Year 8 PE Theory Worksheet: Components of Fitness

Name: _____ Class: _____ Date: _____

Task 1: Definitions (Fill in the Blanks)

*Use the words **heart**, **long time**, **muscles**, and **repeatedly** to complete the sentences below.*

1. **Cardiovascular Endurance** is the ability of the _____ and lungs to supply oxygen to the working muscles during continuous exercise over a _____.
2. **Muscular Endurance** is the ability of a muscle or group of _____ to perform repetitive contractions _____ without fatiguing.

Task 2: Sport Categorisation

*Look at the list of sporting actions below. Write **CE** next to actions that primarily require Cardiovascular Endurance, and **ME** next to actions that primarily require Muscular Endurance.*

- (____) A rower competing in a 2,000-metre race.
- (____) A midfielder running continuously for a 90-minute football match.
- (____) A gymnast holding a plank position or repeating multiple floor flips.
- (____) A cyclist riding a long 50km stage of a road race.

Task 3: Home Investigation & Short Answer

Find a comfortable, shaded spot indoors. Sit completely quietly for 2 minutes, then count your pulse at your wrist or neck for 60 seconds to find your **Resting Heart Rate (RHR)**.

- **My Resting Heart Rate is:** _____ beats per minute (bpm).
- **Question:** Why do elite, highly trained endurance athletes usually have a much lower Resting Heart Rate than an untrained person?
  (Hint: Think about how strong their heart muscle is and how much blood it can pump out in just one beat).