



SUBJECT: PE KNOWLEDGE ORGANISER

ACTIVITY: FITNESS

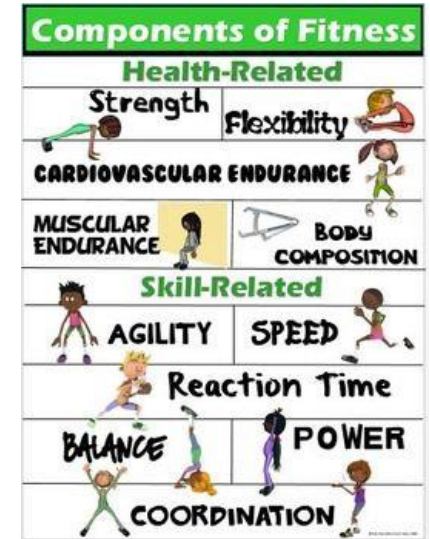
YEAR: 8

TERM: (AUTUMN) NOVEMBER-DECEMBER

KEY VOCABULARY

<b>Circuit Development-</b> Sets Reps	The amount of times that you repeat the activity/exercise After a break continuing a second set of the exercise.
Cooper test Development	Trying to improve the distance that the performer runs from the previous experience, adapting the technique to get a better score.
Components of health related fitness	Performing exercises that work on health components of fitness such as CV fitness, Body Composition, Muscular Strength, Muscular Endurance and Flexibility.
Circuits – football specific	Working on specific station in a circuit that will help to improve the performance in Football
Boxercise – combination moves	Working on combining punches or combinations of moves to help improve the body's fitness.

# HOW MANY SETS + REPS SHOULD I BE DOING?



KEY QUESTIONS

- How can you adapt the exercises in Circuit training to work harder?
- How can you improve performance in the Cooper run?
- What exercises would be important in a football circuit?
- Why is it important to have a range of health related fitness components?
- What should a good hook look like?

46. QUE + LEFT BODY RIP + LEFT HOOK + RIGHT CROSS



47. QUE + LEFT BODY RIP + LEFT HOOK + RIGHT CROSS + LEFT HOOK + SPACER

