

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