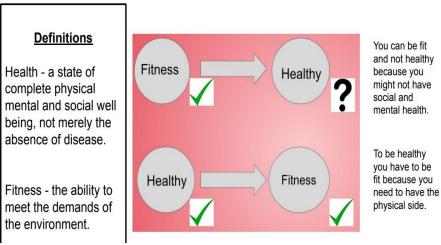
The Telford Year 11 Health & Fitness Autumn Knowledge Organiser

Component	Definition	Sporting Example	Test	Sport/ Skill	Component	Definition	Sporting Example	Test
Muscular Endurance	The ability of a muscle group to repeat a movement for a prolonged period.	Push Ups in Circuit Training	Sit Up Test	Component Of Fitness	Agility	The ability to change the position of the body quickly and to control the movement of the whole body	Rugby player dodging a defender	Illinois Agility Run
Flexibility	Range of movement around a joint.	Splits in Gymnastics	Sit and Reach		Balance	The ability to retain the centre of mass over the body above the base of support	Handstand in Gymnastics	Standing Stork
Body	Describes the percentage of fat, bone, muscle and water in the body.	Endomorph- sumo wrestling Mesomorph- swimming Ectomorph- marathon running	Skinfold Caliper Test		Coordination	The ability to use two or more body parts together	Batsman striking the ball in cricket	Hand Wall Toss Test
Composition					Power	The ability to undertake strength performances quickly Strength x Speed =	The jump phase of the Long Jump	Standing Long Jump
Muscular	The amount of force a muscle can exert against a	Weightlifting	Hand Grip Dynamometer					
Strength	resistance.				Reaction Time	The time in between stimulus and the onset of movement	A sprinter responding to the start gun	Ruler Drop
Cardiovascular Endurance	The ability to exercise the whole body for prolonged periods. This involves the cardio (heart) and vascular (blood vessels).	Running at the end of a netball match	12 minute cooper run		Speed	The rate at which an individual is able to perform movement.	Running the 100m	30 metre sprint
	Muscular Endurance Flexibility Body Composition Muscular Strength Cardiovascular	Muscular Endurance   The ability of a muscle group to repeat a movement for a prolonged period.     Flexibility   Range of movement around a joint.     Body Composition   Describes the percentage of fat, bone, muscle and water in the body.     Muscular Strength   The amount of force a muscle can exert against a resistance.     Cardiovascular Endurance   The ability to exercise the whole body for prolonged periods. This involves the cardio (heart)	Muscular Endurance The ability of a muscle group to repeat a movement for a prolonged period. Push Ups in Circuit Training   Flexibility Range of movement around a joint. Splits in Gymnastics   Body Composition Describes the percentage of fat, bone, muscle and water in the body. Endomorph- sumo wrestling Mesomorph- swimming Ectomorph- marathon running   Muscular Strength The amount of force a muscle can exert against a resistance. Weightlifting   Cardiovascular Endurance The ability to exercise the whole body for prolonged periods. This involves the cardio (heart) Running at the end of a nethall match	Muscular Endurance The ability of a muscle group to repeat a movement for a prolonged period. Push Ups in Circuit Training Sit Up Test   Flexibility Range of movement around a joint. Splits in Gymnastics Sit and Reach   Body Composition Describes the percentage of fat, bone, muscle and water in the body. Endomorph- sumo wrestling Mesomorph- sumo wrestling Describes the percentage of fat, bone, muscle and water in the body. Endomorph- sumo wrestling Mesomorph- marathon running Skinfold Caliper Test   Muscular Strength The amount of force a muscle can exert against a resistance. Weightlifting Hand Grip Dynamometer   Cardiovascular Endurance The ability to exercise the whole body for prolonged periods. This involves the cardio (heart) Running at the end of a netball match 12 minute cooper run netball match	Muscular Endurance The ability of a muscle group to repeat a movement for a prolonged period. Push Ups in Circuit Training Sit Up Test Sport/ Skill component Of Fitness   Flexibility Range of movement around a joint. Splits in Gymnastics Sit and Reach Sit and Reach   Body Composition Describes the percentage of fat, bone, muscle and water in the body. Endomorph- sumo wrestling Mesomorph- swimming Ectomorph- marathon running Skinfold Caliper Test Skinfold Caliper Test   Muscular Strength The amount of force a muscle can exert against a resistance. Weightlifting Hand Grip Dynamometer   Cardiovascular Endurance The ability to exercise the whole body for prolonged periods. This involves the cardio (heart) Running at the end of a nethall match 12 minute cooper run	Muscular Endurance The ability of a muscle group to repeat a movement for a prolonged period. Push Ups in Circuit Training Sit Up Test Sport/ Skill component of Fitness Agility   Flexibility Range of movement around a joint. Splits in Gymnastics Sit and Reach Balance   Body Composition Describes the percentage of fat, bone, muscle and water in the body. Endomorph- sumo wrestling Mesomorph- sumo wrestling Describes the percentage of fat, bone, muscle and water in the body. Endomorph- sumo wrestling Mesomorph- marathon running Skinfold Caliper Test Coordination   Muscular Strength The amount of force a muscle can exert against a resistance. Weightlifting Hand Grip Dynamometer Feaction 12 minute cooper run nethall match Reaction frime	Muscular Endurance The ability of a muscle group to repeat a movement for a prolonged period. Push Ups in Circuit Training Sit Up Test Sport/ Skill Orf Fitness Component Of Fitness The ability to change the position of the body quickly and to control the movement of the whole body   Flexibility Range of movement around a joint. Splits in Gymnastics Sit and Reach Balance The ability to retain the centre of mass over the body above the base of support   Body Composition Describes the percentage of fat, bone, muscle and water in the body. Endomorph- sum wrestling Mesomorph- swimming Ectomorph- marathon running Skinfold Caliper Test Output The ability to use two or more body parts together   Muscular Strength The anount of force a muscle can exert against a resistance. Weightlifting Hand Grip Dynamometer Hand Grip Dynamometer Reaction Time The time in between stimulus and the onset of movement   Cardiovascular prolonged periods. This involves the cardio (heart) Running at the end of a nethali match 12 minute cooper run 12 minute cooper run Speed The rate at which an individual is able to perform	Muscular The ability of a muscle group to repeat a movement for a prolonged period. Push Ups in Circuit Training Sit Up Test Sit Up Test The ability to change the position of the body quickly and to control the movement of the whole body Rugby player dodging a defender   Flexibility Range of movement around a joint. Splits in Gymnastics Sit and Reach The ability to retain the centre of mass over the body above the base of support Balance The ability to user two or more body parts together Batsman striking the bal in cricket   Body Composition Describes the percentage of fat, bone, muscle and water in the body. Endomorph- sum wrestling Mesomorph- summing Extomph- marathon running Skinfold Caliper Test resistance. Muscular resistance. The ability to exercise the whole body for prolonged periods. This involves the cardio (heart) resistance. Musing at the end of a netball match of a movement Running at the end of a netball match of a movement 12 minute cooper run mining Speced The rate at which an individual is able to perform A sprinter responding to the start gun   Cardiovascular prolonged periods. This involves the cardio (heart) Running at the end of a netball match of a movement 12 minute cooper run 12 minute cooper run Specific at movement The rate at which an individual is able to perform A sprinter responding to the start gun

- **F** FREQUENCY how often you train how hard you train INTENSITY how long you train
- T TIME
- T TYPE

## Health and Fitness



- S SPECIFICITY
- P PROGRESSION

type of activity you do

- 0 OVERLOAD
- **R** REVERSIBILITY
- T TEDIUM
- SPECIFICITY- making the training specific to the needs of the sport or individual.
- PROGRESSION- gradually increasing the training that you are doing.
- OVERLOAD- doing more training
- REVERSIBILITY- any training gains can be lost if training does not continue.
- TEDIUM training needs to keep the athlete motivated.

