

Retrieval

1. There are five components of skill related fitness. Which one of these is a component of skill related fitness? (circle the correct one).

Muscular endurance

Flexibility

Muscular strength

Coordination

2. Complete the table with the correct components

	The maximum force that can be generated by a muscle or muscle group.
	The ability of the cardiorespiratory system to work efficiently, supplying nutrients and oxygen to working muscles during sustained physical activity.

3. Alfie is a high jumper for a local club. Alfie finds it hard to bend his back into the correct position when he goes over the bar. Which component of fitness should he be working on? (circle the correct answer)

Body composition

Strength

Flexibility

Balance

4. Denise is a Shot Putt thrower which component of fitness is most important for her to be successful in her sport? (circle the correct answer)

Aerobic endurance

Muscular strength

Coordination

Flexibility

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Aerobic endurance

Muscular strength

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Flexibility



Colton Hills PE – Exercising Potential



SELF-REGULATION

Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
<p>I can recognise that making errors is part of learning.</p>	<p>I can identify things that worked well and those that did not.</p> <p>I can begin to suggest goals for improvement in my work.</p>	<p>I am aware of my own general strengths and weaknesses.</p> <p>I can make improvements to own practice and set future goals for improvement.</p>	<p>I can evaluate the outcomes of changes and justify improvements to my performance.</p>	<p>I can make insightful observations and comments to continually refine and improve my work.</p>

Responding To Feedback



Applying my knowledge of fitness components to a team sport.

Original Success Criteria:

- To define the components of fitness that you identify are important in your team sport.
- To explain how each of the components of fitness will be required during participation in a team sport of your choice.
- To explain the impact of each of these components of fitness on the performance in your team sport.

General misconceptions/mistakes

- You need several examples from the sport of why its important, use examples from players in different positions or different phases of play.
- Explain why its important in the game to be a successful performer. Agility example attacker- you can dribble past players, this will mean you can move into a good shooting position, increasing your chance of scoring.
- Explain the disadvantage of not being good at that component, what will you not be able to do in that sport.

Common Spelling errors X3

- Aerobic endurance
- Flexibility
- Component
- Efficiently
- Sustained
- Cardiorespiratory

Excellence Task

Using the same team sport complete a paragraph on another component of fitness, do not forget to include:

- A definition of the component of fitness.
- Examples of where the component is used in that sport.
- The disadvantage of not being good at that component.

Responding to Feedback



Applying my knowledge of fitness components to a team sport.

1. Correct spellings x3
2. *After reviewing my work I found that...* (include one strength and one area for development – this must link to the original success criteria)
3. *Next time I will...*
4. Excellence Task

How to apply my knowledge of fitness components to an individual sport?



Learning Intent – what I need to know:

To understand the definition of an individual sport.

To understand the components of fitness that are important to be successful in my chosen individual sport.

How will I know if I've been successful?

I can define the components of fitness that are needed to be successful in my chosen individual sport.

I can explain specific examples from my individual sport to show why the components are needed to be successful in that sport.

Tier 2 and 3

vocabulary:

Cardiorespiratory

Aerobic endurance

Flexibility

Coordination

I understand how different components of fitness are used in different physical activities ?



Task 1 – Components of fitness

The Neighbourhood Physical Activity and Movement Officer has asked you to help the young people understand the different components of fitness required for participation in an individual sport of your choice.

Produce a written response that will enable the young people to understand what each of the different components of fitness are, their use in the chosen individual sport and the impact they have on performance in that sport. Your written response should include an account of:

- how each of these components of fitness will be used during participation in the individual sport
- the impact of each of these components of fitness on performance in the individual sport.

The three most important physical fitness components in are, and

Write about each component

1. Give a definition for the component
2. Give several examples of where this component is needed in the sport
3. Explain how not having this component would effect performance

Applying the components of fitness to an individual sport

100m Sprint	Javelin
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.

Task: Complete assigned Seneca tasks on fitness components.

Purpose: To recap the fitness components that we have been covering this week in lessons.

Expectations: You should repeat the tasks until you achieve at least 85% on both tasks

Expected duration: 20 minutes

Due date: Thursday 11th May

