

PE – KS3 - FITNESS

A WHAT IS FITNESS?

1	Fitness is the ability to meet the needs of the environment. Everyone needs a level of fitness for everyday activities.
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B 10 COMPONENTS OF FITNESS

1	Cardiovascular Endurance	The ability to continuously exercise without tiring.
2	Muscular Endurance	The ability of the muscle or a group to repeatedly contract or keep going without rest.
3	Strength	The ability of a muscle to exert force for a short period of time.
4	Flexibility	The range of movement you can have around a joint.
5	Agility	The ability to quickly change direction under control while maintain speed, balance and power.
6	Balance	The ability to keep your body mass or centre of mass over a base of support.
7	Coordination	The ability to repeat a pattern or sequence of movements with fluency and accuracy.
8	Power	Strength x Speed
9	Reaction Time	The time it takes for you to initiate an action or movement.
10	Speed	The ability to move the whole body or a part of the body quickly.

C TYPES OF TRAINING

1	Continuous Training
2	HIIT Training
3	Interval Training
4	Plyometric Training
5	Weight Training
6	Fartlek Training
7	Circuit Training

D FITNESS TESTS

1	Cardiovascular Endurance	Multi-stage fitness test / 12 minute cooper run.
2	Muscular Endurance	1 minute press up / 1 minute sit up test.
3	Strength	Hand grip dynamometer (1 rep maximum test.)
4	Flexibility	Sit and reach test.
5	Agility	Illinois agility run.
6	Balance	Stork balance test.
7	Coordination	Alternative hand wall throw test.
8	Power	Vertical jump / standing broad jump.
9	Reaction Time	Ruler drop test.
10	Speed	30 metre sprint.

E WARM UP

1	Pulse Raiser	<p style="text-align: center;"><u>BENEFITS</u></p> <ul style="list-style-type: none"> Increases temperature and heart rate. Increases blood flow to the muscles. Improves flexibility of muscles.
2	Mobility	
3	Stretches	
4	Dynamic Movement	
5	Skill Rehearsal	

F COOL DOWN

1	Gentle Jog	<p style="text-align: center;"><u>BENEFITS</u></p> <ul style="list-style-type: none"> Gradually lower the heart rate and breathing rate. Reduces risk of DOMS.
2	Gentle Stretch	