









Highsted Knowledge Organiser

Physical Education

Year 9 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.</p> <p>To be able to calculate your own aerobic and anaerobic training zone.</p> <p>To identify and apply the different aspects of fitness and experience different methods of training.</p> <p>To be able to plan relevant training sessions to improve different components of fitness.</p> <p>To identify the different principles of training -SPORT</p>	<p>Key Vocabulary:</p>  <p>Agility Speed Cardiovascular endurance Power Coordination Flexibility Strength Balance Muscular endurance Reaction time Aerobic training zone Anaerobic training zone Types of training SPORT</p>
<p>Student reference point:</p>  <p>Identify a component of fitness you wish to improve on and create your own training session/programme for one of the components of fitness listed above.</p> <p>Use one of the recognised training methods you have experienced in lessons.</p>	 <p>Warm up and carry out the training session/programme you have devised from the previous task.</p>
 <p>Workouts – Couch to 2K</p> <p>All of these have multiple workouts that you can follow, pick one that you think you will enjoy or try them all</p> <ul style="list-style-type: none"> • Youtube • Madfit • Alice Living • Yoga with Adriene • Courtney Black 	 <p>Attend extra-curricular clubs within School to develop skills and fitness further.</p> <p>Speak to your PE teacher about clubs and gyms in the wider community, we have links to athletics, hockey, cricket, netball, swimming, football and volleyball clubs.</p>
<p>Challenge question: Why would a performer benefit from continuous training?</p> <p>What do you understand by the term HITT training?</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>