

St. Joseph's College, Gregory Terrace

Health and Physical Education

Year 9 term 3 Checklist



Acquired Knowledge:

- Define Balance
- Define Cardiovascular fitness
- Define strength /power / muscular endurance
- Define flexibility
- Define core strength
- Explain the FITT principle
- What are the requirements for a balanced fitness routine?
- What factors need to be considered in order to stay active and maintain lifelong activity?

Applied Knowledge:

- Provide examples of how each component of fitness can be specifically trained
- Design a fitness routine for yourself using the FITT principle
- Evaluate a fitness routine using the FITT principle