Year 9 HRE Knowledge Organiser

Skills

- I know the difference between **aerobic** and **anaerobic exercise**
- I can measure my **heart rate** and work out the **training zones** for **aerobic** and **anaerobic** fitness
- I can name and locate the main **muscles** in the body
- I can describe the principles of training of **SPORT**

Decision Making

- I can use my heart rate to determine if I am working **aerobically** or **anaerobically**
- I can decide which **muscles** are being worked during different circuit exercises
- I can apply the **principles of training** to make training harder as my fitness improves
- I can compare my **fitness test** results against my year 8 scores to see if improvements in my fitness have been made

Growth & Development

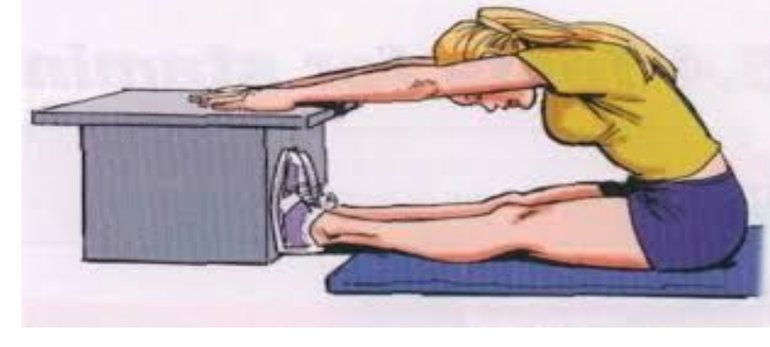
- I complete regular training to help develop the components of fitness which will benefit my performance in sport.
- I can analyse the impact of different energy systems on performance.
- I can explain what type of energy system is predominantly used in different sports and how to develop them.

Confidence, Passion & Leadership

- I show a willingness to improve by actively engaging in each lesson.
- I can successfully coach a peer on how to carry out a fitness test and method of training.
- I recognise how to improve in my own fitness and seek out opportunities to do so, such as attending an extra-curricular or local club.

Key Terms

Aerobic
Anaerobic
Heart rate
Training zone
Muscles
Principles of training
Specificity
Progressive Overload
Reversibility
Tedium

Rules

- It is important to warm up effectively before performing any training sessions or fitness test
- You must match the training method(s) to the components of fitness important in the sport and an individual's fitness levels
- You need train in the correct heart rate training zone to develop different energy systems
- You must apply the principles of training correctly if you are to improve your fitness safely and effectively