

# PROGRESSION IN PHYSICAL EDUCATION

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# KNOWLEDGE OF COMPONENTS OF FITNESS



## KEY STAGE 3 CORE PE

I can undertake a variety of fitness tests related to components of fitness.



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## KEY STAGE 4 CORE PE + YEAR 10 GCSE PE

I can accurately measure my results in a variety of fitness tests and link these tests to the different components of fitness (Core PE).

I can also compare my results to normative data and justify why each component of fitness is important in my chosen activity (GCSE PE).

Fitness Test	Component of Fitness	Test Results	Order of Importance in Netball and WHY?
Sit and Reach Test	Flexibility	6.8cm (below average)	10 - It is not essential to have good flexibility because players can perform amazingly without it and it rarely appears in a game where it would give you an advantage.
Hand Grip Dynamometer	Muscular Strength	37 (excellent)	8 - Muscular strength can be useful to some players, For example, a GS or GK. However, it is not essential for all players such as WA and C who need agility more. As well as this, too much muscular strength can be hard to control therefore causes umpires to pull you up more especially for contact therefore making it less important.
1 minute Press Up Test	Muscular Endurance	36 (good)	7 - Netball involves a lot of different movements and speeds meaning that one muscle group isn't continuously working for the whole game without rest. As well as this, netball is a team game so some players will be working while others give them space to avoid crowding, whilst this happens the players who aren't working are giving their muscles a chance to rest and oxygenate. So muscular endurance isn't vital but it can be useful especially to centre court players who work for longer amounts of time.
Multistage-fitness test	Cardio-Vascular Endurance	18 S3 (average)	1 - Netball involves continuously moving at a fast pace for the whole game therefore this is the most important because it can put you at a very good advantage if you have a better resistance to fatigue, this way you can strongly support your team.
Illinois Agility Test	Agility	20.6 seconds (average)	4 - Every player needs agility, because every player either needs to mark their player or they will need to get free of their defender. Both of these things require constant change of direction. The better a player is at this, the more opportunities they have of winning possession of the ball for their team.
Standing Stork Test	Balance	90 seconds (excellent)	5 - Footwork is one of the basic things taught in netball as it surrounds the game. Balance ensures that players have good footwork as they can stop and remain stable. Some players on court need more balance than others therefore it is not the most important if some people don't depend on it as much.
30 Second Wall Ball Toss	Coordination	26 (average)	2 - Coordination is vital in ball handling which is what the whole game consists of, it ensures that a player can both pass and receive the ball well and helps them to navigate around the court.
Vertical Jump	Power	58cm (above average)	3 - Power allows a player to have an advantage almost anywhere on the court such as throwing a faster and stronger pass or being able to jump really high. These things can set you above others and make a clear difference on court therefore it is one of the most important things.
Ruler Drop Test	Reaction Time	17.8cm (average)	6 - Reaction time provides a player to quickly act upon something, whether this is a dropped ball or a rebound. A fast reaction time will provide a person with an advantage however there are very few moments in a game where the game depends on it; making it less important.
30m Sprint	Speed	4.3seconds(average)	9 - Speed can be important for some positions, such as a centre, however a goal defence, there are more important things such as agility and power. Speed can help with driving so as long as you are fairly decent with sprinting then it will not matter too much, and because of how small the court is, lots of power will have the same effect.

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## YEAR 11 GCSE PE

I can create a suitable and appropriate six week training programme which relates to improving one or more components of fitness.

Week 1							
Exercises	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 hour training session: -20 minute warm up (including gentle running, high knees, different intensities of sprinting, and working on joint mobility) -15 minute HIIT training: 20 seconds on, 40 seconds off, x3 (break for a few minutes then repeat x3) -15 minute medium intensity drill work (coach's choice but including fast footwork) -10 minute cool down (gentle jogging to fast walk then static stretched)  CVE is improved due to work at different intensities and this mirrors a match.	Recovery	1 hour and half netball training session: -20 minute warm up (including gentle running, high knees, different intensities of sprinting, and working on joint mobility) -30 minute drills (ball handling and 1 full court suicide run) -30 minute match play (medium intensity) -10 minute cool down, (gentle jogging to fast walk then static stretched)  Different intensities of running to improve CVE.	Recovery	45 minute Gym session. -10 minutes walk on treadmill -20 minutes run on the treadmill (can vary speed which will be a method of fartlek training) -5 minutes on stairmaster (slow speed) -10 minutes cycling (continuous speed + high intensity) (record average speed/distance travelled to see if any improvements are made in the following weeks).  CVE improves due to constant and varying exercises.	Recovery	Use knowledge of performance in match play for improvements.

