

### Skill Components of fitness

**Coordination** – Using two or more body parts at the same time. E.g Being able to return the tennis ball over the net

**Reaction Time** – How quickly you can respond to a stimuli. E.g Setting off in the 100m sprint race after hearing the gun

**Agility** – Changing direction at speed. E.g Sidestepping an opponent in rugby to break the defensive line

**Balance** – Maintain stability over a base of support / centre of mass. E.g Stay upright on the gymnastics balance beam

**Power** – explosive movements that incorporates speed x strength. E.g An athlete throwing the javelin



### Components of Fitness

- Parts of your fitness that impact performance.
- These can be developed if trained to increase performance

### Keywords

Stimuli	Centre of mass
Endurance	Repetitive
Stability	Fat to fat free mass
Explosive	

### PE Assessment Strands

**Performance-** Has a basic understanding and begins to co-ordinate various body parts

**Knowledge-** Understands and can recall basic rules/skills of the activities

**Health & Fitness-** Can describe how physical activity is good for you.

**Evaluate-** Can make comments on their own or other students' performances

**SMSC-** Consistently organised. Brining PE kit to every lesson.

### Physical components of fitness

**Muscular Endurance** – The same muscles contracting for a long period of time or game. E.g Using leg muscles in cycling constantly

**Muscular Strength** - The maximum force that can be generated by a muscle or muscle group. E.g An athlete deadlifting the weight off the floor

**Aerobic Endurance** – The ability of the whole body to work for a long period of time. E.g An athlete performing in the marathon

**Body Composition** - The ratio of fat mass to fat-free mass in the body. E.g. Sumo wrestler needing extreme amounts of fat

**Speed** – How fast something is completed. E.g 100m sprint race

**Flexibility** - The range of motion possible at a joint. E.g A goalkeeper diving to save a shot in the top of the goal