









## Highsted Knowledge Organiser

### Physical Education

#### Year 7 Fitness

<p>What I need to know:</p> <p>To be able to identify and demonstrate the 3 parts of a warm up and how to cool down.</p> <p>To identify the different components of fitness and the relevant fitness test for each component – based on their base line tests.</p> <ul style="list-style-type: none"> <li>• Agility</li> <li>• Speed</li> <li>• Cardio vascular endurance</li> <li>• Power</li> <li>• Coordination</li> </ul> <p>To be able to calculate resting heart rate pre, during and post exercise.</p>	<p>Key Vocabulary:</p>  <p>Warm up Cool down Agility Speed Cardiovascular endurance Power Coordination Heart rate Pulse</p>
<p>Student reference point:</p>	
 <p>Can you identify sporting activities that the above components of fitness are suited to?</p>	 <p>Create your own warm up for an activity of your choice based on the three parts of a warm up – pulse raiser, stretching and skills.</p>
 <p>Watch this clip of Olympic sports. Can you identify what components of fitness are important for each event? <a href="https://www.youtube.com/watch?v=NjIU8ISNTy4">https://www.youtube.com/watch?v=NjIU8ISNTy4</a> View from 1 min</p>	 <p>Can you identify the main muscles we stretch when we do a whole-body stretching routine?</p>
<p>Challenge question: Where are the three parts of the body where you can take your pulse?</p>	
<p>Suggested reading:</p>	
 <p>Health and fitness- Tracy Biram Improving Endurance- Paul Mason Improving Flexibility- Paul Mason Improving Speed- Paul Mason Improving Strength and Power- Paul Mason</p>	<p>Improving Endurance- Paul Mason Improving Flexibility- Paul Mason Improving Speed- Paul Mason Improving Strength and Power- Paul Mason Feel Good, Look Great! Life Skills- Steve Parker</p>