

Physical Training

Year 8

Components of fitness

Agility - the ability to change direction at speed

Speed - how quickly an individual can move

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



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

60 Metre Speed Test - measures SPEED

Run 60 metres as quickly as you can

Advantages

Quick and easy to do

Not much equipment needed (stopwatch, cones and tape measure)



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