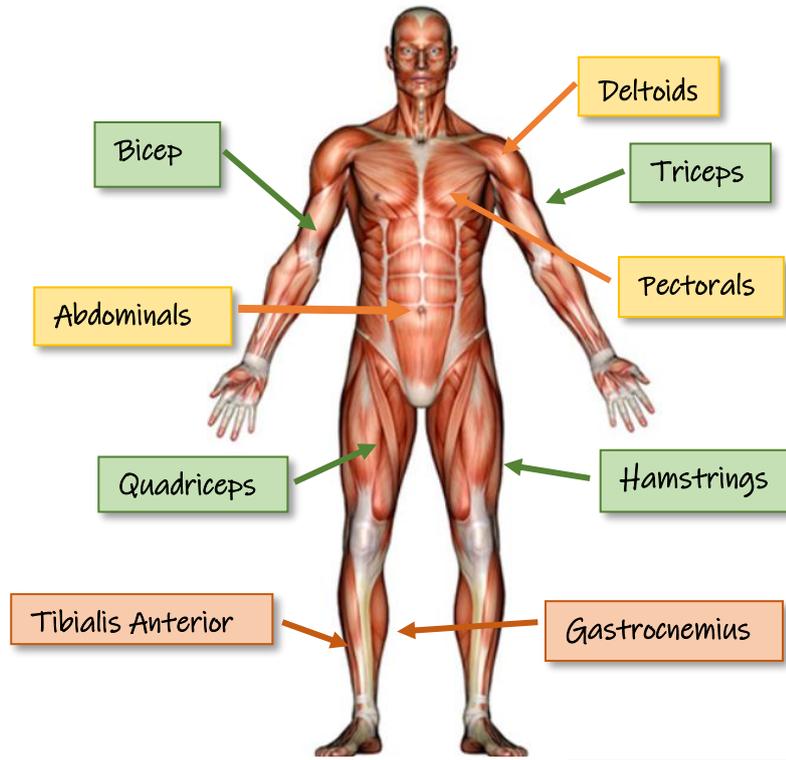
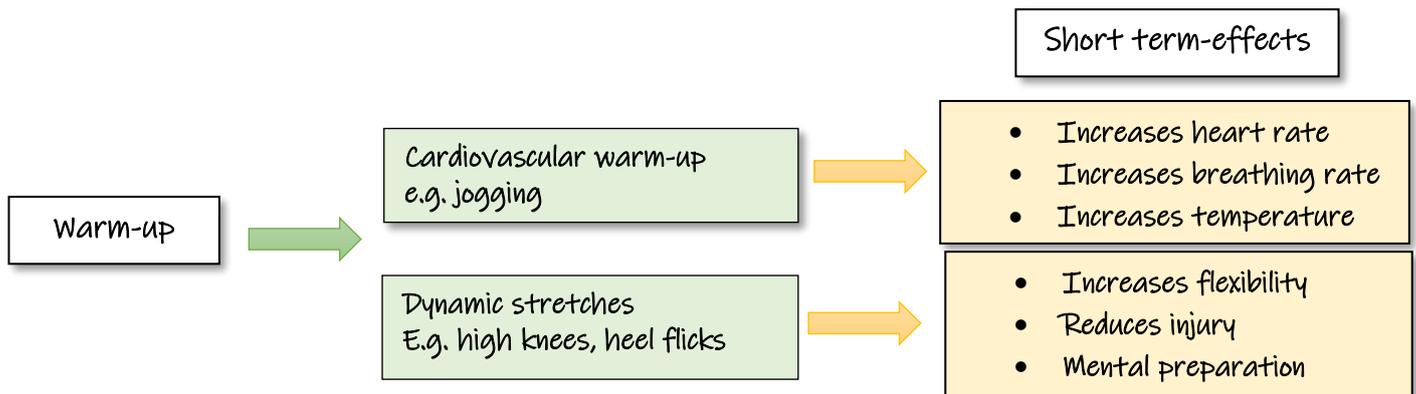


# Year 7 knowledge Organiser



Key	
	Advanced
	Secure
	Developing

		Examples
Flexion	Decreasing the angle at a joint	Preparation phase when kicking a football (Knee bending)
Extension	Increasing the angle at a joint	Execution phase when kicking a football (Knee straightening)
Planta-flexion	Increasing the angle at the ankle joint	Pointing your toes when performing an arabesque
Dorsi-flexion	Decreasing the angle at the ankle joint	Preparation phase during a jump shot in basketball
Abduction	Moving limbs away from the centreline of the body	Abducting the shoulder when preparing to bat in rounders
Adduction	Moving limbs towards the centreline of the body	Adducting the shoulder during the executing phase when batting in rounders
Muscular Endurance	Ability of a muscle or to contract over a sustained period.	Middle-distance running, rowing or swimming
Cardiovascular Endurance	The ability of the heart and lungs to supply oxygen to the working muscles	long-distance runners, team sports performers, endurance cyclists and rowers
Agility	The ability to move and change direction quickly (at speed) whilst maintaining control	A footballer needs agility to change direction quickly whilst dribbling the ball to outwit the defender
Power	Strength x speed	A basketballer needs power in the quadriceps when jumping to perform a lay-up.
Reaction Time	The time taken to initiate a response to a stimulus	A sprinter needs good reaction time to respond to the starting gun.
Flexibility	The range of movements possible at a joint	A gymnast needs good flexibility to be able to perform movements such as, the splits
Coordination	The ability to use different (two or more) parts of the body together, smoothly and efficiently	A cricket player needs coordination when hitting a cricket ball with a bat



Warm-up



Cardiovascular warm-up  
e.g. jogging



- Increases heart rate
- Increases breathing rate
- Increases temperature

Dynamic stretches  
E.g. high knees, heel flicks



- Increases flexibility
- Reduces injury
- Mental preparation