

Knowledge

Organiser

Physical Education

Year 7 Fitness

Name:

Form:



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. School rugby top/tracksuit top dependent on weather.

Assessment Criteria

0	Poor fitness levels, unable to sustain activity.
1	Works at low intensity (below 60% of max HR), but participates fully in sessions.
2	Moderate fitness. Good understanding of the immediate effects of exercise on the body.
3	Able to warm up/cool down independently and complete a teacher led training session.
4	Able to plan and carry out a continuous or interval training session with minimal support.
5	Good fitness levels and independent in planning and executing a 3 part training session.
6	Excellent fitness levels and able to describe how they individualised their training.

T2	Thinking	Explain the aim and principles of an activity and apply this understanding when participating.
H1	Health	Participate in physical activity safely and responsibly in my PE lessons

1. What are the immediate effects that exercise has on the body?
2. What are the different components of Physical/Health related Fitness?
3. Why is it important to test Fitness? How can we use Fitness Testing to create a fitness profile?
4. What is the meaning of the term aerobic and how we can use training to improve the aerobic system?
5. What is the meaning of the term anaerobic and how we can use training to improve the anaerobic system?
6. How do we plan and perform a training session aimed at improving a specific Fitness component?

Web Links:

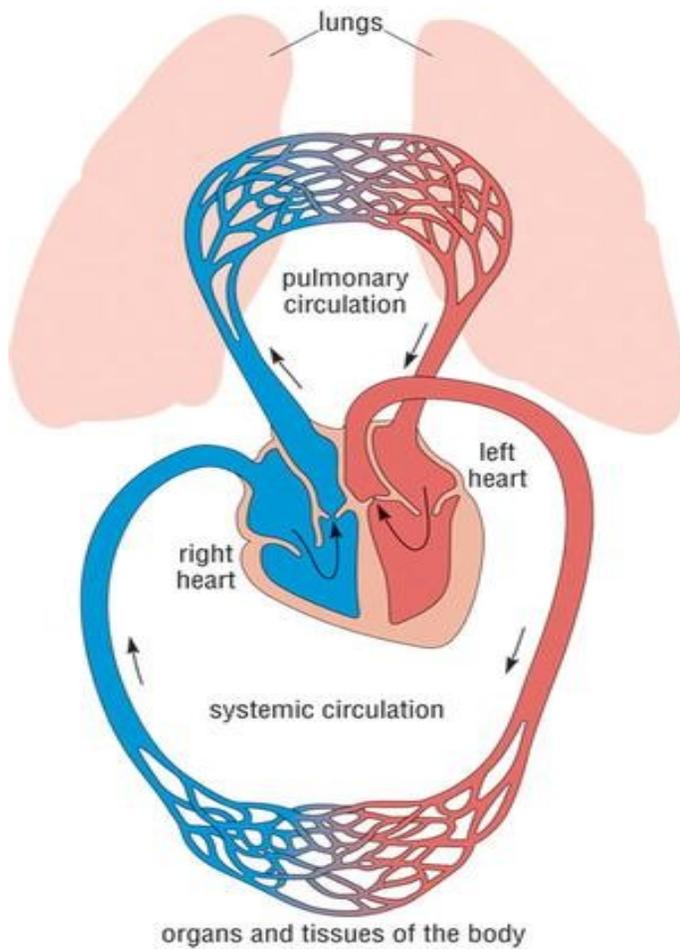
Find out more about your cardiovascular system and how it works when you exercise.

<https://www.youtube.com/watch?v=33R9RdCBbZc>

Warm up ideas.

<https://www.youtube.com/watch?v=7cL5j4pOn80&t=1s>





What are the components of an effective warm up?

A warm up should last for at least 10 minutes!

The aim of a warm up is to prepare the body and mind ready for exercise.

The 3 stages of a warm up are:

Pulse raiser.

This gets the blood circulating around your body and increases your heart rate. It increases our breathing rate too, delivering oxygen to our working muscles. This part of the warm up gets our muscles and joints warm so that they are more flexible.

Stretches.

This helps increase the range of movement at our joints and the flexibility of our muscles .

Rehearsal and practice.

This helps us go through the actions and skills that we are going to use in our performance. This helps us perform ready the body for these movements and makes us less likely to make mistakes.



Dynamic Stretching

40

reps/each

3

sets

2

Up to
Rest
Between
Sets
min

1.

Front Swings

1.

Side Cross Swings

1.

Plank Walk-Outs

1.

Lunge Torso Twists

1.

Hug Into Chest Expansion

1.

March & Reach

1.

Arm Push-Back

1.

Backfist Flings

1.

Front Leg Raise Toe Tap

Why should we do a cool down?

A cool down brings the body back down to the pre-exercise condition. It can have the following benefits:

- Prevents muscles stiffness the next day.
- Improves flexibility
- Stops you feeling sick after strenuous activity



What is the difference between aerobic and anaerobic activity?

Give a sporting example of aerobic and anaerobic activity:

Aerobic

Anaerobic

Use the space below to plan your own training session so that you can use it in your lesson:

Pulse Raiser

Stretches

Main Training activity