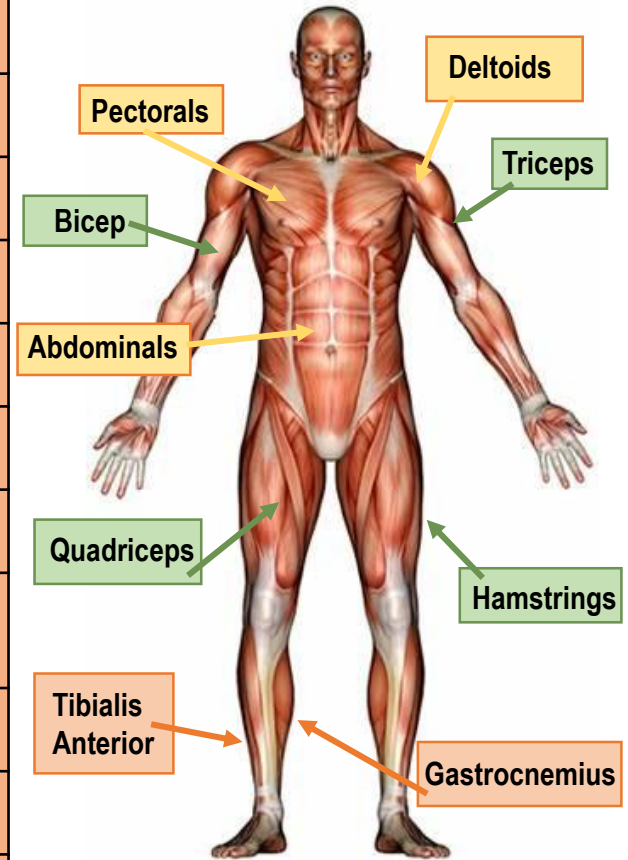


EXAMPLES

Flexion	Decreasing the angle at a joint	Preparation phase when kicking a football (knee bending)
Extension	Increasing the angle at a joint	Execution phase when kicking a football (knee straightening)
Planta-flexion	Increasing the angle at the ankle joint	Pointing your toes when performing an arabesque
Dorsi-flexion	Decreasing the angle at the ankle joint	Preparation phase during a jump shot in basketball
Abduction	Moving limbs away from the centreline of the body	Abducting the shoulder during the executing phase when batting in rounders
Muscular Endurance	Ability of a muscle or to contract over a sustained period	Middle-distance running, rowing or swimming
Cardiovascular Endurance	The ability of the heart and lungs to supply oxygen to the working muscles	Long-distance runners, team sports performers, endurance cyclists and rowers
Agility	The ability to move and change direction quickly (at speed) whilst maintaining control	A footballer needs agility to change direction quickly whilst dribbling the ball to outwit the defender
Power	Strength x speed	A basket baller needs power in the quadriceps when jumping to perform a lay-up
Reaction time	The time taken to initiate a response to a stimulus	A sprinter needs good reaction time to respond to the starting gun
Flexibility	The range of movements possible at a joint	A gymnast needs good flexibility to be able to perform movements such as the splits
Coordination	The ability to use different (two or more) parts of the body together, smoothly and efficiently	A cricket player needs coordination when hitting a cricket ball with a bat



SHORT TERM EFFECTS

- Increases heart rate
- Increases breathing rate
- Increases temperature

- Increases flexibility
- Reduces injury
- Mental preparation

Warm-up

Cardiovascular warm up
e.g. jogging

Dynamic stretches
e.g. high knees, heel flicks

Key	
	Advanced
	Secure
	Developing

Year 7 (A01)

MOVEMENT ANALYSIS

- **Muscles**
 - position and location on the body
- **Types of actions/movements**
 - definitions: Flexion, extension, abduction, adduction, planta-flexion, dorsi-flexion
 - linked to practical examples

FITNESS AND TRAINING

- **Components of fitness**
 - definitions: Muscular endurance, cardiovascular endurance, agility, reaction time, flexibility and coordination
 - Linked to sporting examples

CARDIO-RESPIRATORY

- **Short term effects of exercise**
 - Linked to components of an effective warm-up

Year 8 (A02)

MOVEMENT ANALYSIS

- **Bones / Types of bones**
 - position and location on the body
- **Antagonistic pairs**
 - Agonist and antagonist
- **Types of actions/movements**
 - linked to practical examples (preparation, execution and follow through)

FITNESS AND TRAINING

- **Components of fitness**
 - Relative importance to a sports performer
- **Methods of training/FITT**
 - Linked to component of fitness and specificity or a performer

CARDIO-RESPIRATORY

- **Types of respiration**
 - Definitions: Aerobic (with O₂) anaerobic (without O₂)
 - Link to practical examples
- **Long-term effects of exercise**

Year 9 (A03)

MOVEMENT ANALYSIS

- **Muscles and bones working together**
 - Actions and movements
 - Analysis linked to practical examples
- **Types of Muscle contractions**
 - Analysis – Isometric, isotonic: eccentric and concentric

FITNESS AND TRAINING

- **Components of fitness**
 - Analysis and Evaluation
- **Methods of training/FITT**
 - Comparing sports performers
 - Advantages and disadvantages

CARDIO-RESPIRATORY

- **Types of respiration**
 - Calculations
 - Analysis to practical examples/ components of fitness
- **Short/Long-term effects of exercise**
 - Evaluate benefits to a performer