

# Year 10 Physical Education Knowledge Booklet

## Fitness BMF

Name:

Class:



### What PE kit do I need?

Black school PE shorts, blue school PE t-shirt, trainers and white sports socks/school blue PE football socks. You may also wish to bring your school tracksuit bottoms and rugby top as this activity is likely to take place outside, even in the wet and cold!

### **Assessment Criteria**

3	Moderate fitness levels. Understands some basic principles of training.	
4	Can complete a basic warmup and cool down undertaking basic safety conditions.	
5	Has some knowledge of the long term effects of exercise on the body systems.	
6	Acknowledges methods of fitness training and there uses for monitoring and performance.	
7	Sound knowledge of the specific muscle groups and able to apply these when selecting exercises.	
8	Plan and implement a an effective training program that uses FITT and progressive overload.	
9	Systemic evaluation and monitoring of training regime throughout. Leads others confidently.	
H7	Health	Identify my strengths and weaknesses and set effective goals.
H8	Health	Describe the long term effects of exercise on the body systems.

### Big Questions

1. Why is it important to establish a baseline level of fitness?
2. How do you know the training which you are doing is effective and improving your fitness levels?
3. How does the individual fitness needs change the exercise programme you are completing?
4. What is core stability and how does this help your performance in sport?
5. How can you use progressive overload in a training programme?
6. What does FITT stand for and how can do we use in a training programme?

#### Web Links:

FITT Principle:

<https://www.youtube.com/watch?v=yAFb0vxopmc>

Overload Principle:

<https://www.youtube.com/watch?v=ZJGut7gQ5jQ>





# BRITISH MILITARY FITNESS

	Target zone	% of max HR bpm range	Example duration	Training benefit
Maximize Performance	<b>5</b> MAXIMUM 	90-100% 171-190 bpm	Less than 5 minutes	<b>Benefits:</b> Increases maximum sprint race speed <b>Feels like:</b> Very exhausting for breathing and muscles <b>Recommended for:</b> Very fit persons with athletic training background
Improve Fitness	<b>4</b> HARD 	80-90% 152-171 bpm	2-10 minutes	<b>Benefits:</b> Increases maximum performance capacity <b>Feels like:</b> Muscular fatigue and heavy breathing <b>Recommended for:</b> Fit users and for short exercises
Lose Weight	<b>3</b> MODERATE 	70-80% 133-152 bpm	10-40 minutes	<b>Benefits:</b> Improves aerobic fitness <b>Feels like:</b> Light muscular fatigue, easy breathing, moderate sweating <b>Recommended for:</b> Everybody for typical, moderately long exercises
	<b>2</b> LIGHT 	60-70% 114-133 bpm	40-80 minutes	<b>Benefits:</b> Improves basic endurance and helps recovery <b>Feels like:</b> Comfortable, easy breathing, low muscle load, light sweating <b>Recommended for:</b> Everybody for longer and frequently repeated shorter exercises
	<b>1</b> VERY LIGHT 	50-60% 104-114 bpm	20-40 minutes	<b>Benefits:</b> Improves overall health and metabolism, helps recovery <b>Feels like:</b> Very easy for breathing and muscles <b>Recommended for:</b> Basic training for novice exercisers, weight management and active recovery

**CHALLENGE:** BMF Blue Workout

**DURATION:** 10-12 minutes

**FOCUS AREA:** Body weight Workout



TRIBESPORTS 

## Measuring your Heart Rate

HR is measured in beats per minute (bpm)

Count your pulse for 30 seconds and double your score to get bpm.

## Calculating your maximum heart rate (Max HR)

220 - your age.

E.g. a 30 Year old would have a maximum HR of 190 bpm.

## FITT Principle

**Frequency** = how often you exercise.

**Intensity** = how hard you exercise.

**Time** = how long you exercise.

**Type** = what kind of exercise you do.

Use the grid below to design your own BMF workouts. Make sure you identify which component of fitness you are looking to develop and apply the principles of training to your plan. Extension = can you name the muscle groups you are focusing on in each exercise?


