KS3 Core PE | Unit Title Fitness

Unit Overview

The fitness unit is studied in Years 7, 8 & 9. Over the key stage the content becomes more challenging as students develop and build on their skills, techniques and tactical awareness.

What your child needs to <u>know</u> and be able to <u>do</u> by the end of this unit of work:

Year 7	Year 8	Year 9
• how components of fitness differ • how to define component of fitness • how to complete appropriate tests for specific components of fitness	• how different training methods will increase specific parts of fitness • how to complete different types of training methods • how training methods can be relevant to specific sports	• how to define the principle of FITT • How to apply the FITT principle into training • how to define the principle of SPOR • how to apply SPOR into training to improve performance.

The <u>key vocabulary</u> your child needs to <u>understand</u> in order to access this unit of work

- Muscular endurance, one minute press up - 30 second sit up, speed, 30m sprint, cardiovascular endurance, multi stage fitness test, 12 minute cooper run, power
- Vertical jump, standing long jump, agility, Illinois agility test, muscular strength, grip strength, balance, flexibility, standing stalk and sit and reach
- Coordination, reaction time, Anderson wall toss and ruler drop
- Fartlek, continuous, weight, plyometric, interval, HITT, circuit, Frequency, intensity, time, type, specificity, progressive overload, reversibility