



John Port Spencer Academy PE Department Knowledge Organiser Year 7 Fitness



Key Skills:

Three Elements of a Warm up

Pulse raiser – This allows us to increase our heart rate and the amount of blood pumped around our body which carries more oxygen to the muscles we are using.

Stretching – Increased blood flow to the muscles. Increased range of motion at the joints. Reduced risk of injury.

Increased intensive activity – This allows the participant to take part in activities relevant to the sport/ activity to be undertaken.

Increase mental preparation.

Purpose of a cool down – Return heart rate to resting levels gradually. Remove LACTIC ACID from the body (reduce muscle soreness).

Effects of exercise on the body – Breathing and Heart Rate increase with intensity of exercise.

Pulse rate – Pulse rate (the number of times your heart beats in a minute) can be taken at either your wrist or neck. The normal rate =70-100BPM

How to take your pulse rate: -

Gently place 2 fingers of your other hand on this artery.

1. Do not use your thumb, because it has its own pulse that you may feel.
2. Count the beats for 30 seconds, and then double the result to get the number of beats per minute.

Stretch and Challenge Task:

Note where the Radial and Carotid sites are for taking the pulse.
Describe activities that may raise the pulse rate.

Main Muscles



Key Content and Terms to learn:

Warm up; Cool Down; Heart Rate; Body Temperature