

# SUBJECT: PE

## UNIT: Year 7 - Fitness



### Warm up

#### Three stages of a warm up –

**Mobility-** Mobility exercises helps our joints gain their full range of movement, ready for exercises

**Pulse raiser-** A pulse raiser is exercises that slowly increase our heart rate and gradually increases body temperature

**Stretching-** There are two types of stretching

**Static-** Stand sit or lie holding a single position for a period of 8-10 seconds

**Dynamic-** Involves making active movements that stretch the muscle to their full range of motion

**Cool Down** – is an easy exercise done after intense exercise to allow the body to gradually lower your heart rate too close to resting. This also involve stretching.

**Heart rate** – The amount of times your heart beats per minute. Your heart rate will vary depending on your age, level of fitness and how active you are being. You can take your heart rate either in your neck or your wrist. Heart rate is measured in beats per minute (BPM)

Maximum heart rate – Is the highest your pulse can get when exercising. It can be calculate using the equation –  $220 - \text{your age}$

### Components of fitness

**Health related components of fitness are required in every sport, however the level of the health related component of fitness might differ depending on the sport. Health related components of fitness are:**

Cardiovascular endurance

Muscular strength

Muscular endurance

Flexibility

Body composition

**Skill related components of fitness are usually specific to certain sports. Skill related components of fitness are:**

Agility

Balance

Coordination

Speed

Power

Reaction time