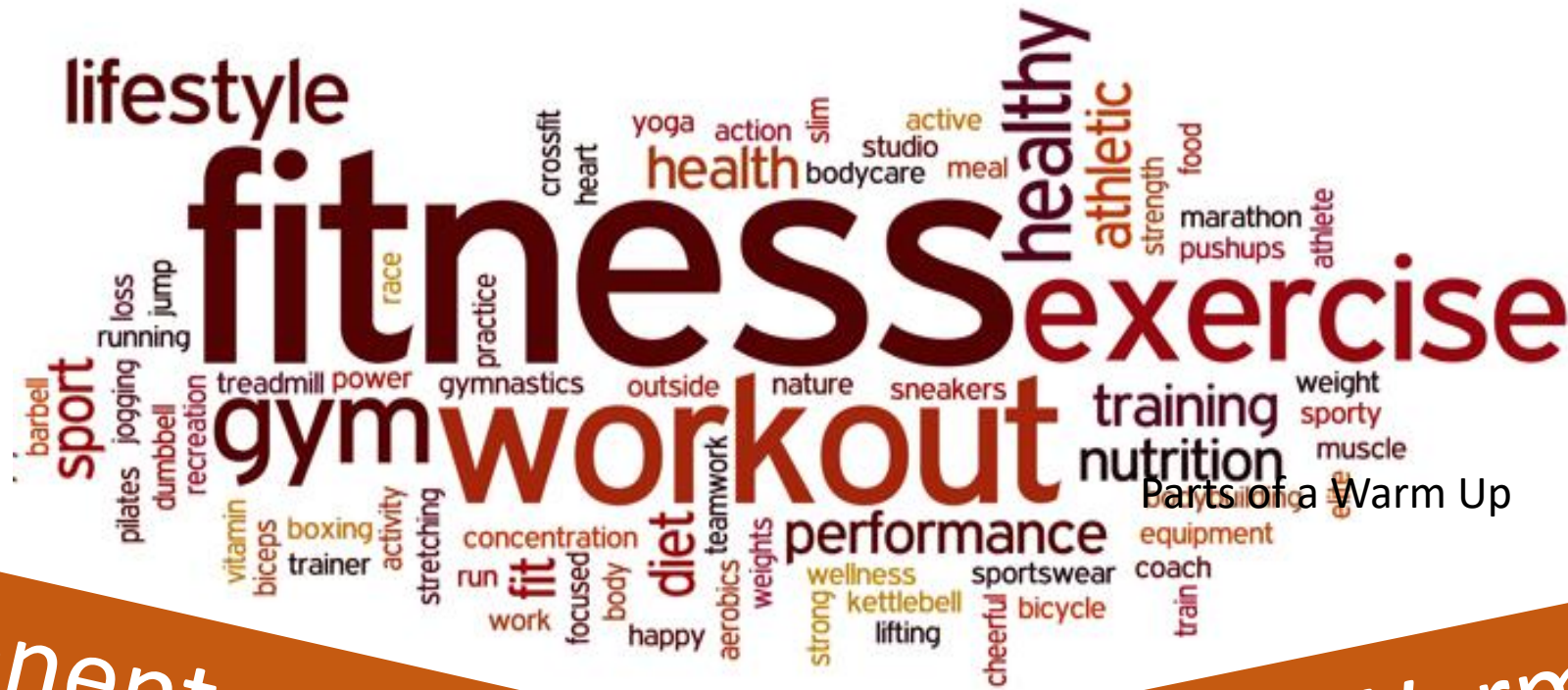


Year 7 PE

Knowledge Organiser



Components of Fitness

Parts of a Warm Up

The 10 Components of Fitness :- different sports require different components of fitness.



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



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



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

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



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



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



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



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



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



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



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5 Parts of a Warm Up

WARM UP!

1) Pulse Raiser exercises - to slowly raise heart rate and gradually increase body temperature e.g. jogging



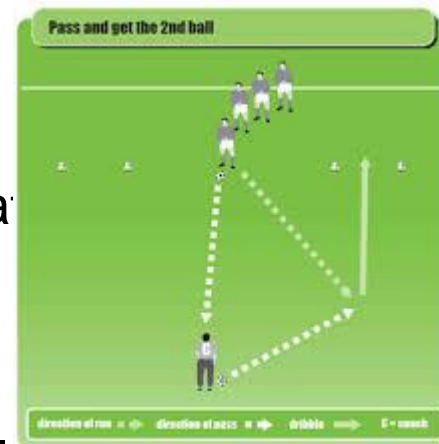
2) Mobility exercises that take joints through their full range of movement e.g. high knees / arm swings



3) Stretching can include static or dynamic type stretches e.g. lunges, hamstring stretch



5) Skill Rehearsal or practising the common movement patterns and skills that will be used in the activity e.g. dribbling drills for football, shooting in basketball.



4) Dynamic Movements that show a change in speed and direction e.g. shuttle runs



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