




Complex Skill - A skill requiring a lot of attention and concentration.	PARQ – Physical Activity Readiness Questionnaire.	Muscle fibre types – Slow twitch type 1, Fast twitch type 11a, Extremely Fast twitch type 11x	Agonist muscle – The muscle that contracts (because you are in agony!)	1,2,3 FLE For Classification of Levers (rhyme)	Mechanical advantage? - large loads can be moved with a relatively small amount of effort	Closed Skill - A skill performed in a predictable environment and timing is largely down to the individual performing the skill
Basic Skill - A simple skill requiring little concentration to execute.	3 Phases of a training session - Warm up, Main body (training programme) and Cool down.	There are 3 blood vessels – Arteries, Veins, Capillaries.	Antagonist muscle – The muscle that relaxes (because your Auntie is always so chilled out!)	Body Composition- A measure of the percentages of fat, muscle, bone, water and vital organs that make up your body weight.	Mechanical disadvantage? - The distance a load can be moved, or the speed with which it can be moved, can be increased without an increase in effort.	Open Skill - A skill performed in an unpredictable environment, where the performer has to react and adjust to the changing nature of the situation.
FITT principle Frequency Intensity Time Type	The skeleton (bones) – Blood cell production, muscle attachment, mineral storage, joints for movement, protects.	Abduction – Taking the limb away from the mid-line of the body (if one abducts a child they take it away.)	Adduction – you add the limb back to the centre line of your body.	What are the four components of optimum weight? - gender, height, muscle girth, bone structure	Balanced diet – Carbohydrates, proteins, minerals, fibre, vitamins, fats and water	Planes of movement. Freddie Sees Saturday football on TV – Frontal, Sagittal, Sagittal Frontal, Transverse Vertical. For planes.
SMART targets – Specific Measurable Achievable Realistic Time bound.	There are 4 types of bone – long, short, flat, irregular.	<h2 style="margin: 0;">50 Facts Physical Education</h2> <p style="margin: 0;">Use this sheet to make sure you know the answers to these questions</p> <div style="display: flex; justify-content: space-around; align-items: center;">    </div>			Components of fitness (Skill) – Agility, balance, coordination, power, reaction time and speed	Components of fitness (Physical) – cardiovascular fitness, flexibility, muscular endurance, muscular strength and body composition
Warm ups are designed to A) raise the core temperature, B) oxygenate the blood, C) prepare us for activity, D) increase the flexibility of muscles.	The vertebrae has 5 sections – Cervical, Thoracic, Lumbar, Sacrum, Coccyx. (CAN'T THINK LOGICALLY SO CRY)	Types of movement – flexion, extension, rotation, circumduction, plantar-flexion, dorsi-flexion, adduction, abduction.	Route through the heart, valves – Tricuspid first and Bicuspid second (tri before you bi!)	Drugs in Sport – anabolic steroids, diuretics, beta blockers, peptide hormones, stimulants, blood doping and narcotic analgesics	Fitness Tests (Skill components) Agility – Illinois run Balance – Standing stalk test Coordination – Wall toss Power – Sergeant Jump Reaction time – Ruler drop Speed – 30 metre sprint	Low organisation skills - A basic skills that can be broken down easily into different phases so each part can be practised separately.
Exercise is not the same as Sport – Sport is competitive, exercise can be any physical activity.	Joints of the body – Hinge, Pivot, ball and socket, condyloid.	Plantar flexion – you 'plant' your foot. (ideal example a gymnast pointing their toes, or a long jumper taking off from a board)	Route through the heart – Atrium then Ventricle. A before V (Alphabetical)	Anabolic Steroids- A man made copy of the male hormone testosterone, which stimulates muscle growth.	Continuum - A line with a classification extreme at each end. Skills can then be placed on the continuum; the closer they are placed to the extreme, the more like that extreme they are.	Fitness Tests (Physical components) Cardiovas fitness – Cooper run Flexibility – Sit and reach Muscular endurance – Press up test Muscle strength – Grip Test Body comp – Skinfold Test
Training gains – Occur during Rest and Recovery periods.	Arteries – Take blood away from the heart at high pressure.	Dorsi Flexion – Toes curling upwards (ideal example a high jumper striking down with their heel – the toes would come up)	Sedentary Lifestyle impact – overweight, overfat and obese	Verbal Guidance When a coach describes how to perform a skill.	Methods of Training – continuous training, fartlek training, circuit training, interval training, plyometric training and weight/resistance training	Manual guidance - Involves a coach physically moving a performer into the correct position.
Stages of a warm up – A)Pulse raiser B) Stretches C) Skill drills. D) psychological warm up (mental rehearsal)	High organisation skills - A skill that cannot be broken down easily and practised separately because the phases of the skill are closely linked.				Visual Guidance - Guidance presented so a performer can look at it, can include live demonstration, a video or poster.	Mechanical guidance Is when equipment is used to assist the coaching process, such as floats or a harness in trampolining.