

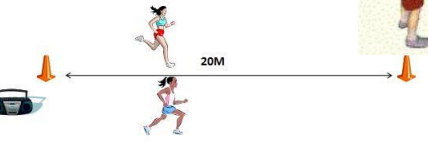
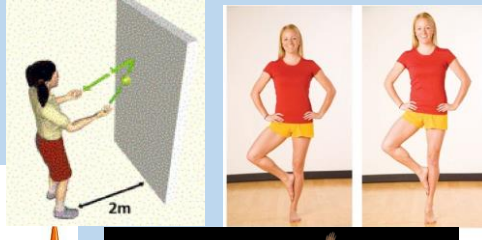
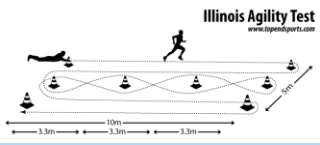


# Fitness Knowledge Organiser



## Year 7

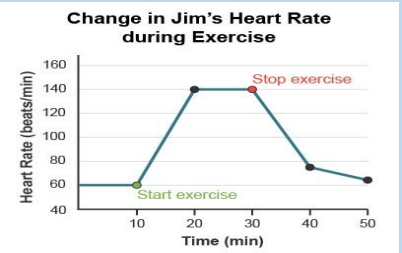
It's important to warm up before exercise to physically and mentally prepare your body for exercise and to avoid injury.



Technique- a way of carrying out a particular task, especially the execution or performance.



Circuit training- a series of exercises performed in sequence at stations, with rest periods in-between

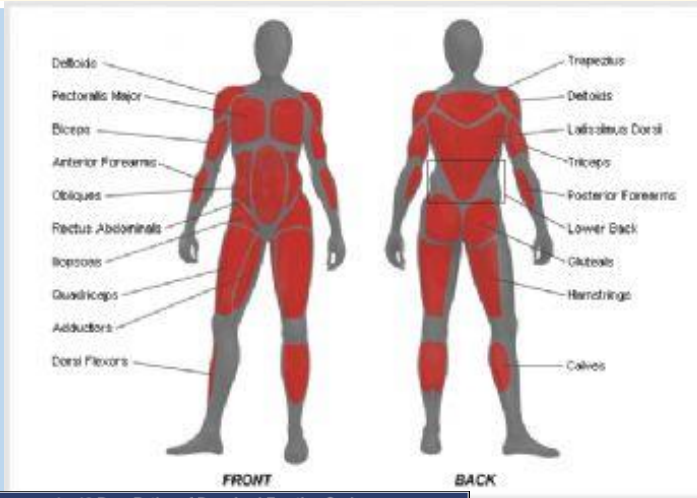


Agility- changing direction at speed  
 Power= strength x speed  
 Balance- maintaining equilibrium  
 Endurance- the ability to sustain an activity.

Coordination- to use one or more body parts together  
 Speed= time taken to move from A to B  
 Reaction time taken to respond to a stimulus  
 Strength= power exerted by a muscle



## Year 8



**1 - 10 Borg Rating of Perceived Exertion Scale**

0	Rest
1	Really Easy
2	Easy
3	Moderate
4	Sort of Hard
5	Hard
6	
7	Really Hard
8	
9	Really, Really Hard
10	Maximal: just like my hardest race

Principles of Training:  
**Frequency**  
**Intensity**  
**Time**  
**Type**

**HIIT**  
 HIGH INTENSITY INTERVAL TRAINING

Periods of work followed by

### Circuit Training - The Advantages

- ✓ It is a fun way to train because it contains a variety of exercises.
- ✓ It can be easily adapted to suit an individual, specific aspect of fitness or sport.
- ✓ It can also include weights, an exercise bike, treadmill or rowing machine.
- ✓ Skill work can also be introduced such as dribbling in basketball.

### Circuit Training - The Disadvantages

- ✗ It can take a lot of time to set up a circuit.
- ✗ It usually requires some equipment, which can be expensive.
- ✗ It can be dangerous if a lot of people are trying to train all at once.

## Year 9

Target Zone	% Training Intensity	Duration	Physiological Benefit
5. Maximum	90-100%	10s- 3min	>Tones the neuromuscular system >Increases sprinting speed
4. Hard	80-90%	2 - 25min	>Increases anaerobic/lactate tolerance >Improves high speed endurance
3. Moderate	70-80%	10 - 40min	>Enhances aerobic power >Improves blood circulation
2. Light	60-70%	20 - 80min	>Increases aerobic endurance & fat metabolism >Strengthens body to tolerate higher intensities
1. Very Light	50-60%	20 - 40min	>Helps speed up recovery after heavy exercise

Factors affecting fitness:

- Age
- Gender
- Lifestyle
- Health
- Sleep

### Continuous Training

- No rest periods
- Constant rate within aerobic training zone (60-80% MHR)
- 20mins - 2hrs+

Advantages - little/no equipment needed  
 good for aerobic fitness  
 good for losing weight

Disadvantages - Boring  
 doesn't improve anaerobic fitness  
 not good for team sports athletes

### What are the benefits of exercise on mental health?

- Reduce stress levels**  
Exercise can help to reduce your cortisol levels.
- Improves social well being**  
Whilst exercising you might meet new people and develop more friendships.
- Reduced anxiety**  
When you exercise your brain releases endorphins which can help to calm you down.
- Increased self esteem**  
As you become fitter, faster and stronger you start to improve your self confidence.
- Reduced risk of depression**  
Exercise can help to improve your mood.
- Boost Brainpower**  
Exercise can help to improve cognitive functioning including decision making and learning.



### HEART RATE RECOVERY

