









Physical Education Year 8 Knowledge Organiser

Maximum Heart Rate: 220-AGE
 Aerobic Training Zone: 60-80%
 Anaerobic Training Zone: 80-90%

Continuous Training	Fartlek Training	Circuit Training	Interval Training	Plyometric Training	Weight Training
Is sub-maximal aerobic exercise that has no breaks or rest. It lasts for a minimum of 20 minutes and can improve cardiovascular & muscular endurance	Form of continuous training that varies in pace and terrain. It is both aerobic & anaerobic and can improve cardiovascular & muscular endurance	Contains stations organised in a circuit, they can be skill or fitness based, aerobic or anaerobic Intensity is measure by circuits, time or repetitions. Can be adapted to improve all types of fitness	High intense exercise followed by periods of rest to recover Usually anaerobic can be used in a variety of locations Improves speed but can improve strength and cardiovascular	Maximal intensity involving jumping/bounding. It involves an eccentric contraction (muscle lengthens) immediately followed by a concentric (muscle shortens) Improves power (speed & strength)	Form of interval training which involves reps and sets. The weight provides the resistance. Can be done using free or fixed weights. It improves strength, power and muscular endurance
Advantages	Advantages	Advantages	Advantages	Advantages	Advantages
No equipment or facilities Has many health benefits (CHD) Can be done on your own	No equipment or facilities Change of pace can be more interesting Can be done on your own	Variety of stations generates interest Can be skill or fitness Can easily be adapted	Can be used to improve health and fitness (aerobic & anaerobic) No equipment needed	Develops power quickly No equipment	Can target specific areas of the body
Disadvantages	Disadvantages	Disadvantages	Disadvantages	Disadvantages	Disadvantages
Boring No change of pace Can cause impact injuries	High intensity can be avoided A safe route may be hard to find	Equipment can be costly Can be time consuming to set up	Can be repetitive and boring Need to plan and keep track of sets	Can cause injury due to high intensity	Can cause injury with poor technique a spotter needed with free weights Can be expensive
Sports	Sports	Sports	Sports	Sports	Sports
Marathon running Cycling Swimming	Fotball Rugby Netball	Can be adapted to suit all sports	Usually for speed It can be adapted to other sports	Basketball Long jump Hurdles	Weight lifting, tennis (muscular endurance)
					

KEY VOCABULARY

Fitness, Health, Aerobic, Anaerobic, HITT, Circuit Training, Training thresholds, Overload, Continuous training, bicep curls, burpees, glute bridge, lunges, mountain climbers, plank, press ups, Russian twists, sit ups, squats, V sit, Wall sit, side plank, triceps dips, star jumps, shuttle runs, high knees, crunches, jumps, star jumps, high knees, spotty dogs, ski jumps (side to side), heel flicks, sprinting, Maximum heart rate, Plyometric training, Fartlek Training