

## 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	Components of Skill-related	Tests for Physical fitness:	Tests for Physical fitness:	Tests for skill-related	Tests for skill-related
Fitness:	Fitness:	rests for rayslear nairess.	rests for Finysteer fieless.	fitness:	fitness:
		. PHYSICAL		SKILL	
Aerobic Endurance – The	Agility – The ability to change	Aerobic Endurance – Multi-	Strength – Hand Grip	Speed – 30 metre	Co-ordination –
ability of the heart, lungs	the position of the body quickly	Stage Fitness Test/Cooper	Dynamometer Test/ 1	Sprint Test	Alternate Hand Wall Toss
and blood to transport	and control the movement.	Run	rep max	Sprine rese	Test
oxygen to the working		Kuii	TCP Max	•	1030
muscles whilst exercising.	Balance – The ability to	0		<b>†</b>	<b>(</b>
	maintain the body's centre of	1		/\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	
<i>Muscular Endurance</i> – The	mass above the base of	1		Start line Finish line timing gates timing gates	
ability to use voluntary	support.	20 meters	0.7		
muscles repeatedly without		* topendymus.com		Agility – Illinois Test	ALS.
tiring.	<b>Co-ordination</b> – The ability to	Start 400m			
Strongth The engine	use two or more body parts	300m			
<b>Strength</b> – The amount of force a muscle can exert	together.			3.3m	Power – Vertical Jump
against a resistance	<b>Power</b> – The ability to perform	Measure how far you can run in 12 minutes			Test
against a resistance	a strength exercise quickly.	,,,,			
	a strength exercise quickly.	Muscular Endurance – 60 seconds sit up Test/Press up		3.3m 10 metro	
		test	Flexibility – Sit and	Balance – Standing	H. H.
. Flexibility – The range of	1	test	Reach Test	Stork Test	
movement at a joint					Reaction Time – Ruler
,	<b>Reaction Time</b> – The time taken			₽	Drop Test.
	to respond to a stimulus.			A COLOR	
THE STATE OF THE S		Research the methods for	Research the methods	Research the methods	Research the methods
	<b>Speed</b> – The ability to put body	these on BBC Bitesize	for these on BBC	for these on BBC	for these on BBC Bitesize
	parts into motion quickly.		Bitesize	Bitesize	