

Key Areas of Focus

Circuit Training

- Performers move from one station to another, with episodes of exercise and rest
- Can be used to develop muscular endurance, strength, and cardiovascular fitness
- Consider how exercises are ordered, when creating your circuit.

Interval Training

- Periods of intense work interspersed with timed rest periods.
- Performers work at a very high intensity, rest, and then work at a high intensity again.
- Can be used to develop strength, speed, and muscular endurance.
- The time of high intensity exercise and rest should vary depending what you are looking to improve.

Continuous Training

- Performers work at a moderate/low intensity for a prolonged period of time (20 minutes minimum).
- Can be used to develop cardiovascular fitness.
- Consider how continuous training can be made specific to the sport training for. E.g. running, swimming, cycling, rowing.

Fartlek Training

- Changes in speed, inclines and terrain are used to provide changes in exercise intensity.
- Performers walk, jog and sprint, to develop their fitness for games. E.g. hockey, football, rugby.
- Can be used to develop speed and cardiovascular fitness.
- This can be made sports specific, by performing on similar terrains and incline as the sport training for. E.g. Train for hockey on an ATP, rugby on grass.

Plyometric Training

- High intensity exercises involving explosives movements.
- Hops, jumps, leaps and bounds.
- Can be used to develop power.
- This should be made sports specific to develop specific muscles that will improve performance. E.g. jumping for basketball, hopping for triple jump.

Year 9 Fitness

Example of a Training Methods



<https://www.youtube.com/watch?v=jyRGsz5-dNg>

Examples of training methods on link above:

Method 1 – Circuit Training

Method 2 – Interval Training

Method 3 – Continuous Training

Method 4 – Plyometric Training

Components of Fitness

- **Reaction Time** – The time taken to respond to a stimulus
- **Coordination** – The ability to use two or more body parts together
- **Agility** – The ability to change the position of the body quickly and control the movement
- **Balance** – The ability to maintain the body's centre of mass above the base of support
- **Power** - The ability to perform strength performances quickly
- **Muscular Endurance** – The ability to use voluntary muscles repeatedly without tiring
- **Strength** – The amount of force a muscle can exert against a resistance
- **Cardiovascular Fitness** – The ability of the heart, lungs and blood to transport oxygen
- **Speed** – The ability to put body parts into motion quickly
- **Flexibility** – The range of motion at a joint