



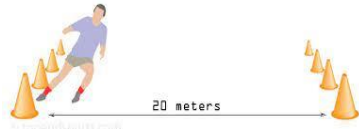
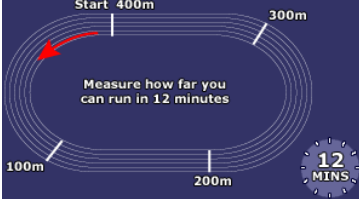




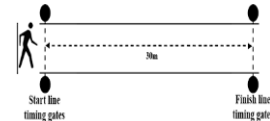
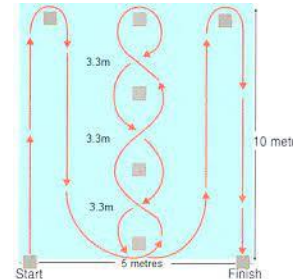



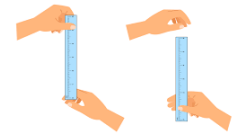


Year 7 Cycle 3 Sport and PE Knowledge Organiser

Week 1 and 2	Week 3 and 4	Week 5 and 6	Week 7 and 8	Week 9 and 10	Week 11 and 12
Components of Physical Fitness:	Components of Skill-related Fitness:	Tests for Physical fitness:	Tests for Physical fitness:	Tests for skill-related fitness:	Tests for skill-related fitness:
<p>Aerobic Endurance – The ability of the heart, lungs and blood to transport oxygen to the working muscles whilst exercising.</p> <p>Muscular Endurance – The ability to use voluntary muscles repeatedly without tiring.</p> <p>Strength – The amount of force a muscle can exert against a resistance</p>  <p>Flexibility – The range of movement at a joint</p> 	<p>Agility – The ability to change the position of the body quickly and control the movement.</p> <p>Balance – The ability to maintain the body's centre of mass above the base of support.</p> <p>Co-ordination – The ability to use two or more body parts together.</p> <p>Power – The ability to perform a strength exercise quickly.</p>  <p>Reaction Time – The time taken to respond to a stimulus.</p>  <p>Speed – The ability to put body parts into motion quickly.</p>	<p>PHYSICAL</p> <p>Aerobic Endurance – Multi-Stage Fitness Test/Cooper Run</p>   <p>Muscular Endurance – 60 seconds sit up Test/Press up test</p>  <p>Research the methods for these on BBC Bitesize</p>	<p>Strength – Hand Grip Dynamometer Test/ 1 rep max</p>   <p>Flexibility – Sit and Reach Test</p>  <p>Research the methods for these on BBC Bitesize</p>	<p>SKILL</p> <p>Speed – 30 metre Sprint Test</p>  <p>Agility – Illinois Test</p>  <p>Balance – Standing Stork Test</p>  <p>Research the methods for these on BBC Bitesize</p>	<p>Co-ordination – Alternate Hand Wall Toss Test</p>  <p>Power – Vertical Jump Test</p>  <p>Reaction Time – Ruler Drop Test.</p>  <p>Research the methods for these on BBC Bitesize</p>

