



Highsted Knowledge Organiser

Physical Education

Year 8 Fitness

What I need to know:

To be able to identify and demonstrate the 3 parts of a warm up and how to cool down.

To identify the different components of fitness and the relevant fitness test for each component.

To identify and apply the different aspects of fitness and experience different methods of training.

To be able to calculate your own aerobic and anaerobic training zone.

Key Vocabulary:



Agility
Speed
Cardiovascular endurance
Power
Coordination
Flexibility
Strength
Balance
Muscular endurance
Reaction time
Aerobic training zone
Anaerobic training zone
Circuit training

Student reference point:



Can you identify sporting activities that the above components of fitness are suited to?



To create your own circuit training session to improve your cardiovascular and muscular endurance.



Watch this fitness video. Can you identify the component/s of fitness being developed?
Now warm up and actually do

the fitness video.

<https://www.youtube.com/watch?v=YxxHf&zvUDk>



Warm up and carry out the training session you have devised from the task above.

Take your pulse -do you reach your aerobic and anaerobic training zone?

Challenge question:

What is Mo Farrah's resting heart rate?

What is the world record for the 100m sprint?

Suggested reading:

Health and fitness- Tracy Biram
Improving Endurance- Paul Mason
Improving Flexibility- Paul Mason
Improving Speed- Paul Mason
Improving Strength and Power- Paul Mason



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