



# Year 10 PE Summer Knowledge Organiser

In the summer, students will **explain** the long term effects of exercise on the body, **demonstrate resilience** in a variety of sports, and show improvements in **components of fitness**.

## Head



### Explain

Long term effects on the body become apparent after a consistent period of exercise. Below are some of the effects you might see:

- Higher muscle mass
- Stronger cardiac muscle
- Lower resting heart rate
- Improved physical appearance
- Reduced risk of diseases

Can you think of any other effects of exercise?

## Heart



### Resilience

Resilience is about continuing to try, persevering and not giving up on something.

During PE, there is a likely possibility students will not succeed at everything on the first try.

Think about how you could show resilience in PE – what might it look like?

## Hands



### Components of Fitness

#### Balance

The ability to keep the body in line, and centre of gravity over a base of support (feet in most cases).

#### Agility

The ability to change direction quickly and under control.

#### Speed

The time it takes to cover a certain distance.

How could you improve these 3 components of fitness?