

Task 1: Components of fitness.

NAME:

TEACHER:

WHAT TASK 1 ASKS

Produce a written response so that prospective new members understand the components of fitness required for participation in a chosen team sport.

Every component, defined

All eleven: six physical and five skill-related, in spec language.

Its use in the chosen sport

Where in play the sport actually uses it. Name the moment.

Its impact on performance

What changes when it is strong, and what changes when it is weak.

Approximately 2–3 pages of A4

Images may support the writing. They do not replace it.

Approximately 1 hour, supervised

You bring nothing in. The band is decided by omissions.

MB1 basic · MB2 partially developed · MB3 mostly developed · MB4 well-developed with no omissions.

THE ELEVEN COMPONENTS

Complete each definition in spec language. These eleven are the whole of Task 1's knowledge.

Component	Definition
Aerobic endurance	the ability of the c_____ system to supply o_____ and n_____ to the muscles to sustain low to medium intensity work and d_____ f_____
Muscular endurance	the m_____ system continuing to contract at light to moderate intensity to allow r_____ movements throughout a long event or game
Muscular strength	the m_____ f_____ a muscle or muscle group can generate to improve f_____ movements
Speed	d_____ divided by t_____
Flexibility	the r_____ of m_____ possible at a joint, allowing improvements in t_____
Body composition	the relative ratio of f_____ mass to f_____ -f_____ mass in the body
Power	the product of s_____ and s_____, allowing e_____ movements
Agility	the ability to c_____ d_____ quickly to out-manoeuvre an o_____
Reaction time	the time between a s_____ and the start of a r_____
Balance	maintaining c_____ of m_____ over a b_____ of s_____: static or dynamic
Coordination	moving t_____ or more body parts at the same time s_____ and efficiently

THE TRACKING GRID

Chosen sport: _____. For every component: where the sport uses it, and the impact on performance. Tick as each one lands in your writing.

Component	Use in the chosen sport	Impact on performance	✓
Aerobic endurance			
Muscular endurance			
Muscular strength			
Speed			
Flexibility			
Body composition			
Power			
Agility			
Reaction time			
Balance			
Coordination			

THE THREE-PART PARAGRAPH

Every one of the eleven paragraphs has the same three parts. Highlight them in the model below.

1 · Define the component

In spec language. The key words carry the mark.

2 · Show its use in the chosen sport

A named moment of play, with real detail. Not sport in general.

3 · Explain the impact on performance

Both ways: what a strong player does, what a weak one does.

Model, aerobic endurance in football

“Aerobic endurance is the ability of the cardiorespiratory system to supply oxygen and nutrients to the muscles to sustain low to medium intensity work and delay fatigue. In football, a central midfielder relies on aerobic endurance to keep moving between both boxes for the full ninety minutes, covering over ten kilometres in a match. A player with strong aerobic endurance still arrives in time to press and tackle in the

Circle every mention of football in the model. That is what applying it to the sport looks like.

TASK 1 PRACTICE

Practice sport: _____. All eleven components, the three-part paragraph every time, tracking grid on page 4 ticked as you go. Continue on paper.

MB1

basic account · some omissions

MB2

partially developed · few
omissions

MB3

mostly developed · minor omissions

MB 4

well-developed · no omissions

Band awarded:

Named gap for next time:

SELF - TEST

Cover the answers. Write your responses in your book, then check against the teacher deck.

1

Name the six components of physical fitness.

2

Name the five components of skill-related fitness.

3

What are the three parts of every Task 1 paragraph?

4

What decides the mark band on this task?

5

How long is the response, and how long do you get?

Anything you cannot answer from memory is this week's revision list.