

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

Skill Related Components

ABC-PRS

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