



Knowledge Organiser

KS1 Functional Fitness



Key Knowledge

Speed & Agility:

Speed means how fast you can run, and it has four parts: reaction time, acceleration, maximum speed, and speed endurance.
Agility means changing your body's position or direction quickly.

Strength & Power:

Strength means being able to use your muscles to push or pull something heavy, while power means being able to do that quickly.

Cardio & Muscular Endurance:

Cardiovascular endurance means how well your heart and lungs can give your body oxygen.
Muscular endurance means how long your muscles can keep working without getting tired.

Key Vocabulary

Speed	The ability to move part or all the body as quickly as possible.
Agility	The ability to change direction at speed, while maintaining balance.
Strength	The maximum force a muscle or group of muscles can apply against a resistance.
Power	The maximum force possible, performed at speed (strength X speed).

What should I already know?

KS1

Year 1

- Running and stopping.
- Jumping, throwing and aiming.
- Balancing stood still.

Year 2

- Run at different speed.
- Jumping and hopping.
- Throwing towards a target.
- Some understanding of balance and coordination when changing direction

Focus Sports

Speed & Agility

Jonny May is a rugby union winger for Gloucester & England. Although rugby is considered a contact sport, it's primary focus is evasion. Wingers are expected to be quick, changing direction effortlessly to beat defenders and score tries.



Strength & Power

Pyrros Dimas is regarded as the greatest Olympic weightlifter ever, winning 3 gold medals over an 8-year period for Greece.



Cardio & Muscular Endurance

Jonny Brownlee is the most decorated Olympic triathlete, with 3 medals from 3 games. He's also won 3 commonwealth games medals, and 5 golds from 23 ITU events.

