



## Year 9 HRF: Lesson 5+6- Fitness components

### Big Question

Physical Vs skill- What are the components of fitness?

### Warm Up

Complete one of the warm ups from previous lessons. Think about the three different stages remember what you did for each. This could either have been one you did yourself or if you were in school one the teacher led you through.

### Components of fitness

Choose a sport and think about the actions (kicking, passing, jumping, running etc.) that are required in that sport. What skills/characteristics does the performer need to be able to perform these? E.g. Tennis, hitting a forehand shot. What does the player need to be successful at this? Read the first 4 pages of the below link to gain information and an understanding of physical and skill components of fitness.

<https://www.sirjamesmiths.cornwall.sch.uk/Teaching--Learning/PE/BTEC%20Sport%20Exam%20Unit%201.pdf>



#### Activity 1 – Physical circuit

Look at each of the physical components of fitness and think about what could be done at each station to develop this area of fitness. You could use the following of you may have some ideas of your own that you would prefer to use.

Aerobic endurance- star jumps, muscular endurance- sit ups/press ups, muscular strength- plank, flexibility- toe taps- standing feet shoulder width apart, speed- high knees on the spot, body composition- burpees

Decide how long to exercise for and how long to rest for. Complete 3 rounds.

*Challenge yourself*

Could you increase your exercise time? Could you reduce your rest time?

#### Activity 2 – Skill circuit

Look at each of the skill components of fitness and think about what could be done at each station to develop this area of fitness. You could use the following of you may have some ideas of your own that you would prefer to use.

Balance- Stand on 1 leg and lower the other in front of you, co-ordination- Ice skating lateral jumps (hop side to side from 1 foot to the other), reaction time- jogging on the spot get someone to call jump or squat, agility- side steps with floor touches (truffle shuffle), power- broad jumps.

Decide how long to exercise for and how long to rest for. Complete 3 rounds.

*Challenge yourself*

Could you increase your exercise time? Could you reduce your rest time?

#### Activity 3 – Plenary

How could you manipulate your circuit to focus on just one body part or just one activity, such as running?

### Follow it up

Refer back to the above web link, complete the silver tasks.

### Get inspired

Have a look at YouTube and see what circuits you can find that are suitable and you might be able to conduct at home.