

KS3 PE KNOWLEDGE ORGANISER – HEALTH RELATED FITNESS

Key Terms	Different types of training	The impact of training
Definitions are from <i>OCR GCSE PE Glossary of Terms</i> i. Aerobic exercise - use of oxygen for the duration of the exercise. Usually at a moderate intensity. ii. Anaerobic exercise - exercise which does not allow for the predominant usage of oxygen. Usually at high or very high intensity. COMPONENTS OF FITNESS iii. Cardiovascular endurance/stamina - the ability to continue exertion while getting energy from the aerobic system used to supply the body with energy iv. Muscular endurance - the ability to move your body and muscles repeatedly without fatiguing. v. Speed - the ability to move quickly across the ground or move limbs rapidly through movements. vi. Strength - the maximum force a muscle/group of muscles can apply against a resistance. vii. Power - strength x speed. viii. Flexibility - range of movement around a joint in a limb. ix. Agility - the ability to change direction at speed. x. Balance - the ability to main equilibrium, whether stationary or moving. xi. Coordination - the ability to use two or more body parts simultaneously. xii. Reaction time - the time taken to respond to a stimulus.	i. Continuous ii. Fartlek iii. Interval iv. Circuit v. Plyometrics vi. HIIT (High Intensity Interval Training) 	1. Short term effects of exercise (muscle temperature, heart rate, respiratory rate) 2. Long term effects of exercise (bone density, hypertrophy of muscle/heart, resistance to fatigue, resting heart rate, rate of recovery, less likely to become injured) 3. Emotional benefits (self-esteem/confidence, stress management, image) 4. Social benefits (friendship, belonging to a group, avoid loneliness) 
Decision making and tactical awareness, to include: 1. Awareness of which component/s of fitness are being used during certain activities 2. Understanding 'intensity' and how hard to work during certain activities 3. Understanding 'rest' and how much rest/recovery time to allow for during certain activities 4. Awareness of the impact of different forms of training on the body		