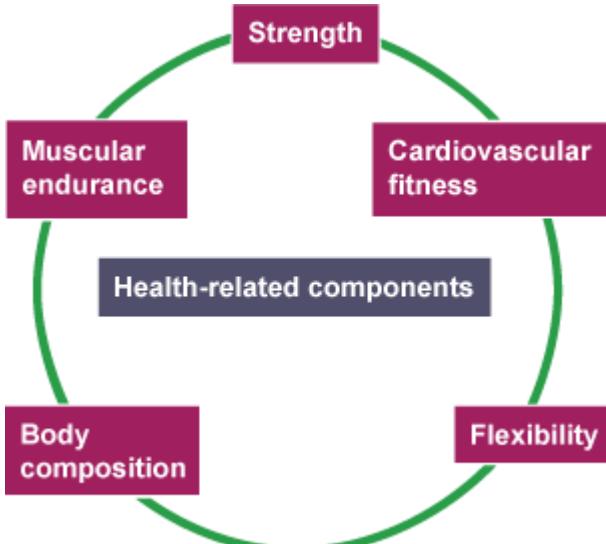


Topics in this cycle: KS3 Fitness	Taught: Spring 2	Year Group: 7-9
Key knowledge/concepts to be learnt ('Tell me about....')		Websites/blogs/YouTube links and further reading to deepen and consolidate learning
<ul style="list-style-type: none"> <li><b>What is Fitness?</b> The ability to meet the demands of the environment.</li> <li><b>What is Health?</b> Complete physical, mental, and social wellbeing and not only the absence of illness or infirmity.</li> </ul> <p><b>Health related components of fitness</b></p>  <p>Acronym to remember the 5 health related components: <b>BIG FAT MEN MUNCH COOKIES</b></p> <p><b>B</b>-BODY COMPOSITION <b>F</b>- FLEXIBILITY <b>M</b>-MUSCULAR ENDURANCE <b>M</b>-MUSCULAR STRENGTH <b>C</b>-CARDIOVASCULAR ENDURANCE</p>	<p><a href="#">The 5 Components of Health Related Physical Fitness   A Summary Overview   - YouTube</a></p> <p><a href="#">GCSE PE - FITNESS TESTING (Part 1/2) - Health-related components - (Health, Fitness &amp; Training 6.5) - YouTube</a></p> <p><a href="#">GCSE PE - FITNESS TESTING (Part 2/2) - Skill-related components - (Health, Fitness &amp; Training 6.5) - YouTube</a></p>	

# Home-School Learning Collaboration – Physical Education

Key Vocabulary and Definitions to Be Learnt		What Will the Assessment Look Like?
<b>Fitness</b>	Being physically fit and being able to meet the demands of the individual's environment.	<b>Quality of Performance</b> Students will be assessed on their practical fitness skills.
<b>Health</b>	A state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity.	<b>Quality of theoretical Understanding</b> Students will also be assessed on their theoretical knowledge related to fitness. Including <ul style="list-style-type: none"> <li>• Health and fitness definitions</li> <li>• Health related components of fitness</li> <li>• Fitness testing</li> <li>• Short term effects of exercise on the body.</li> </ul>
<b>Body composition</b>	The percentage of the body that is made up of muscle, fat, bone and water	<b>Family Learning Opportunities</b> <ul style="list-style-type: none"> <li>• Jett's fitness Erdington</li> </ul>  <p>Jetts Fitness UK   Jetts 24 Hour Fitness Gyms UK, Fitness Clubs</p>
<b>Flexibility</b>	The range of motion that is possible at a joint.	
<b>Muscular endurance</b>	The ability of the muscles to undergo repeated contractions for a period of time	
<b>Muscular strength</b>	The ability to overcome a resistance	
<b>Cardiovascular endurance</b>	The ability of the heart, blood, and blood vessels to continually supply the working muscles with blood containing oxygen.	
<b>Heart rate</b>	The number of times the heart beats in one minute (BPM)	
<b>BPM</b>	Beats per minute	

# Home-School Learning Collaboration – Physical Education

<b>Aerobic respiration</b>	Aerobic means with oxygen	Gravelly Hill North, Erdington, B23 6BJ T: 01217 286909 E: <a href="mailto:erdington@jetts.co.uk">erdington@jetts.co.uk</a>  • Erdington leisure centre <u>Leisure Centre – Erdington Academy</u> Kingsbury Road, Erdington, Birmingham, B24 8RE (For SAT NAV enter B24 8RD)
<b>Anaerobic respiration</b>	When the body produces energy from exercise without oxygen	
<b>Short term effects</b>	Changes that happen to the body during exercise or up to 36 hours after exercise. Immediate effects.	
<b>Fitness testing</b>	The tests that are done for each health-related components of fitness.	
<b>Static, explosive, and dynamic</b>	The different types of muscular strength. Static: muscle contact to maintain a position. Dynamic: muscle contract and extend repeatedly, resulting in movement. Explosive: muscles contact at high speed.	