



100% Sheet PE – Year 7 block 1

Exercise requirements	
Aerobic	<i>Using oxygen to produce energy during low-intensity, long duration exercise</i>
Anaerobic	<i>Exercise that is completed without the presence of oxygen</i>
Max. Heart Rate	<i>220 - age = Max HR bpm</i>

Preparation for activity	
Warm Up	<i>A simple exercise routine performed before a training session</i>
Cool Down	<i>Easy exercise done after more intense exercise to allow the body to recover to resting levels</i>
Static Stretching	<i>Holding stretches, either actively or passively, to increase the range of movement at a joint</i>
Dynamic Stretching	<i>A stretch that takes the body through the range of motion but is not held for any length of time</i>

Components of fitness		
Cardiovascular endurance	<i>The ability of the heart, lungs and blood vessels to get oxygen to muscles and the ability of the body to use that oxygen</i>	Sporting example: A marathon runner
Muscular Endurance	<i>The ability of the muscles to keep contracting repeatedly</i>	Sporting example: long distance runner
Flexibility	<i>The ability to move joints through a large range of motion; the range of movement around a joint</i>	Sporting example: Trampolining- performing a straddle
Speed	<i>The ability of the body to move quickly</i>	Sporting example: 100m sprinter
Muscular Strength	<i>The ability of a muscle or group of muscles to exert force</i>	Sporting example: Weightlifter
Balance	<i>The ability to maintain a position this often involves maintaining the centre of mass over the base of support</i>	Sporting example: Gymnast performing on a balance beam
Agility	<i>The ability to move and change direction quickly while maintaining control</i>	Sporting example: Rugby player dodging an opponent
Coordination	<i>The ability to use two or more body parts together</i>	Sporting example: catching a ball in rounders
Power	<i>Exerting muscular strength rapidly</i>	Sporting example: Athletics- shot putt
Reaction time	<i>The time taken to initiate an action or movement.</i>	Sporting example: Cricketer reacting to the ball