**Year 7 Block 8 Week 1 – Health, Fitness and Components of Fitness**

Health and Fitness are two important components within Sport. There are 3 different aspects of Health – Physical, mental and social wellbeing.

Fitness can be broken down into 11 different areas – 5 considered to be Health-Related and 6 that are considered Skill-Related.

**Task 1 – Define Health and Fitness**

**Decide which is a definition of health and which is a definition of fitness.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_ - is the ability to cope with daily demands without suffering undue fatigue**

**\_\_\_\_\_\_\_\_\_\_\_\_\_ - Is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.**

**Task 2- Define Social, Physical and mental health – Match the key term to its definition**

|  |  |
| --- | --- |
| **Physical Wellbeing** | **Coping with the stresses of normal life, working productively while being able to contribute to your community or where you live. This includes being rational and sensible in different situations.** |
| **Social Wellbeing** | **All of the body’s systems work well, you are free from illness and therefore able to carry out everyday tasks and complete your job or daily demands without fatigue** |
| **Mental Wellbeing** | **Basic human needs being met including; clothing, food and shelter, while suffering little stress in circumstances which involve interacting with other people. An individual has friends and enjoys the company of other people.** |

**Year 7 Block 8 Week 2 – Health, Fitness and Components of Fitness**

Health and Fitness are two important components within Sport. There are 3 different aspects of Health – Physical, mental and social wellbeing.

Fitness can be broken down into 11 different areas – 5 considered to be Health-Related and 6 that are considered Skill-Related.

Flexibility

Power

Agility

Muscular Endurance

Coordination

Body Composition

Cardiovascular Endurance

Muscular Strength

Reaction Time

Speed

Balance

There are 11 Components of fitness: 5 are considered to be Health-Related components of fitness and 6 are considered to be Skill-Related components of fitness.

**Task – Can you put the components of fitness under the correct heading and decide if you think they are Health Related or Skill Related.**

|  |  |
| --- | --- |
| **Health-Related Components of Fitness** | **Skill-Related components of Fitness** |
|  |  |
|  |  |
|  |  |
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|  |  |

**Year 7 Block 8 Week 3 – Health, Fitness and Components of Fitness**

Health and Fitness are two important components within Sport. There are 3 different aspects of Health – Physical, mental and social wellbeing.

Fitness can be broken down into 11 different areas – 5 considered to be Health-Related and 6 that are considered Skill-Related.

**There are 5 health-related components of fitness: Muscular strength, muscular endurance, cardiovascular endurance, flexibility and body composition.**

**Task – Match the key term to its definition**

|  |  |
| --- | --- |
| **Key Term** | **Definition** |
| **Muscular Strength** | **The ability of the heart and lungs to deliver oxygen to the working muscles** |
| **Muscular Endurance** | **The range of movement possible at a joint** |
| **Cardiovascular Endurance** | **A comparison of the percentages of bone, fat, muscle and water in the body** |
| **Flexibility** | **The ability of a muscle or muscle group to undergo repeated contractions avoiding fatigue** |
| **Body Composition** | **The ability to overcome a resistance, there are three types: Static, dynamic and explosive** |

**Year 7 Block 8 Week 4 – Health, Fitness and Components of Fitness**

Health and Fitness are two important components within Sport. There are 3 different aspects of Health – Physical, mental and social wellbeing.

Fitness can be broken down into 11 different areas – 5 considered to be Health-Related and 6 that are considered Skill-Related.

**There are 6 health-related components of fitness: Agility, Balance, Coordination, Power, Reaction Time and Speed.**

**Task – Match the key term to its definition**

|  |  |
| --- | --- |
| **Key Term** | **Definition** |
| **Agility** | **The maximum rate at which an individual is able to perform a movement or cover a distance in a period of time.** |
| **Balance** | **The time taken to respond to a stimulus** |
| **Coordination** | **Explosive strength that is the product or strength and speed** |
| **Power** | **The ability to use two or more body parts together smoothly and efficiently**  |
| **Reaction Time** | **The maintenance of the centre of mass over the base of support** |
| **Speed** | **The ability to move and change direction at speed while maintaining control.** |

**Year 8 Block 8 Week 1 – Health, Fitness and Components of Fitness**

Health and Fitness are two important components within Sport. There are 3 different aspects of Health – Physical, mental and social wellbeing.

Fitness can be broken down into 11 different areas – 5 considered to be Health-Related and 6 that are considered Skill-Related.

**Task 3 – Categorise the following benefits of exercise as either Physical, Mental or social benefits:**

|  |  |  |
| --- | --- | --- |
| Physical | Mental | Social |
|  |  |  |
|  |  |  |

* **Improves Cardiovascular endurance**
* **Improve Self-esteem**
* **Make new friends**
* **Improve confidence**
* **Improve body shape**
* **Learn teamwork skills**

**Task 1 – Define Health and Fitness**

**Decide which is a definition of health and which is a definition of fitness.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_ - is the ability to cope with daily demands without suffering undue fatigue**

**\_\_\_\_\_\_\_\_\_\_\_\_\_ - Is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.**

**Task 2- Define Social, Physical and mental health – Match the key term to its definition**

|  |  |
| --- | --- |
| **Physical Wellbeing** | **Coping with the stresses of normal life, working productively while being able to contribute to your community or where you live. This includes being rational and sensible in different situations.** |
| **Social Wellbeing** | **All of the body’s systems work well, you are free from illness and therefore able to carry out everyday tasks and complete your job or daily demands without fatigue** |
| **Mental Wellbeing** | **Basic human needs being met including; clothing, food and shelter, while suffering little stress in circumstances which involve interacting with other people. An individual has friends and enjoys the company of other people.** |

**Year 8 Block 8 Week 2 – Health, Fitness and Components of Fitness**

Health and Fitness are two important components within Sport. There are 3 different aspects of Health – Physical, mental and social wellbeing.

Fitness can be broken down into 11 different areas – 5 considered to be Health-Related and 6 that are considered Skill-Related.

**Task 2 – choose the 3 most important components of fitness for the athletes below:**

**Long-Distance Runner:**

**1.**

**2.**

**3.**

**Sprinter:**

**1.**

**2.**

**3.**

There are 11 Components of fitness: 5 are considered to be Health-Related components of fitness and 6 are considered to be Skill-Related components of fitness.

**Task – Can you put the components of fitness under the correct heading and decide if you think they are Health Related or Skill Related.**

|  |  |
| --- | --- |
| **Health-Related Components of Fitness** | **Skill-Related components of Fitness** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

* **Muscular Strength**
* **Muscular Endurance**
* **Cardiovascular Endurance**
* **Flexibility**
* **Body Composition**
* **Agility**
* **Balance**
* **Coordination**
* **Power**
* **Reaction Time**
* **Speed**
* **Reaction Time**
* **Speed**

**Year 8 Block 8 Week 3 – Health, Fitness and Components of Fitness**

Health and Fitness are two important components within Sport. There are 3 different aspects of Health – Physical, mental and social wellbeing.

Fitness can be broken down into 11 different areas – 5 considered to be Health-Related and 6 that are considered Skill-Related.

**Task 2 – Choose the most important health-related component of fitness for the following athletes:**

**Rugby Player**

**Tennis Player**

**Swimmer**

**Golfer**

**There are 5 health-related components of fitness: Muscular strength, muscular endurance, cardiovascular endurance, flexibility and body composition.**

**Task – Match the key term to its definition**

|  |  |
| --- | --- |
| **Key Term** | **Definition** |
| **Muscular Strength** | **The ability of the heart and lungs to deliver oxygen to the working muscles** |
| **Muscular Endurance** | **The range of movement possible at a joint** |
| **Cardiovascular Endurance** | **A comparison of the percentages of bone, fat, muscle and water in the body** |
| **Flexibility** | **The ability of a muscle or muscle group to undergo repeated contractions avoiding fatigue** |
| **Body Composition** | **The ability to overcome a resistance, there are three types: Static, dynamic and explosive** |

**Year 8 Block 8 Week 4 – Health, Fitness and Components of Fitness**

Health and Fitness are two important components within Sport. There are 3 different aspects of Health – Physical, mental and social wellbeing.

Fitness can be broken down into 11 different areas – 5 considered to be Health-Related and 6 that are considered Skill-Related.

**Task 2 – Choose the most important skill-related component of fitness for the following athletes:**

**Basketball player**

**Netball player**

**Gymnast**

**Football player**

**There are 6 health-related components of fitness: Agility, Balance, Coordination, Power, Reaction Time and Speed.**

**Task – Match the key term to its definition**

|  |  |
| --- | --- |
| **Key Term** | **Definition** |
| **Agility** | **The maximum rate at which an individual is able to perform a movement or cover a distance in a period of time.** |
| **Balance** | **The time taken to respond to a stimulus** |
| **Coordination** | **Explosive strength that is the product or strength and speed** |
| **Power** | **The ability to use two or more body parts together smoothly and efficiently**  |
| **Reaction Time** | **The maintenance of the centre of mass over the base of support** |
| **Speed** | **The ability to move and change direction at speed while maintaining control.** |

**Year 9 Block 8 Week 1 – Health, Fitness and Components of Fitness**

Health and Fitness are two important components within Sport. There are 3 different aspects of Health – Physical, mental and social wellbeing.

Fitness can be broken down into 11 different areas – 5 considered to be Health-Related and 6 that are considered Skill-Related.

**Task 2 – Choose the most important skill-related component of fitness for the following athletes:**

**Basketball player**

**Netball player**

**Gymnast**

**Football player**

**There are 6 health-related components of fitness: Agility, Balance, Coordination, Power, Reaction Time and Speed.**

**Task – Match the key term to its definition**

|  |  |
| --- | --- |
| **Key Term** | **Definition** |
| **Agility** | **The maximum rate at which an individual is able to perform a movement or cover a distance in a period of time.** |
| **Balance** | **The time taken to respond to a stimulus** |
| **Coordination** | **Explosive strength that is the product or strength and speed** |
| **Power** | **The ability to use two or more body parts together smoothly and efficiently**  |
| **Reaction Time** | **The maintenance of the centre of mass over the base of support** |
| **Speed** | **The ability to move and change direction at speed while maintaining control.** |

**Task 3 – Explain one of the choices you made for Task 2**

**Year 9 Block 8 Week 2 – Health, Fitness and Components of Fitness**

Health and Fitness are two important components within Sport. There are 3 different aspects of Health – Physical, mental and social wellbeing.

Fitness can be broken down into 11 different areas – 5 considered to be Health-Related and 6 that are considered Skill-Related.

**Task 2 – choose the 3 most important components of fitness for the athletes below:**

**Long-Distance Runner:**

**1.**

**2.**

**3.**

**Sprinter:**

**1.**

**2.**

**3.**

There are 11 Components of fitness: 5 are considered to be Health-Related components of fitness and 6 are considered to be Skill-Related components of fitness.

**Task – Can you put the components of fitness under the correct heading and decide if you think they are Health Related or Skill Related.**

|  |  |
| --- | --- |
| **Health-Related Components of Fitness** | **Skill-Related components of Fitness** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

* **Muscular Strength**
* **Muscular Endurance**
* **Cardiovascular Endurance**
* **Flexibility**
* **Body Composition**
* **Agility**
* **Balance**
* **Coordination**
* **Power**
* **Reaction Time**
* **Speed**

**Task 3 – Explain one of the choices you made for task 2**

* **Reaction Time**
* **Speed**

**Year 9 Block 8 Week 3 – Health, Fitness and Components of Fitness**

Health and Fitness are two important components within Sport. There are 3 different aspects of Health – Physical, mental and social wellbeing.

Fitness can be broken down into 11 different areas – 5 considered to be Health-Related and 6 that are considered Skill-Related.

**Task 2 – Choose the most important health-related component of fitness for the following athletes:**

**Rugby Player**

**Tennis Player**

**Swimmer**

**Golfer**

**There are 5 health-related components of fitness: Muscular strength, muscular endurance, cardiovascular endurance, flexibility and body composition.**

**Task – Match the key term to its definition**

|  |  |
| --- | --- |
| **Key Term** | **Definition** |
| **Muscular Strength** | **The ability of the heart and lungs to deliver oxygen to the working muscles** |
| **Muscular Endurance** | **The range of movement possible at a joint** |
| **Cardiovascular Endurance** | **A comparison of the percentages of bone, fat, muscle and water in the body** |
| **Flexibility** | **The ability of a muscle or muscle group to undergo repeated contractions avoiding fatigue** |
| **Body Composition** | **The ability to overcome a resistance, there are three types: Static, dynamic and explosive** |

**Task 3 – Explain one of the choices you made for task 2**

**Year 9 Block 8 Week 4 – Health, Fitness and Components of Fitness**

Health and Fitness are two important components within Sport. There are 3 different aspects of Health – Physical, mental and social wellbeing.

Fitness can be broken down into 11 different areas – 5 considered to be Health-Related and 6 that are considered Skill-Related.

**Task 2 – Choose the most important skill-related component of fitness for the following athletes:**

**Basketball player**

**Netball player**

**Gymnast**

**Football player**

**There are 6 health-related components of fitness: Agility, Balance, Coordination, Power, Reaction Time and Speed.**

**Task – Match the key term to its definition**

|  |  |
| --- | --- |
| **Key Term** | **Definition** |
| **Agility** | **The maximum rate at which an individual is able to perform a movement or cover a distance in a period of time.** |
| **Balance** | **The time taken to respond to a stimulus** |
| **Coordination** | **Explosive strength that is the product or strength and speed** |
| **Power** | **The ability to use two or more body parts together smoothly and efficiently**  |
| **Reaction Time** | **The maintenance of the centre of mass over the base of support** |
| **Speed** | **The ability to move and change direction at speed while maintaining control.** |

**Task 3 – Explain one of the choices you made for task 2**