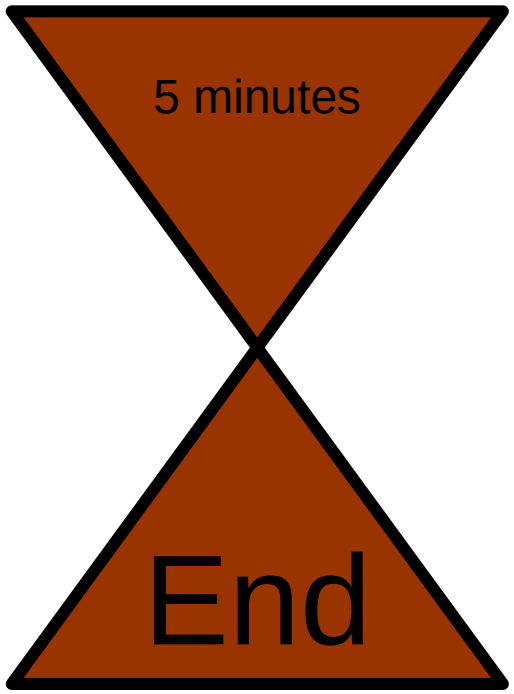
Title- Do It Now

Activity: Answer the following questions

1. Name 2 physical skill components?
2. Name 2 skill components?
3. Define Body Composition?
4. Give an example of an event that uses power?
5. What does FITT stand for?
6. Simon in 37 years old what is his maximum heart rate?
7. Calculate 65% of Simon's Heart Rate Max?
8. What fitness test would you use to test strength?
9. Simons RPE for a run is 17 calculate his bpm?
10. Give an example of an anaerobic event?

Mark your answers and give yourself a mark out of /10



Complete in Silence Please

Fitness components Definitions..

Reaction Time	Distance divided by time taken, measured in metersper second (m/s). There are 3 basic types: acceleration/pure andendurance.
Balance	The time taken for a performer to respond to astimulus. Eg a gun shot in athletics
Aerobic endurance	The ability of parts of the body to work togetherto move smoothly and accurately
Flexibility	The relative ratio of body fat mass to fat freemass (organs/muscles/bone) in the body.
Speed	The range of movement around the joint
Coordination	The ability to maintain your centre of mass over abase of support.2 types: dynamic and static
Muscular Endurance	The maximum force that a muscle to muscle groupcan produce. This is measures in kilograms (Kg) or Newtons (N)
Body Composition	The work done in a unit of time.Power = force (kg) x Distance (m)/ Time
Power	The ability of the muscles to work for a long period of time
Agility	The ability to move quickly and precisely orchange direction without losing balance or time.
Muscular Strength	The cardiovascular system can work efficiently to working muscles during sustained physical activity

Task:

Match up the definitions to the correct component of fitness

Challenge task

1. Identify if it is a skill or physical component

Challenge task answers…

Physical components

B-

A-

S-

M-

F-

M-

Skill components

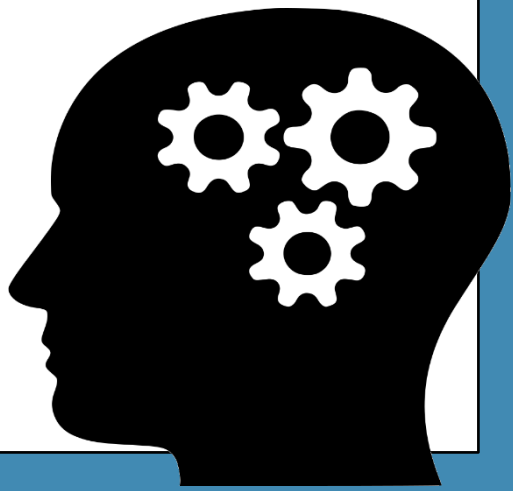
C-

R-

A-

B-

P-



Mark yourself out of /11

Link component to sports examples…

You have 5 minutes to link each component to a clear sporting example, do not use any of the examples already on the presentation.

Teacher will ask students to share their ideas so make sure you have an answer for each component

Complete GREEN and BLUE
or
BLUE and PINK

KNOW IT State:

Suggest what 3 components would be most beneficial to a boxer?

GRASP IT – explain (Merit)

Explain how each component would help the boxer in their sport?

THINK IT - Understanding (Distinction):

Predict what would happen in the fight in the boxer didn't have these 3 components?

Try this 6 marker…

Lexi competes in 100m hurdles
To perform this sport she needs to use agility and balance

Explain how three other components of skill related fitness may help Lexis 100m hurdling performance (6 marks)

Look at the command words and understand what the question is asking you and how you need to structure your answer…