

Physical Training

Year 8 Higher

Components of fitness

Agility - the ability to change direction at speed

Speed - how quickly an individual can move from A to B

Cardiovascular endurance - the ability to exercise the whole body for long periods of time and is sometimes called stamina

Co-ordination - Use two or body parts to perform an action smoothly



Types of training

Interval training - periods of high-intensity effort with periods of low-intensity effort.

Advantages:

- Can mix aerobic and anaerobic exercise which replicates team games

Disadvantages:

- Can become boring

Circuit Training - Working on a station for a period of time then moving to a different activity.

Stations could include shuttle runs, sit ups, skipping

Advantages

- Can work on different components of fitness
- Easy to progressively overload

Disadvantages

- Needs quite a lot of equipment.
- Takes time to set up

Principles of training

Progressive Overload - gradually increase the amount of exercise and keep overloading.



Principles of overload:

Frequency - how often you train

Intensity - how hard you train

Time - how long to train for

Type - which types of training to use

Fitness Testing

35 Metre Speed Test - measures SPEED

Run 35 metres as quickly as you can

Advantages

Quick and easy to do

Not much equipment needed (stopwatch and tape measure)

