

Physical Training

Year 9 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, cones and tape measure)

Multi-stage fitness test (bleep test) -

measures AEROBIC ENDURANCE

Continuous shuttle runs that get progressively faster. You stop when you can no longer with the bleeps.

Measured in levels.

Advantages

Can be used for large numbers

Not much equipment needed (cones, CD player and test

