

NAME:

GCSE PE

TOPIC 1.1.3

Revision Booklet

What is Health, Exercise and Fitness?

HEALTH

EXERCISE

FITNESS

PERFORMANCE

Five Components of Health Related Exercise

CARDIOVASCULAR FITNESS –

MUSCULAR STRENGTH –

MUSCULAR ENDURANCE –

FLEXIBILITY –



BODY COMPOSITION –



EXAM STYLE QUESTIONS

Components of Health Related Fitness

Name the two most important components of health related fitness for the sports shown and explain why that component is needed?

(Cardiovascular Fitness, Muscular Strength, Muscular Endurance, Flexibility, Body Composition)

		
Component 1		
Explanation		
Component 2		
Explanation		

		
Component 1		
Explanation		
Component 2		
Explanation		



Component 1		
Explanation		
Component 2		
Explanation		

The Six Components of Skill Related Fitness

SPEED –

AGILITY –

BALANCE –

POWER –

REACTION TIME –

CO-ORDINATION –

Linking Skill Related Fitness to Sport

TENNIS	
Component of Fitness	Reason / Example
AGILITY	
CO-ORDINATION	
REACTION TIME	

BOXING	
Component of Fitness	Reason / Example
SPEED	
POWER	
REACTION TIME	

GYMNASTICS	
Component of Fitness	Reason / Example
BALANCE	
POWER	
CO-ORDINATION	

HOCKEY	
Component of Fitness	Reason / Example
AGILITY	
SPEED	
CO-ORDINATION	

Components of Skill Related Fitness

Name the two most important components of skill related fitness for the sports shown and explain why that component is needed?

(Agility, Balance, Co-ordination, Power, Reaction Time, Speed)



Component 1		
Explanation		
Component 2		
Explanation		



Component 1		
Explanation		
Component 2		
Explanation		

