

Unit 3 Physical Training

learning journey

Learning is linked to unit 1 and 2							
Intended learning outcomes	The relationship between health and fitness The components of fitness How to evaluate the need for components of fitness in specific physical activities and sports Reason for and protocols of fitness tests Qualitative and quantitative data Principles of training and overload Training seasons Warmups and cool downs						
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8
1)The relationship between health and fitness. 2)The components of fitness- Agility Balance Cardiovascular endurance Co-ordination Flexibility Muscular endurance Power Reaction time Speed Strength	1)Fitness Testing- Reasons for carrying out fitness tests -Illinois agility test -Stork stand test - Multistage fitness test -Wall toss test - Sit and reach test Abdominal curl conditioning test -Vertical jump test - Ruler drop test -One rep max test Handgrip dynamometer test -30m sprint test	1)Limitations of fitness testing. 2)Evaluating what tests are appropriate for different sporting performers 3)Qualitative and quantitative data	1)The principles of training and their application to personal exercise and training programs- -Specificity -Progressive Overload -Reversibility -Tedium 2) Key principles of overload -Frequency -Intensity -Time Type	1) Types of Training -Circuit Training, advantages, and disadvantages -Continuous Training, advantages, and disadvantages, Calculating the correct intensities for continuous training. -Fartlek Training -Interval Training, Advantages, and disadvantages -Plyometric Training -Static Stretching - Weight Training, safety, intensities, one rep max.	1) Safety principles when training. 2)Specific training techniques -High altitude training. 3) Training Seasons	1)Effective use of warm up and cool downs.	End of Unit test. The test will include questions from Unit 1 and 2. The test will be made up of -multiple choice - 2 mark -3 mark -4 mark - 1x 6mark -1x 9mark
ASSESSMENT							
FORMATIVE				SUMMATIVE			
<ul style="list-style-type: none"> • Verbal questioning • Check your understanding questions- Exam style • Do now activities- Recap/review • Homework tasks 				<ul style="list-style-type: none"> • Assessed long answer questions • End of Unit exam 			

