

Knowledge organiser- Understand how different components of fitness are used in different physical activities

2a.1 Components of physical fitness		
Aerobic endurance	The ability of the cardiorespiratory system to supply oxygen and nutrients to the muscles to sustain low to medium intensity work to delay fatigue.	<u>E.g.</u> Distance running, Rugby, Football
Muscular endurance	the ability of the muscular system to continue to contract at a light to moderate intensity to allow repetitive movements throughout a long event or game.	<u>E.g.</u> Rowing, Rugby
Muscular strength	The maximum force that can be generated by a muscle or muscle group to improve forceful movements within an activity.	<u>E.g.</u> Weight lighting
Speed	Distance divided by time to reduce time taken to move the body or a body part in an event or game.	<u>E.g.</u> Sprinter, Football, Netball
Flexibility	The range of motion possible at a joint to allow improvements in technique.	<u>E.g.</u> Gymnastics, Badminton
Body Composition	the relative ratio of fat mass to fat-free mass in the body allowing variation in body composition dependent on the sport.	

2a.2 Components of skill-related fitness		
Power	The product of speed and strength to allow for explosive movements in sport	<u>E.g.</u> Sprinting, Boxing
Agility	The ability to change direction quickly to allow performers to outmanoeuvre an opponent.	<u>E.g.</u> Rugby, Tennis, Netball
Reaction time	The time taken between a stimulus and the start of a response, useful in fast-paced sports to make quick decisions about what to do.	<u>E.g.</u> Sprinting, Swimming
Balance	The ability to maintain centre of mass over a base of support, useful to maintain positions in performance sports (static balance) or when on the move in any other sporting situation (dynamic balance).	<u>E.g.</u> Gymnastics, Trampolining, Badminton
Coordination	The ability to move two or more body parts at the same time smoothly and efficiently, to allow effective application of technique.	<u>E.g.</u> Tennis, Badminton, Squash

B1: Techniques, strategies and fitness required for different sports	Definitions
Skills	Skills are learned abilities that athletes acquire through training and practice. It is also the ability to perform at a high standard effectively and efficiently.
Strategies	Strategies are methods that performers use in sport to <u>maximise</u> their chance of winning. They are <u>prearranged</u> and <u>rehearse</u> – for example in netball deciding who receives the <u>centre</u> pass.
Isolated practice	Is a practice that focusses on one skill at a time, for example passing in football.
Competitive situation	A situation where two opposing teams or individuals work to achieve a shared goal, for example winning a football match.

B2: Officials in sport	Definitions
Appearance	Most officials will have to wear a specific uniform. Their uniform differentiates them from the performers and reinforces their importance. It is important that their uniform is of a different <u>colour</u> .
Equipment	Specific equipment may be required to support the application of the rules. The officials are responsible for bringing this equipment. For example, a netball umpire will need to bring a whistle, pen, coin and scorecard.
Fitness requirements	Officials may be required to be in the field of play when refereeing a game. They will need to have high levels of fitness to keep up with the game.
Effective communication	In some sports there are numerous officials involved, they will need effective communication with each other to ensure they know what is being decided.
Control of players	Officials are responsible for the safety of the players on field and apply the regulations correctly. In serious situations the referee has the power to send players off the field of play.
Health and safety	It is the responsibility of the official to ensure necessary checks are carried out to ensure the safety of player, officials and spectators. Checks will be carried out beforehand to ensure there is no danger to anyone.

B2: Officials in sport	Definitions
Referee/Umpire	A referee / umpire watches the game closely and makes sure rules are adhered to. They can overrule the decision of a line umpire or assistant referee and their decision is final.
Assistant referee/ Line umpire	Assistant referee / line umpire acts as an additional referee from the sideline and looks for additional infringements of the laws of the game.
Scorers and Judges	The role of a judge/scorer is to observe the performance of an athlete and assess the demonstration of a skill or technique against a set criteria. Mainly used in gymnastics.
Timekeepers	Some sports require official timekeepers to monitor the duration of play and must start and stop the clock at specific stages of play. For some sports it is a requirement that every time the ball is out of play or play stops, time is stopped and not started again until play resumes. The timekeeper has the sole responsibility to stop and start the clock.
Video review officials	A video review official is someone who monitors the game live, if there is an infringement referees will sometimes ask to see the footage again to assist them in making the correct decision. Video review officials will replay the footage for the referee and assist with the decision making.

Component	Check
unopposed stationary drills	A stationary drill is the simplest type of drill. This allows the skill to be completely isolated and the participant to only focus and practice that skill
drills with the introduction of travel	Once a stationary drill is mastered then the travel is added to the skill to make it more difficult.
drills with passive opposition	The skill is practiced in a drill with <u>opposition</u> but the opposition aren't actively trying to get advantage.
drills with active opposition.	The skill is practiced in a drill with opposition trying to gain possession / win points.
Conditioned practices	A conditioned practice allows for a skill to be practiced in a real game like situation however a condition will be put on the game to encourage participants to make extra effort to use the skill that has been practiced in the previous drills.

Communication of Drills

Component	Check
Demonstration	Showing how to do something.
Teaching points	Specific cues that identify the key learning of the skill.

Organisation of drills

Component	Check
Space – areas used	The space needed for the <u>drills</u> session.
Equipment	The equipment needed for the <u>drills</u> session.
<u>Organisation</u> of participants, e.g. in working pairs or groups	The size of the groups that participants will work in for each drill or conditioned practice.
Timing	How long each drill will take.
Demonstrations	How the drills will be shown to participants.
Positioning	Where the coach will stand to observe the drills.

Supporting participants

Component	Check
Observing participants	Watching participants during the drills.
Providing instructions	Clear concise explanation of the drill.
Providing teaching points	Specific cues that identify the key learning of the skill
Providing feedback to participants.	Correct or positive to allow participant an understanding of how well