

KS2 PE KNOWLEDGE ORGANISER – HEALTH RELATED FITNESS

Key Terms	Different types of training	The impact of training
COMPONENTS OF FITNESS i. Cardiovascular endurance/stamina ii. Muscular endurance iii. Speed iv. Strength v. Power vi. Flexibility vii. Agility viii. Balance ix. Coordination x. Reaction time 	i. Continuous ii. Fartlek iii. Interval iv. Circuit 	1. Short term effects of exercise (muscle temperature, heart rate) 2. Long term effects of exercise (hypertrophy of muscle/heart, resistance to fatigue) 3. Emotional benefits (self-esteem/confidence) 4. Social benefits (friendship, belonging to a group) 
Decision making and tactical awareness, to include: 1. Awareness of which component/s of fitness are being used during certain activities. 2. Understanding what it feels like to work at different levels of intensity during certain activities. 3. Understanding that body needs to rest to recover from exercising. 4. Awareness of the impact of exercise on the body and general wellbeing.		