

PE WORK- YEAR 7

Unscramble these components of fitness

SHGTERNT

CAEIBRO EECNDANUR

PDSEE

IBILEXILTYF

LACEBAN

LIYAGIT

NOCARDOINTIO

SPEED/ AGILITY/ FLEXIBILITY/ BALANCE
CARDIO ENDURANCE/ COORDINATION
STRENGTH

MATCH THE COMPONENTS OF FITNESS TO WHO WOULD USE THEM MOST.

SPEED



STRENGTH



BALANCE



CARDIO ENDURANCE



What is the purpose of a warm-up?

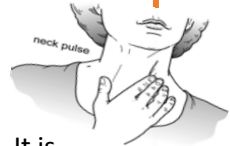


How do we work out our heart rate?

Find your pulse and count it for 30 seconds. Now double it and this is your resting heart rate. **My resting heart rate is.....**

What do you think will happen to your heart rate when you exercise?

.....



Everyone has a maximum heart rate. It is calculated using this equation: 220- your age.

What is your maximum heart rate?.....

Can you work it out for some of your other family members?

.....
.....
.....
.....



WHAT HAPPENS WHEN WE EXERCISE?

When we exercise our heart needs to work harder. This means we get an

.....

If we continue to exercise we often get thirsty because of

an.....

To combat this our body starts to try and cool us down.

When we stop exercising our

.....

we slowly start to drop.

Increased heart rate



Sweating



Increase in body temperature

