



English Language – Paper 1 (Section A)

The reading questions for this examination are based on one fictional text.

Step 1

Spend **10 minutes actively reading** the extract

AO1

Question 1 (4 marks) - 5 minutes

'List four things'

- Scan the **section identified** in the question
- Write **four full sentences** in response to the task

AO2

Question 2 (8 marks) - 10 minutes

'Explain how the writer uses language...'

- Scan the **section identified** in the question
- Identify **key phrases** in relation to the task
- **Label the method** used in the **best three phrases**
- **Circle key words** in chosen three phrases
- Use phrases to **write three paragraphs explaining the effect of language**

Some possible methods: Similes, Metaphors, Personification, Verbs, Adjectives, Onomatopoeia, Pathetic Fallacy, Juxtaposition

Use terms: mirrors, highlights, emphasises, contrasts, think, feel, imagine question

AO2

Question 3 (8 marks) - 10 minutes

'Explain how the writer has structured the text to interest you as a reader'

- Consider the **whole source**
- Note where the reader's attention is at the **beginning, middle and end** of the text
- Write three paragraphs **explaining the effect of structure**
- Explain **why the writer has focused our attention** at key moments
- Explain **how and why our focus changes**

Some possible methods: Zoom in/out, Internal thoughts, External actions, Motif, Foreshadowing, Flashback, Pace, Time, Character entrances/exits, Dialogue

Use terms: mirrors, highlights, emphasises, contrasts, echoed, supported,

AO4

Question 4 (20 marks) - 25 minutes

'Explain how far you agree or disagree with the statement'

- Scan the **section identified** in the question
- Identify **key phrases or references** in relation to the task (**both for and against the statement**)
- **Label the method** used in the **best three phrases or references**
- Use phrases to **write three paragraphs, evaluating the statement**
- Use your method analysis skills from question 2 and 3



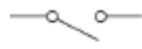




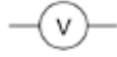
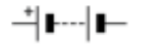







Key words and definitions

Electric Charge	A positive or negative charge. In most electrical circuits the electric charges that are flowing are electrons—which are of course negatively charged. Symbol: Q
Current	The rate of flow of electric charge (i.e. speed). Calculated by dividing the size of the charge by the time. Symbol: I
Potential Difference	Also known as voltage, or p.d.. The potential difference is a measure of how much work is done per coulomb of charge.
Resistance	Determines the size of the current for a particular potential difference.
Mains electricity	The supply into your house/school. This is an alternating supply. In the UK, the Potential Difference is 230V and has a frequency of 50Hertz
Direct Potential Difference	A supply where the potential difference is fixed at a certain value, so the current flows in one direction only.
Alternating Potential Difference	A supply where the potential difference switches between positives and negative, reversing the direction of the current frequently.
Frequency	The number of times the potential difference reverses direction every second. Measured in Hertz (Hz).

Equations

Q=It	Q = Charge flow (coloumbs, C) I = Current (amperes, A) t = time (seconds, s)
V = IR	V = potential difference (volts, v) I—Current (amperes, A) R = resistance (ohms, Ω)

Circuit Symbols

	Switch (open)		Bulb
	Switch (closed)		Fuse
	Cell		Voltmeter
	Battery		Ammeter
	Diode		Thermistor
	Resistor		LDR
	Variable Resistor		LED

Wire in three-core cable	Colour code of the	Function
Live Wire	Brown	Carries the alternating p.d. from the supply to the appliance
Neutral Wire	Blue	Completes the circuit. The neutral wires at 0V (Earth Potential).
Earth Wire	Yellow and Green Stripes	Earth wires are at 0V. They are safety wires, and only carry a current if there is a fault and the appliance has become live (electrified).



Key Figures	
Nikita Khrushchev	Leader of the Soviet Union from 1955 until 1964. In a 1956 'secret speech', he discussed Stalin's crimes for the first time, starting a process called de-Stalinisation, and later he presided over the Cu-
John F. Kennedy	Won the US presidential election of 1960 and was the US leader during the Berlin Crisis of 1961 and the Cuban Missile Crisis of 1962. He was determined to get touch with communism but his
Leonid Brezhnev	Succeeded Khrushchev as leader of the Soviet Union in 1964. He remained as leader until his death in 1982. He supported the policy of détente and ordered the invasion of Afghanistan in 1979, which
Alexander Dubcek	A Slovak politician and, briefly, leader of Czechoslovakia. He attempted to reform the Communist regime during the Prague Spring of 1968 but he was forced to resign following the Warsaw Pact invasion of Czechoslovakia. In 1969 he was removed as lead-

Why was Belin Wall built?

The high standard of living in West Berlin contrasted sharply with the condition in communist East Berlin – it continually reminded people in the eastern areas that communism was not a successful system to live under.

It was estimated that 2.7 million people had crossed from East to West Berlin between 1945 and 1960. Many of these were young, skilled, professional people – the East was suffered a 'brain drain' as these educated men and women left to make new lives in the West. It seemed likely that this would continue if their exit route through West Berlin was not blocked.

Khrushchev also suspected the USA of sending spies into East Berlin and from there into the Eastern bloc through West Berlin.

Khrushchev gave the USA a 6 month ultimatum to get out of Berlin or go to war.

In 1959 there were two summit meetings at Geneva and Camp David to negotiate what to do with Berlin.

The USA and USSR then met in May in 1960 at Paris to continue negotiations. However during the discussions an American U-2 spy plane got shot over the USSR and the pilot, Gary Powers was captured.

Summit meetings	
Geneva, May 1959	Both sides put forward proposals for how Berlin should be governed, but no agreement was made. Eisenhower invited Khrushchev to the USA for talks
Camp David, September 1959	No agreement made about a way forward with Berlin but the Soviets did agree to withdraw the ultimatum. Meeting appeared to establish better relations between the two leaders.
Paris, May 1960	USSR announced that they had shot down an American U-2 spy plane as it flew over the Soviet Union. Eisenhower refused to apologize. Khrushchev walked out of the meeting and no decision was made.
Vienna, June 1961	J.F.Kennedy became President of the USA. Khrushchev took a tough stance and renewed the Berlin Ultimatum of 1958. Kennedy was concerned by this but was determined not to appear weak. No final decision on Berlin was made.

What was the Bay of Pigs incident 1961?

In 1961, the USA organized an attempt to overthrow Castro, known as Bay of Pigs invasion.

- Total failure for Kennedy
- The CIA had been convinced that the Cuban people would revolt against Castro
- BUT... they had underestimated his popularity, and there was no uprising.
- 1,400 Cuban exiles landed in Cuba BUT... they were met by 20,000 Cuban soldiers ready to defeat them and no support from the Cubans
- Disaster for Kennedy as Castro grew closer to the USSR and in May 1962, they agreed to station Soviet nuclear weapons on Cuba
- Castro also declared himself to be a Communist and asked Khrushchev to help defend Cuba against any future attacks from America

Cuban Missile Crisis –13 Days

14th October 1962	An American U-2 spy plane flies over Cuba and takes photos revealing that missile sites were being built
16th October 1962	JFK was told that Khrushchev intended to build missile sites in Cuba
18th/19th October 1962	Kennedy held talks with his closest advisers. The Hawks wanted an aggressive policy, whilst the Doves wanted a peaceful solution
20th October 1962	Kennedy decided to impose a naval blockade around Cuba to prevent Soviet missiles and equipment reaching Cuba.
21st October 1962	Kennedy made a broadcast to the American people informing them of the potential threat and what he intended to do
23rd October 1962	Khrushchev sent a letter to Kennedy insisting that Soviet ships would force their way around the blockade

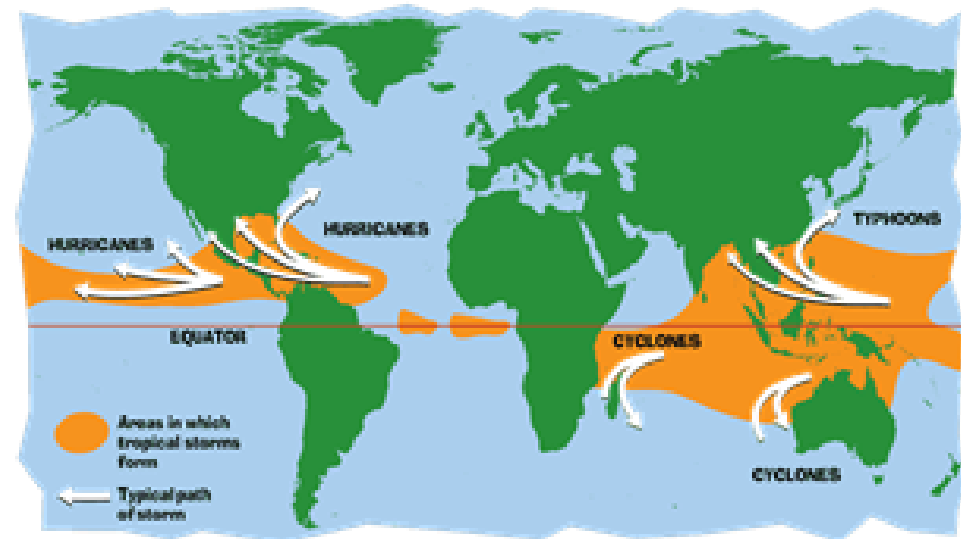


Global pattern of air circulation		
Atmospheric circulation is the large-scale movement of air by which		
Hadley cell	Largest cell which extends from the Equator to between 30° to 40° north &	
Ferrel cell	Middle cell where air flows poleward between 60° & 70° latitude.	
Polar cell	Smallest & weakness cell that occurs from the poles to the Ferrel cell.	

What is Climate Change?
Climate change is a large-scale, long-term shift in the planet's weather patterns or average temperatures. Earth has had tropical climates and ice ages many times in its 4.5 billion years.

Recent Evidence for climate change.	
Global temperature	Average global temperatures have increased by more than 0.6°C since 1950.
Ice sheets & glaciers	Many of the world's glaciers and ice sheets are melting. E.g. the Arctic sea ice has declined by 10% in 30 years.
Sea Level Change	Average global sea level has risen by 10-20cms in the past 100 years. This is due to the additional water from ice and thermal expansion.




Distribution of Tropical Storms.
They are known by many names, including hurricanes (North America), cyclones (India) and typhoons (Japan and East Asia). They all occur in a band that lies roughly 5-15° either side of the Equator.



Managing Climate Change	
Carbon Capture This involves new technology designed to reduce climate	Planting Trees Planting trees increase the amount of carbon is absorbed from atmosphere.
International Agreements Countries aim to cut emissions by signing international deals	Renewable Energy Replacing fossil fuels based energy with clean/natural sources of energy.



Key Words			
Forgiveness	Pardoning someone for wrongdoing	Peace-making	Working toward bringing about an end to war and a state of peace
Greed	Going to war to gain land or natural resources such as oil	Protest	A public expression of disapproval, often in a big group, can be peaceful or violent
Holy War	A war that is fought for religious reasons, usually backed	Quakers	A Christians denomination who worship in silence and are well known
Just War	A Christian theory that asks whether a war is fought justly	Reconciliation	Restoring friendly relationships after a war or conflict
Justice	Bringing about what is right and fair, according to the law or God's will	Retaliation	Deliberately harming someone as a response to them harming you
Nuclear Weap-	A weapon using a nuclear reaction to cause massive dam-	Self-Defence	Protecting yourself or others from harm
Pacifism	A belief that all forms of violence are wrong, commonly held by Quakers	Terrorism	Using violence in order to further a political or religious message
Peace	A state of happiness and harmony, an absence of war	WMD	Weapons of mass destruction: chemical, nuclear or biological weapons

Reasons for War 	<p style="text-align: center;"><u>Greed</u></p> <p>To gain more land or to control important re-sources such as oil or gas. e.g. The UK and US invading Iraq in order to control oil resources</p>	<p style="text-align: center;"><u>Self-Defence</u></p> <p>To defend one's country against invasion or attack or to protect allies who are under attack e.g. UK threatened by Nazi invasion in WWII</p>	<p style="text-align: center;"><u>Retaliation</u></p> <p>To fight against a country that has done something very wrong or to fight against a country that has attacked you e.g. US invading Afghanistan in retaliation for 9/11</p>
Holy War 	<p>A Holy War is a war which is fought for religious reasons, often with the backing of religious leaders. An example of this was the Crusades fought from the 11th -14th Century by Christians, backed by the Pope. Religion can still be a cause for war today such as in Northern Ireland where Protestant and Catholic Christians fought a civil war between 1968-98.</p>		
Just War Theory 	<p>Just War Theory is a Christian moral theory for working out if a war meets internationally accepted criteria for fairness. These are some of the conditions that must be met in order for a war to be just:</p> <ul style="list-style-type: none"> Just Cause – fought in self-defence or to protect others Just Intention – fought to promote good and defeat wrongdoing Last Resort – only going to war if all other methods have been tried first Proportional – excessive force should not be used and innocent civilians must not be killed 		



Talking in the present

Je sors avec mon petit copain depuis trois mois	I've been going out with my boyfriend for 3 months.
Je l'aime/ Je le/ la déteste	I like/ hate him/ her
Je le/ la trouve + adj	I find him/ her...
Il faut qu'un ami soit gentil	It is necessary that a friend is...
Je passe du temps avec mon père	I spend time with my father

Talking about the future

Je voudrais me marier	I would like to get married
Je finirai d'abord mes études	I will finish my studies first
Mon partenaire idéal serait beau/ riche	My ideal partner would be... beautiful/ rich
Nous aurons trois enfants	We would have three children

Talking in the past

Mes parents se sont séparés	My parents are separated
Ils ont divorcé	They are divorced
Je pensais que c'était...	I thought that it was...
Il/ elle est parti(e)	He/ she left
Ils se disputaient souvent	They often argued

Quand j'étais plus jeune — when I was younger

J'étais	I was
J'allais	I went
J'avais	I had
Je rêvais	I dreamt
J'aimais	I like
Je détestais	I hate

Knowledge Organiser— Year 10 Term 1 - French

Les rapports en famille — Family relationships

Je m'entends bien avec...	I get on well with...	Il/Elle est/ a l'air/ semble...	He/ She is/ looks/ seems...
Je me dispute avec...	I argue with...	Dynamique	Lively
Je me chaille avec...	I bicker with...	Égoïste	Selfish
Je m'amuse avec...	I have fun with...	Jaloux/ -ouse	Jealous
Je m'occupe de...	I look after...	sévère	Strict
Le frère aîné/ cadet	Older/ younger brother	Timide	Shy
La soeur aînée/ cadette	Older/ younger sister	Travailleur/ -euse	Hard-working

Une Sortie — An outing

J'ai contacté un copain/ une copine	I contacted a friend	J'ai discuté avec mon copain/ ma copine	I talked to my friend
J'ai quitté la maison	I left the house	J'ai mangé un sandwich	I ate a sandwich
J'ai raté le bus	I missed the bus	J'ai acheté des vêtements	I bought some clothes
Je suis allé en ville	I went into town	C'était super	It was great
J'ai écouté de la musique	I listened to music	J'ai passé une très bonne journée	I had a very good day
J'ai retrouvé mon copain/ ma copine	I met up with my friend		

Time Signals

D'habitude	Usually
Le weekend	At the weekend
Parfois	Sometimes
Quand j'étais jeune	When I was young
Il y a... ans	Years ago
L'été dernier	Last summer
A l'avenir	In the future
Quand j'aurai 20 ans	When I am twenty
Après avoir voyagé	After having travelled

Links

Par exemple	For example
Personnellement	Personally
Tout d'abord	First of all
Puis	Then
Evidemment	Obviously



¿Adónde fuiste de vacaciones? Where did you go on holiday?

hace una semana/un mes/un año	a week/ a month a year
el año/verano pasado	last year/summer
Fui a...	I went to...
Francia/Italia/España/Alemania	France/Italy/Spain/Germany
Turkey/Estados Unidos	Turquía/EEUU
Gran Bretaña/ Paquistán/India	Great Britain/Pakistan/ India

¿Con quien fuiste? Who did you go with?

Fui con...	I went with...
con mi familia/insti	with my family/school
con mi major amigo/a	with my best friend

¿Cómo viajaste? How did you travel?

Viajé en...	I travelled by...
autocar/avión	couch/plane
barco/coche/tren/ferry	boat/car/train/ferry

¿Qué hiciste? What did you do?

primero	first
luego	then
más tarde	later
después	after
finalmente	finally
Lo mejor fue cuando...	The best thing was when...
Lo peor fue cuando	The worst thing was when...

aprendí a hacer vela	I learned to sail
comí muchos helados	I ate lots of icecreams
compré recuerdos	I bought souvenirs
descansé	I rested

fui al acuario	I went to the aquarium
hice turismo	I went sightseeing
llegue tarde al aeropuerto	I arrived at the airport late
perdí mi móvil	I lost my mobile
saqué fotos/ tomé el sol	I took pictures/ I sunbathed
vi un partido	I saw/watched a match
tuve un accidente en la playa	I had an accident on the beach
vomitó en una montaña rusa	I was sick on a roller coaster

¿Qué tal lo pasaste? How was it?

Me gustó/me encantó	I liked it/ I loved it
Lo pasé bomba/fenomenal	I had a great time
Lo pasé bien/mal/fatal	I had a good/bad/awful time
Fue...	It was...
inolvidable/incrible	unforgettable/incredible
impresionante/flipante	impressive/awesome
horroroso	awful
un desastre	a disaster

¿Qué tiempo hizo? What was the weather like?

Hizo buen/mal tiempo	The weather was good/bad
Hizo calor/frío/sol/viento	It was hot/cold/sunny/windy
Hubo niebla/tormenta	It was foggy/stormy

Me alojé/me quedé...	I stayed...
Nos alojamos/nos quedamos...	We stayed...
en un albergue juvenil	in a youth hostel
en un hotel de cinco estrellas	in a five-star hotel
en un parador	in a state-run luxury hotel
en una casa rural	in a house in the country
en una pension	in a guest house
Fui de crucero	I went on a cruise



Key words and definitions

Financial planning	Where businesses plan for the future and what they expect to generate in profit. This then allows them to know what resources they will require for their future business.
Market segmentation	Market segmentation is the process of dividing a market of potential customers into groups, or segments, based on different characteristics. The segments created are composed of consumers who will respond similarly to marketing strategies and who share traits such as similar interests, needs, or locations
Aims and objectives	A business aim is what a business wants to achieve and these need to be SMART aims. A business objective is how they will achieve it (the steps involved).
Strategic	A systematic process of envisioning a desired future, and translating this vision into broadly defined goals or objectives and a sequence of steps to achieve them.
Forecasting	A financial forecast is an estimate of future financial outcomes for a company. Financial forecasts estimate future income and expenses for a business over a period of time, generally the next year. They are used to develop projections for profit and loss statements, balance sheets, burn rate, and other cash flow forecasts.
Start-up costs	Non-recurring costs associated with setting up a business, such as accountant's fees, legal fees, registration charges, as well as advertising, promotional activities, and employee training.
Mission statement	formal summary of the aims and values of a company, organisation, or individual.
Leadership styles	Leadership style is the manner and approach of providing direction, implementing plans, and motivating people. As seen by the employees, it includes the total pattern of explicit and implicit actions performed by their leader

Business strategies used

You will develop an idea for a business based on your current skills, knowledge and abilities and create a formal business plan to illustrate your proposal.

Your business plan will also have to be presented formally where you will have to answer questions about your business.

The business plan will be formally constructed using specified headings and will be scrutinised and therefore needs to be realistic

You will investigate strategic issues which might affect your business ideas with appropriate rationale and used as a planning tool to help prepare and create financial forecasts for the future., including cash flow projections for 5 years of your business which needs to be realistic. You will also need to decide on the most appropriate business ownership for your business with justification. For your choices with identification of the advantages/disadvantages of each business format.

Skills audit will be used as a tool to help identify potential skills and qualities you have and this will assist you in ‘brainstorming’ ideas of possible business ideas.

As part of your business plan you will need to develop short-term/long-term plans for your business and will be expected to plan and offer realistic aims and objectives (SMART) which your business can aim to achieve.

You will also need to carry out market research using what you consider to be the most appropriate method to find out what potential customers think about your new business venture and analyse the results of this feedback in order to keep your business plan better informed. This could be questionnaires, surveys, mystery shopper reports, interviews or observations.

You will develop presentation skills which help with your final business ‘pitch’ presentation which will need to last between 7-10 minutes. You will need to prepare and plan any visual props, information to be provided to your audience beforehand.

Your business plan will also need to be presented formally with no grammatical errors. You will develop your presentation skills through practise but will be given guidelines/structures by which to operate within.

You will be also expected to develop appropriate marketing and promotional methods and select the most appropriate promotional methods and provide justification.



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Key words and definitions

Interactive	Interactive media is any media that responds to user input. Traditional media such as broadcast television and film involves an audience watching with no way to navigate or participate.
Multimedia	Multimedia is content that uses a combination of different content forms such as text, audio, images, animations, video and interactive content. ... Multimedia is distinguished from mixed media in fine art; for example, by including audio it has a broader scope.
Digital publications	Electronic publishing (also referred to as e-publishing or digital publishing or online publishing) includes the digital publication of e-books, digital magazines, and the development of digital libraries and catalogues.
File formats	A file format is a standard way that information is encoded for storage in a computer file. It specifies how bits are used to encode information in a digital storage medium. ... Some file formats are designed for very particular types of data: PNG files, for example, store bitmapped images using lossless data compression.
File types	A file type is a name given to a specific kind of file. For example, a Microsoft Word document and an Adobe Photoshop document are two different file types. ... File extensions are also used by the operating system to associate file types with specific programs.
Sound waves	Analogue refers to audio recorded using methods that replicate the original sound waves. ... Digital audio is recorded by taking samples of the original sound wave at a specified rate. CDs and Mp3 files are examples of digital mediums.
Animation	Computer animation is the process used for digitally generating animated images. The more general term computer-generated imagery (CGI) encompasses both static scenes and dynamic images, while computer animation only refers to the moving images.

Knowledge Organiser— Year 10 Term 1 - ICT

What are the main components of a multimedia product and how are these planned using planning methods of storyboards, visualisation diagrams, mind maps and concept boards. Into developing a multimedia product.

What is the most appropriate software to use in order to develop your product with justifications. What computer operating systems will your product be used and compatible with?

What is the most appropriate hardware and software used in the creation of a multimedia product and what considerations to take into account when developing a multimedia product, including legislation of different countries if your product will be available globally, such as copyright law.

You will create different planning tools and develop and create visualisation diagrams which will then be used to develop multimedia product. In relation to the client brief.

You will also identify input and output devices and select the most appropriate to incorporate into your planning of your multimedia product.

Key concepts

You will develop an appropriate house style for your product which you will develop with your target audience and client brief in mind. This will provide a consistent and professional layout for your product and also help with branding and promotion of your product.

Your multimedia product will be developed also through market research you will carry out, look at existing digital publications and develop an understanding about what multimedia products are available and what styles, formats, features they use and incorporate.

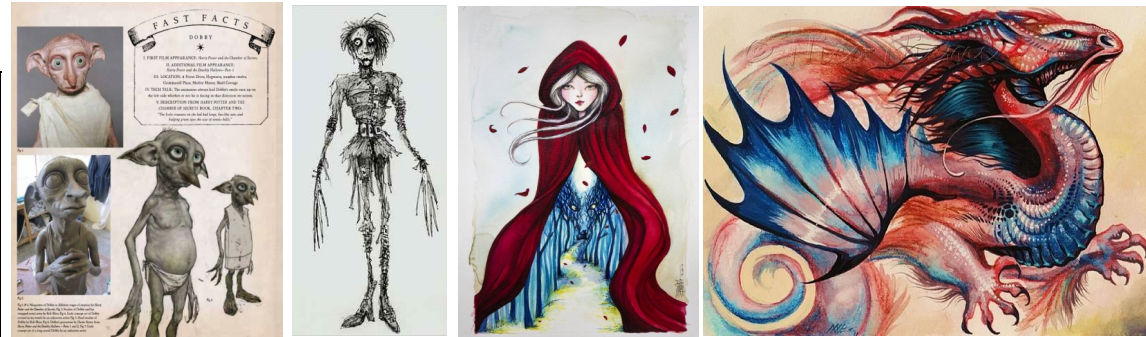
You will also via peer assessment critique your plans and based on this feedback you receive make improvements/amendments to your multimedia product.

You will also research different types of computer operating systems and how these can be used to allow a user to access a multimedia product and have full compatibility with all the multimedia elements.



Key words and definitions

Contextual	The context in which artwork is created and the involvement of the artist and its meaning .
Composition	Is the placement or arrangement of visual elements in a work of art
Concept Art	A form of illustration used to convey an idea for use in films, video games, animation, comic books or other media before it is put into the final product
Model	A three-dimensional representation of a person or thing or of a proposed structure, typically on a smaller scale than the original
Sculpture	The art of making two or three dimensional representative or abstract forms, especially by carving stone or wood or by casting metal or plaster
Design	<ol style="list-style-type: none"> 1. A plan or drawing produced to show the look/ functions/ workings of an object before it is made 2. A decorative pattern



ANNOTATIONS

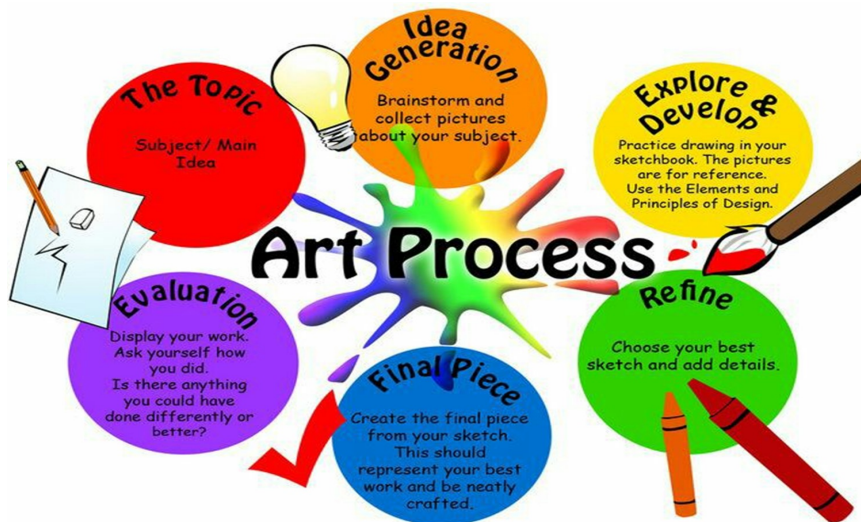
As a general rule, always try to say:

- **WHAT** you have looked at
- **WHO** made it
- **WHEN** it was made
- **WHY** it is inspiring to you
- **HOW** it will effect your own work

When talking about your own work, try to say:

- **WHAT** you have done
- **HOW** have you done it
- **WHAT** inspired you
- **WHAT** else did you try
- **WHY** is it successful
- **IS** there anything you would change

ALWAYS TRY TO BE POSITIVE!





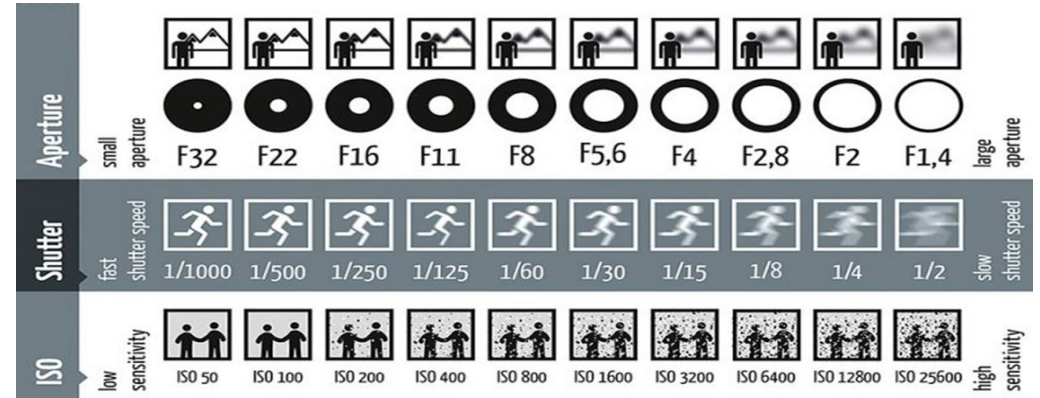
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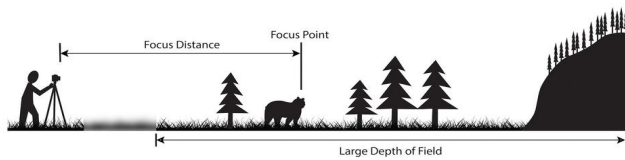
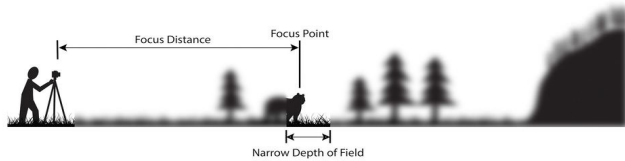
Knowledge Organiser— Year 10 Term 1 - Photography

Key words and definitions

Digital	The use of cameras containing arrays of electronic photodetectors to capture images focused by a lens, as opposed to an exposure on photographic film
ISO	In digital photography ISO measures the sensitivity of the image
Aperture	The aperture stop of a photographic lens can be adjusted to control
Shutter Speed	Shutter speed or exposure time the length of time when the film or
Depth of Field	The distance between the nearest and the furthest object giving a



Rule of thirds

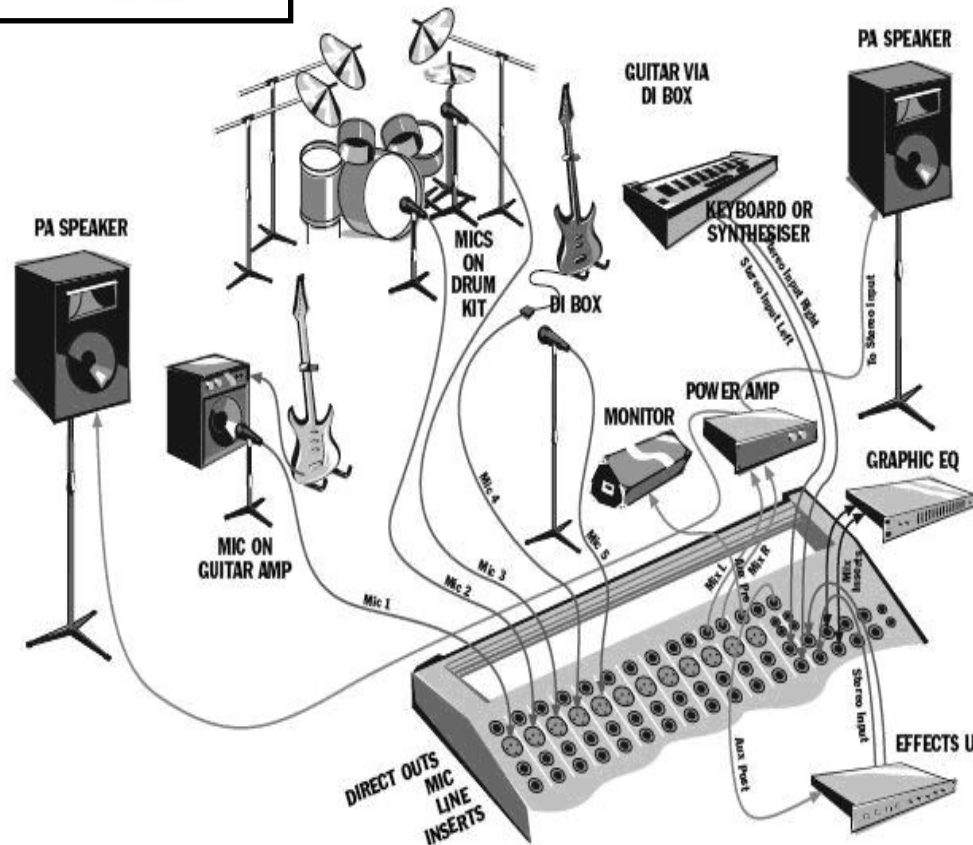


Symbol	Exposure Mode
	Auto
	No Flash
	Portrait
	Landscape
	Child
	Sports
	Close Up
	Night Portrait
	Scene





LIVE SOUND SET UP



Equipment List

Sound Desk	Amplifier
PA Speakers	Drum kit
D I Box	Guitar
Microphone stand	Keyboard
Speaker	Headphones
Cables	
Microphone Leads XLR	Multi core
Jack to Jack lead	Direct outputs lead
Fold back	Effects Unit
Monitor	

Keywords for the mixing desk

Mixing Desk	This tells the sound what to do through the	EQ	Change the frequency of the curve of sound
Channel Faders	These increase the volume of the sound from	Gain	Control the input level of each channel
Mute	This stops the	Inserts	Plug in the equipment here
Pan	This makes the sound go to left or right speakers or centrally in the sound field.	Inputs	Plug in your audio sources here
Auxiliary Sends	You connect these to monitor speakers at the front of a stage, so that the band can hear what they are playing more clearly.	Master Outputs	Everything put in will come out of these
		Master Faders	This will control the level going out to the pa system

Dynamic Microphones (SM58's) are used for live performance due to their cardioid input





Aerobic and anaerobic exercise

Difference between aerobic and anaerobic exercise =

Aerobic; utilising oxygen to fuel the body during exercise

Anaerobic; fuelling the body during exercise without using oxygen

Methods of training aerobically and anaerobically:

Aerobic; steady and not too fast (e.g. walking, jogging, cycling)

Anaerobic; performed in short, fast bursts (e.g. weight lifting, interval training)

Specific training methods for fitness components

Cardiovascular training (e.g. steady state (continuous), interval training, fartlek training)

Resistance training (e.g. resistance machines, free weights, circuits)

Power training (e.g. interval training, plyometrics, repetition and acceleration sprint training)

Flexibility training (e.g. static (passive and active), dynamic)

Agility training (e.g. agility ladder, agility hurdles)

The components of fitness

Strength, i.e. the extent to which a muscle or muscle groups can contract against resistance (e.g. restraining an opponent in rugby)

Power, i.e. exerting muscular strength rapidly (e.g. sprint start)

Agility, i.e. move quickly and change direction under control (e.g. weaving between objects or opponents in a zig-zag motion)

Balance, i.e. the ability to maintain a position (e.g. handstand)

Flexibility, i.e. the ability to move joints through an ample range of motion (e.g. performing the splits in gymnastics)

Muscular endurance, i.e. the ability of a muscle to sustain repeated contractions (e.g. cycling)

Cardiovascular endurance, i.e. the heart and lungs



Importance of a healthy active lifestyle — How can fitness tests be used to indicate our levels of health and fitness?

Key Fitness Components and Tests

Strength	Definition — the ability to exert maximal force against a resistance	Tests—Burpee test, squat test, handgrip test
Muscular endurance	Definition — the ability to repeatedly sustain muscle contractions over a prolonged period of time without becoming tired	Tests—Number of sit-ups/press-ups in a defined time period, plank test.
Cardiovascular endurance	Definition — the ability of the heart and lungs to provide your working muscles with oxygen	Tests—12 minute Cooper test, Bleep test

Health benefits of an active lifestyle:

- Reduced risk of injury (e.g. back pain, arthritis)
- Reduced risk of lifestyle diseases (e.g. obesity, type 2 diabetes, heart disease)
- More able to maintain a healthy weight
- Improved mobility
- Improved ability to lift, push and pull objects
- Improved ability to do daily tasks without becoming tired
- Increased focus in school and at work

Performance benefits of an active lifestyle:

- Reduced risk of muscle and joint injuries
- Increased strength and power for lifting, pushing or pulling actions, or defending against an opponent
- Increased stamina/endurance so that you can exercise for longer without getting tired
- Improved concentration during exercise
- Increased confidence in your ability