

## Year 7 Core Knowledge

### Definitions:

**HEALTH:** A state of complete emotional (psychological), physical and social well-being & not merely the absence of disease & infirmity

**FITNESS:** Ability to meet the demands of the environment

**PERFORMANCE:** How well a task is completed

**EXERCISE:** Physical activity that maintains or improves health and physical fitness

### Exercise & Well-Being:

Exercise can benefit your physical, emotional and social health well-being in the following ways:

#### **PHYSICAL**

- Improves cardiovascular fitness
- Muscular hypertrophy (muscles getting bigger)
- Reduce chance of coronary heart disease (CHD)

#### **EMOTIONAL**

- Reduces stress and tension
- Increase self-esteem and confidence
- Release of serotonin (the feel good hormone)

#### **SOCIAL**

- Make new friends
- Develop teamwork/co-operation
- Mix with others

### Warm-up:

5 Reason why we must warm-up:

1. Increases the temperature of muscles, tendons and ligaments – reduces chance of injury
2. Increases heart rate and body temperature safely - reduces chance of injury
3. Increases flexibility – aids performance
4. Mentally prepares you for exercise – aids performance
5. Increases oxygen delivery to working muscles – aids performance

### Cool-Down:

6 Reason why we must cool-down:

1. Gradually returns body temperature, breathing and heart rate to their resting rate
2. Mentally unwind
3. Removal of lactic acid –preventing DOMS (delayed onset of muscular soreness)
4. Removal of carbon dioxide and waste products
5. Avoids blood from gathering (pooling) in muscles which leads to dizziness
6. Improves flexibility

**Components of Fitness:**

**Health Related Exercise**

**Muscular Muscles Can Feel Big**

|                               | Definitions  |
|-------------------------------|--|
| <b>MUSCULAR ENDURANCE</b>     | The ability to use the voluntary muscles many times without getting tired. |
| <b>MUSCULAR STRENGTH</b>      | The amount of force a muscle can exert against a resistance                |
| <b>CARDIOVASCULAR FITNESS</b> | The ability to exercise the entire body for long periods of time.          |
| <b>FLEXIBILITY</b>            | The range of movement possible at a joint                                  |
| <b>BODY COMPOSITION</b>       | The percentage of body weight that is fat, muscle and bone                 |

**Skill Related Components**

**ABC-PRS**

|                      | Definitions   |
|----------------------|---|
| <b>Agility</b>       | The ability to control the movement of your whole body and change position quickly. |
| <b>Balance</b>       | Being able to keep the body stable, while at rest or in motion.                     |
| <b>Co-ordination</b> | The ability to use two or more body parts together.                                 |
| <b>Power</b>         | The ability to undertake strength performances quickly.                             |
| <b>Reaction Time</b> | The time between the presentation of a stimulus and the onset of movement.          |
| <b>Speed</b>         | The rate at which an individual can perform a movement to cover a distance.         |