

Year 9 Physical Education Knowledge Booklet

Fitness

Name:

Class:



What PE kit do I need?

Black school PE shorts/leggings, blue school PE t-shirt,
Non-marking trainers and white sports socks/school blue PE football socks.

Assessment Criteria

2	Poor fitness level, unable to sustain moderate intensity, poor technique, circuit not appropriate.	
3	Works at moderate intensity (60%max. HR), guidance needed to develop circuit.	
4	Moderate fitness, starts at good intensity but cannot maintain, guidance needed.	
5	Good fitness, works at 60-80%max.HR, independently produces a circuit plan.	
6	Demonstrates good technique and applies the FITT principle in session planning.	
7	Very good fitness, works high end of target zone.	
8	Can explain the circuit (basic anatomical knowledge and exercise physiology required).	
H 5	Health	Independently carry out a training session, monitoring my progress throughout.
H	Health	Apply progressive overload and the FITT principle to make my training effective.

Big Questions

1. Why do we need fitness testing?
2. How can circuit training be adapted to every athlete and sport?
3. What are the components of fitness?
4. What is progressive overload and how can it be used?
5. Additional principles of training; what are they and how do we use them?
6. What makes a fitness programme personal?

Web Links:

Circuit Training Example. Use this to get ideas for your circuit training session.

<https://www.youtube.com/watch?v=kTJ5b0RkKX8>

What are my muscles called and how do they work?

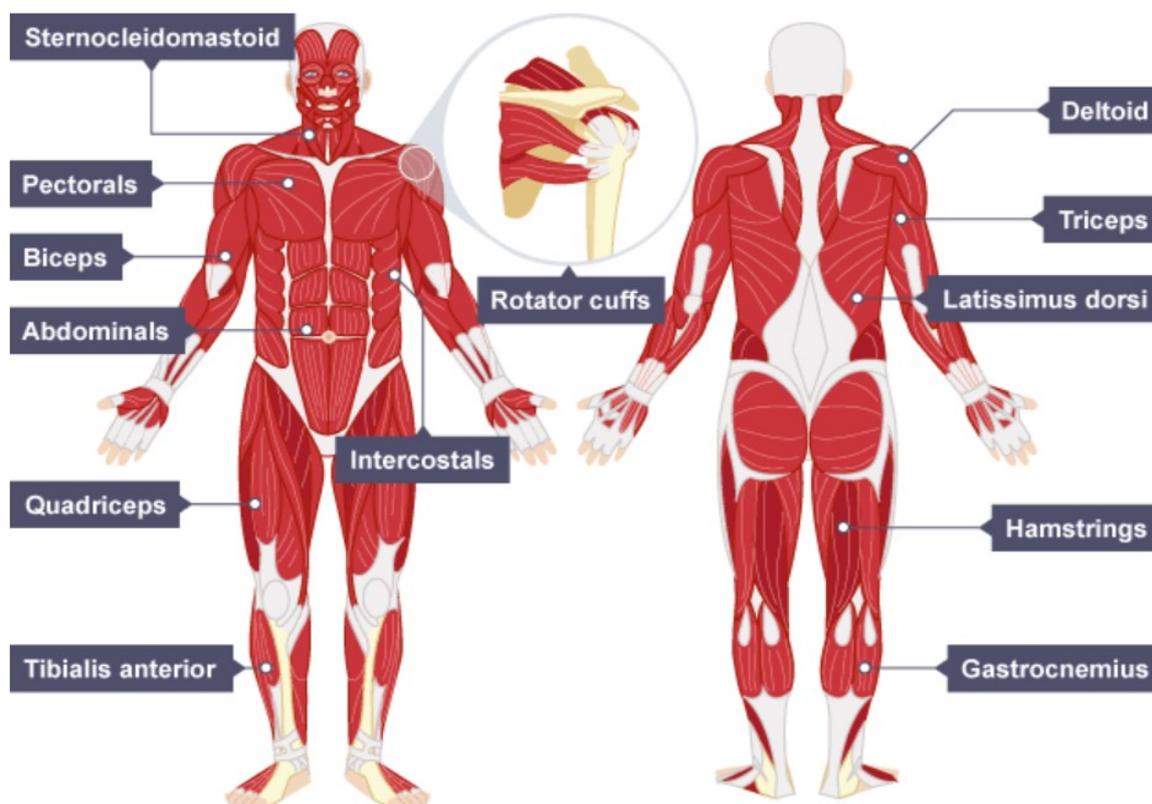
<https://www.bbc.co.uk/bitesize/guides/z32wmnb/revision/1>



When planning your training session you need to consider:

- **Fitness components**
- **Muscle groups**
- **Principles of Training**
- **Individual Needs**

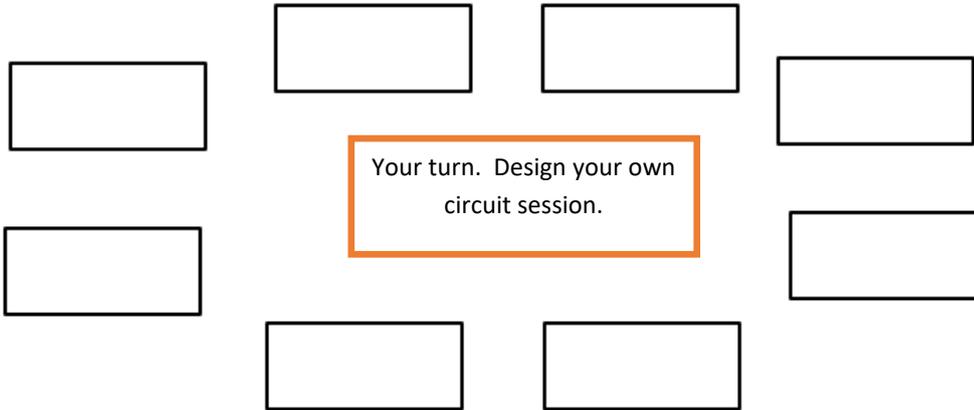
Physical	Skill
Aerobic Endurance	Balance
Muscular Endurance	Coordination
Muscular Strength	Reaction Time
Flexibility	Agility
Speed	Power
Body Composition	Acronym to remember: B CRAP!
Acronym to remember: A monkey must find some bananas!	



Triceps	Extend the elbow (straightening the arm)	Shooting in netball
Biceps	Flex the elbow (bending the arm)	Drawing a bow in archery
Abdominals	Flex the trunk across the stomach (sitting upwards)	Performing a sit up
Latissimus dorsi	Shoulder adduction (moving the arm towards the body); Shoulder horizontal extension	Butterfly stroke in swimming
Quadriceps	Extend the knee (straightening the leg)	Kicking a ball
Hamstrings	Flex the knee (bending the leg)	Performing a hamstring curl on a weights machine
Gastrocnemius	Plantar flexion of the ankle (pointing the toes downwards)	Standing on tiptoe to mark a goal shoot in netball
Tibialis anterior	Dorsiflexion of the ankle (bringing the toes up towards the shin)	Foot making contact with a football

Analyse the results from your fitness tests to identify your fitness strengths and weaknesses.

Strengths	Weaknesses
1)	1)
2)	2)
3)	3)



CONSIDER!!!

The order of your activities.

Can you alternate which muscles are being worked?

How long do you work at each station?

How long is the rest between each station?

How many times do you need to complete the entire circuit?

Give three ways to make this circuit easier

How will you apply the training principles to make sure your sessions are effective?

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Additional Principle of	Definition	How have you used it in your training plan?
Specificity		
Progressive Overload		
Adaptation		
Reversibility		
Variation		
Rest and Recovery		

