



# 100% Sheet PE – Year 8 block 1

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

Short term effects of exercise	Effect
Heart rate – the number of times the heart beats measured in beats per minute	Increases
Breathing depth – the volume of air inhaled per breadth	Increases
Breathing rate – the number of breaths taken in one minute	Increases
Sweat production – the loss of fluid through the skin	Increases
Blood pressure – force of blood travelling through the CV system/blood vessels	Increases
Lactic acid production – waste product of anaerobic exercise	Increases

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

Long term effects of exercise	Effect
Resting heart rate – heart rate at rest	Decreases
Recovery rate – how quickly you recover from exercise	Increases
Bone density – bone strength	Increases
Hypertrophy – size and strength of muscle	Increases

Health and Physical Activity	
<b>Physical Health</b>	The state of physical well-being.
<b>Mental Health</b>	The state of emotional and social well-being.
<b>Activity Guidelines</b>	5 – 18 year olds should engage in activity for 60 minutes per day
<b>Sportsmanship</b>	Ethical, appropriate, polite and fair behaviour while participating in a game or athletic event; fair play.
<b>Gamesmanship</b>	Pushing the limits of the laws of the game to gain unfair advantage.
<b>Tactics and Strategies</b>	An action or strategy carefully planned to achieve a specific goal, a long-term goal or overall aim