



# Knowledge Organiser KS4 Cambridge Nationals PE

**Year**

**10**

**Topic**

**Components of Fitness**

COMPONENTS OF FITNESS	DEFINITION	TESTS	EXAMPLES OF RELATED SPORTS
Cardiovascular endurance/ stamina	The ability to exercise for a sustained period of time	Multistage Fitness test or Cooper 12 minute run	Athletics, invasion Games
Muscular endurance	When one or muscles contract repeatedly when lifting or moving, for a certain length of time.	Sit up or Press Up Test	Rowing,
Speed	How fast the body can move from A to B or perform an action until it's complete.	30 metre sprint	Invasion games, (specific positions)
Strength	When the body has to exert a force against resistance.	Grip dynamometer or 1 Rep Max	
Power	The ability to exert a force with speed	Standing Long Jump or Vertical High Jump	Gymnastics
Agility	Being able to change direction at speed whilst keeping the body under control.	Illinois Agility Run	Invasion Games
Balance	The ability to maintain your centre of gravity when standing still or moving.	Stork Stand	Gymnastics
Flexibility	The amount/range of movement around a joint.	Sit and Reach	Gymnastics
Coordination	When a sequence of movements are performed smoothly and accurately together.	Alternate Hand Wall Toss	Any ball games
Reaction time	The time it takes for the body to respond to a stimulus.	Ruler Drop	Sprinter

**Websites for analysing fitness test**

You need to be able to analyse your fitness results and find your strengths and weaknesses

<https://www.topendsports.com/testing/norms/index.htm>  
<https://www.brianmac.co.uk/eval.htm#t16>  
<https://www.outputsports.com/educational-blogs/2021/4/6/normative-fitness-test-values>

**Test Protocols**

All tests should be carried out the same way each time so they can be judged from one time to the next.  
 Equipment should be standardised  
 Only one factor should be measured each test  
 Any measurements required should be accurate