



Co-op Academy  
Priesthorpe



# HRE Knowledge Organiser



Co-op Academy  
Priesthorpe

## Methods of Training

Throughout the HRE scheme of work, students explore the different types of methods of training. This information is fundamental for understanding the training you need to complete for different fitness goals and training zones.

The methods we cover are:

- **Continuous**
- **Resistance**
- **Circuit**
- **Fartlek**
- **HIIT / Interval**
- **Plyometric / SAQ**

## Physiological Benefits

Practical lessons are underpinned by theory linking to the physiological benefits of taking part in health related exercise. Some of the benefits we discuss are:

### Muscular System

- Hypertrophy (the process of muscle growth)
- Muscular endurance

### Respiratory system

- Breathing rate
- Oxygen debt

### Cardiovascular system

- Heart rate (resting and working)
- Blood pressure

## Fitness Testing

Every student in each year group takes part in a series of fitness tests. These fitness tests link directly to components of fitness and are completed under a strict protocol. This allows students to compare their fitness to normative data from across the country of students their age and gender.

- 12 Minute Cooper Run
- Anderson wall toss test
- Standing long jump / vertical jump
- Sit and reach test
- Handgrip dynamometer test
- Standing stork test
- 30m sprint test
- 60 second sit up test

## Why HRE?

HRE is specifically designed to help students create a passion for health related exercise beyond school. Giving student access to lots of different methods of training, whilst teaching them the benefits allows them to find something which works for them. This block of work also acts as base knowledge for those wishing to study Sports Science in KS4. Students have access to specialised equipment such as weight machines, cardio machines, fitness testing equipment and much more. This aligns with equipment which is used in industry outside of school.