



John Port Spencer Academy PE Department Organiser Year 8 Fitness



Knowledge

Key Skills: Components of Fitness/ Tests for Components of Fitness:-

Muscular endurance- The ability to use muscles repeatedly for a long period.

1 Minute Sit-Up Test &

1 Minute Press-Up Test

Cardiovascular/Aerobic Endurance - Being able to exercise the whole body for a long period using oxygen and nutrients efficiently. **Cooper 12-Minute Test; multi stage & Harvard Step Test**

Muscular Strength- The amount of force that muscle produces in one contraction. **Grip Dynamometer**

Flexibility- The range of movement possible at a joint. **Sit and Reach Test**

Body Composition- The measure of how much of your body is made up of fat-free mass, vital organs and fat. **Body Mass Index**

Agility- The ability to change direction at speed (quickly) without losing balance. **Illinois Agility Run Test**

Balance- The ability to maintain centre of mass over a base of support. **Stork Balance Test**

Co-ordination- The smooth flow of movement needed to perform a motor task efficiently and accurately using two or more body parts together.

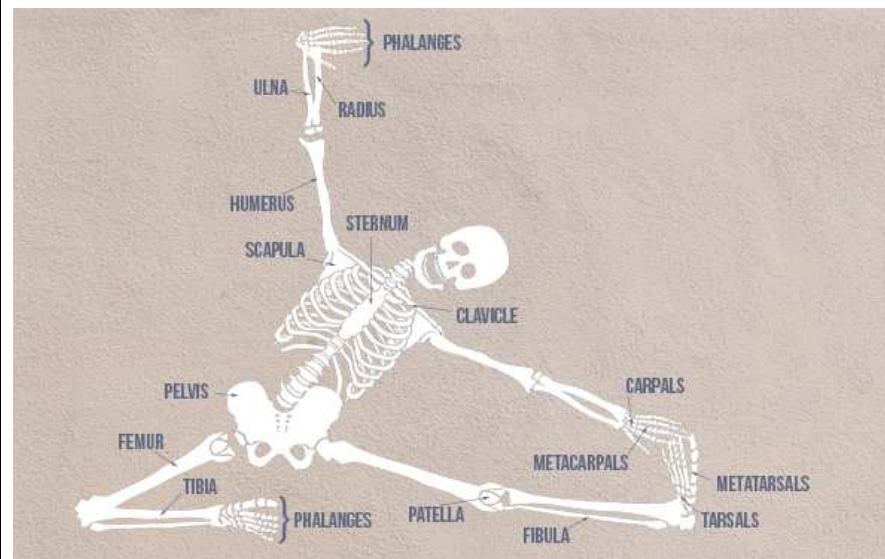
Alternate Hand Wall Toss Test

Power- Speed X Strength **Vertical Jump Test**

Reaction time- How quickly someone can react to a stimulus. **Ruler Drop Test**

Speed- How quickly an object or human moves from 'A' to 'B'.

30m/40m Sprint Test



Stretch and Challenge Task:

Link the Components of fitness to specific Sports/activities.

Describe Training that could be undertaken to improve components of Fitness.

Key Content and Terms to learn:

Endurance; Aerobic; strength; Flexibility; Agility; Balance; Coordination; Power; Reaction Time; Speed and Body Composition.

