**Component 2 – Learning Aim A: Training to improve fitness for sport and activity.**

**What:** Complete as many tasks as you can from the grid below.

**How:** Tasks are **colour** **co-ordinated** in relation to **grade** **boundaries/target grades**. See below for details:

* Pass
* Merit
* Distinction

There will also be some ‘helpful information’ which can be used in some tasks.

If any students have questions about their target grade and what they should be aiming for please send me an email/message.

**Why:** To recall and consolidate knowledge, repetitively, so that you can use it in your exams.

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| **Components of Fitness**  Each component of fitness describes a specific aspect of sporting performance. Success in sport can require combinations of these components. The components of fitness we must recall are:  Strength  Speed  Power  Flexibility  Muscular Endurance  Aerobic Endurance  Body Composition | **Knowledge Organiser – Component of Fitness**  Write down EVERYTHING you know about ‘strength’.  Success Criteria:   * The name – as a title. * The description. * Sports it is seen in. * How it affects performance. * An image/picture. | **Question Time – Component 2**  Explain why all of the green tasks link together.  Success Criteria:   * What is similar? * How do they differ? * Why should they be used all together?   Key Word/s:   * Speed * 30 Metre Spring Test * Sprint Training * Specificity | **Principles of Training/FITT Principles**  The principles of training are relevant to everyone who takes part in sport and physical activity. You apply these to ensure training is effective and leads to improvements in performance.  **S**pecificity  **P**rogressive Overload  **O**vertraining  **R**eversibility  **T**raining Zones  **P**articipant Needs and Differences  *Remember, the FITT principles are considered when looking at ‘Progressive Overload’.*  The FITT principles ensure training is optimised for success.  **F**requency  **I**ntensity  **T**ype  **T**ime |
| **Question Time – Component 2**  What are the advantages and disadvantages of weight training?  Success Criteria:   * What are they? * How would they affect the performer? * Why does this impact performance?   Key Word/s:   * Performance * Optimal | **Fitness Tests**  Fitness tests are used to measure the level of fitness in each component of fitness. There is a different fitness test for every component of fitness. Some of them can be tested multiple ways. | **Knowledge Organiser – Fitness Test**  Write down EVERYTHING you know about the ‘hand-grip dynamometer’ test.  Success Criteria:   * The name – as a title. * The description. * How/why we use it to measure performance. * An image/picture. | **Create a Quiz**  Create a quiz which allows you to have an answer for every single component of fitness. See how difficult you can make the questions to test me!  Success Criteria:   * What are the components of fitness? * How can we create questions? * You must know the answers to the questions you ask. |
| **Methods of Training**  Methods of training are the types of sessions you can use to train particular components of fitness. | **Knowledge Organiser – Methods of Training**  Write down EVERYTHING you know about ‘weight training’.  Success Criteria:   * The name – as a title. * The description. * The component of fitness it links to. * Sports it is seen in. * How it affects performance. * An image/picture. | **Question Time**  How many questions can you create which allow the answer ‘strength’. | **Knowledge Organiser – Principles of Training/FITT Principles**  Write down EVERYTHING you know about ‘Training Zones.  Success Criteria:   * The name – as a title. * The description. |