



Knowledge Organiser KS3 PE

Year			
KS3			
Activity			
Exercising Safely	<p>Skills</p> <ul style="list-style-type: none"> • Pacing – ensuring you can pace yourself to measure your energy over the course of a performance • Physical components of fitness: <ul style="list-style-type: none"> ○ Stamina – being able to exercise over a long period of time ○ Strength – using force against a resistance ○ Speed – moving quickly over a short distance • Skill-related components of fitness: <ul style="list-style-type: none"> ○ Agility- changing direction quickly ○ Balance – remaining stable even when moving ○ Reaction time – responding to a stimulus ○ Co-ordination – linking senses 	<p>Fitness</p> <p>You need to be able to apply the different components of fitness and assess your strengths and weaknesses across all of them.</p> <p>To do this you need to be aware of the importance of testing fitness accurately using an appropriate test and accurate measurements.</p> <p>Understand how to adapt training methods to improve different aspects of fitness. E.g. circuit training can improve stamina if exercises are long and low intensity or speed if short and intense.</p>	<p>Rules</p> <ul style="list-style-type: none"> • Know how to exercise safely – importance of technique and using gym equipment safely • Know how to perform a warm-up, including pulse raiser, dynamic stretches, and skill-related elements
	Roles	Fitness Tests and Training Methods	
	<ul style="list-style-type: none"> • Performer = you perform the fitness sessions • Measurer = you test your own, or a partner's performance, measuring their performance accurately • Coach = you assess strengths and weaknesses in your own or a partner's fitness and suggest how to improve 	<p>Fitness Tests</p> <p>Agility – Illinois Agility Test Balance – Standing Stork Test Reaction time – ruler drop test Co-ordination – Wall toss test</p> <p>Training methods</p> <p>Continuous training – long, steady state efforts Interval training – work, rest, repeat Weight training – perform sets of repetitions of different exercises Circuit training – perform different exercises and move on to another in a circuit</p>	