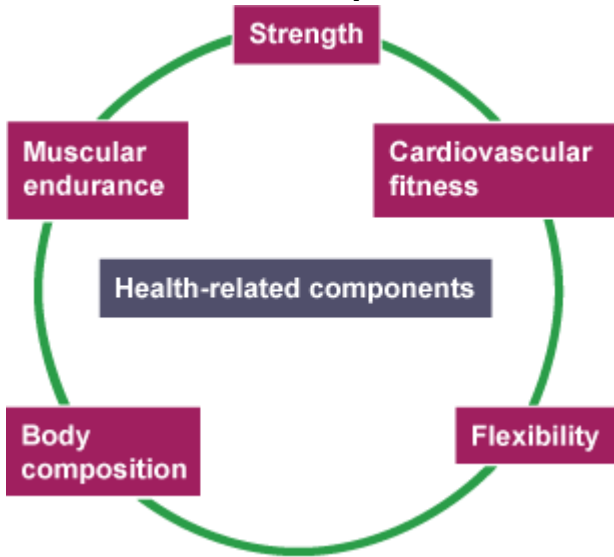



Topics in this cycle: KS3 Fitness	Taught: Spring 2	Year Group: 7-9
Key knowledge/concepts to be learnt ('Tell me about....')		Websites/blogs/YouTube links and further reading to deepen and consolidate learning
<ul style="list-style-type: none"> • What is Fitness? The ability to meet the demands of the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

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Key Vocabulary and Definitions to Be Learnt		What Will the Assessment Look Like?
Fitness	Being physically fit and being able to meet the demands of the individual's environment.	<p><u>Quality of Performance</u></p> <p>Students will be assessed on their practical fitness skills.</p> <p><u>Quality of theoretical Understanding</u></p> <p>Students will also be assessed on their theoretical knowledge related to fitness. Including</p> <ul style="list-style-type: none"> • Health and fitness definitions • Health related components of fitness • Fitness testing • Short term effects of exercise on the body.
Health	A state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity.	
Health related components of fitness	How fitness can be broken down into different health related components	
B.F.M.M.C	BIG FAT MEN MUNCH COOKIES – Acronym for the 5 health related components of fitness	
Body composition	The percentage of the body that is made up of muscle, fat, bone and water	
Flexibility	The range of motion that is possible at a joint.	<p>Family Learning Opportunities</p> <ul style="list-style-type: none"> • Jett's fitness Erdington  <p><u>Jetts Fitness UK Jetts 24 Hour Fitness Gyms UK, Fitness Clubs</u></p>
Muscular endurance	The ability of the muscles to undergo repeated contractions for a period of time	
Muscular strength	The ability to overcome a resistance	
Cardiovascular endurance	The ability of the heart, blood, and blood vessels to continually supply the working muscles with blood containing oxygen.	
Heart rate	The number of times the heart beats in one minute (BPM)	
BPM	Beats per minute	

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Aerobic respiration	Aerobic means with oxygen	<p>Gravelly Hill North, Erdington, B23 6BJ T: 01217 286909 E: erdington@jetts.co.uk</p> <ul style="list-style-type: none">• Erdington leisure centre <p><u>Leisure Centre – Erdington Academy</u> Kingsbury Road, Erdington, Birmingham, B24 8RE (For SAT NAV enter B24 8RD)</p>
Anaerobic respiration	When the body produces energy from exercise without oxygen	
Short term effects	Changes that happen to the body during exercise or up to 36 hours after exercise. Immediate effects.	
Fitness testing	The tests that are done for each health-related components of fitness.	
Static, explosive, and dynamic	The different types of muscular strength. Static: muscle contract to maintain a position. Dynamic: muscle contract and extend repeatedly, resulting in movement. Explosive: muscles contract at high speed.	