

Year 9 Physical Education

1. How to improve your Components of Fitness

Component of Fitness	Definition	Methods of Training
Agility	The ability to move and change direction quickly, at speed, while maintaining control	Interval Training Circuit Training
Balance	Maintaining the centre of the mass over the base of support	Circuit Training Static Stretching
Cardiovascular Endurance	The ability of the heart and lungs to supply oxygen to the working muscles	Continuous Training Circuit Training High Altitude Training Fartlek Training
Coordination	The ability to use two or more different parts of the body together, smoothly and efficiently	Circuit Training
Flexibility	The range of movement possible at a joint	Static Stretching Circuit Training
Muscular Endurance	The ability of a muscle or a muscle group to undergo repeated contractions, avoiding fatigue	Weight Training Circuit Training
Power	The product of speed and strength. $\text{Power} = \text{strength} \times \text{speed}$	Pyometric Training Weight Training
Reactor Time	The time taken to initiate a response to a stimulus	Circuit Training
Strength	The ability to overcome resistance	Weight Training Circuit Training
Speed	The maximum rate at which an individual is able to perform a movement or cover a distance in a period of time.	HIIT Interval Training

2. Sports and Physical Activity improves your Social Health



Enables you to cooperate with other people

Provides Opportunities to socialise and make friends



Work collaboratively, in a team

Improves communication

