

HOME LEARNING

Year 7 – PE – Home Learning 7

Please try and stay as physically active as possible whilst at home. Included are some links to a variety of different workouts that can be completed whilst you are at home. Please try and do one of these at least twice a week.

https://www.youtube.com/watch?v=LDo05xQeKI0&list=PLyCLOPd4VxBtuM-_HKeZSDSCKaVlhYiVL&index=7 - Workout 7 | 15 Exercises In 15 Minutes | The Body Coach Beginner Workout Series

<https://www.youtube.com/watch?v=ys3xGDVagNo> - 9 Minute Abs Workout | The Body Coach

Please submit this work to me at mwhite@bower-grove.kent.sch.uk – **2 GOLDEN TOKENS** for this first piece of work received then **1 GOLDEN TOKEN** for any work after that!!

Worksheet is below.

Components of fitness

Components of fitness and the relative importance of these components in physical activity and sport:

Fitness	Description	Sporting example	Fitness test
Agility	The ability to change the position of the body quickly and to control the movement of your whole body		
Balance	The ability to retain the centre of mass (gravity) of the body above the base of support. (static or dynamic)		
Body composition	The percentage of body weight that is fat, muscle and bone		
Coordination	The ability to use two or more body parts together		
Cardiovascular	The ability to exercise the entire body for long periods of time		
Flexibility	The range of movement at a joint		
Muscular Endurance	The ability to use the voluntary muscles many times without getting tired		
Muscular Strength	The amount of force a muscle can exert against a resistance		
Power	The ability to do strength performances quickly (answer) = strength x speed		
Reaction Time	The time between the presentation of a stimulus and the onset of movement		
Speed	The rate an individual is able to perform a movement or cover a distance in a short period of time		

Can you now put these components of fitness in order of importance for the following sports?

1. Weight lifter
2. A Jockey
3. 100m sprinter

Give this work out a try

Bodyweight Walking Lunge



1 sets 12 reps

Bicycles / Elbow-to-Knee Crunches / Cross-body Crunch



1 sets 12 reps

Chair Squat



1 sets 15 reps

Reverse Crunch



1 sets 12 reps

Spiderman Push-up



1 sets 15 reps

Superman / Extended Arms & Legs Lift



1 sets 12 reps