**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 | **Flash Card – Component of Fitness**  Create a flash card (a small resource, usually A5 in size) for 1 component of fitness.  Success Criteria:   * The name – as a title. * The description. * An image/picture. | **Question Time – Methods of Training**  Explain why a 1500m runner would use interval training.  Success Criteria:   * What is it? * How is it used? * Why does it impact performance?   Key Word/s:   * Aerobic Endurance * Intervals * Rest | **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 – Fitness Tests**  Explain which fitness test would be used to monitor a middle-distance runners training programme.  Success Criteria:   * What are they? * How/when do we use them? * Why could it impact performance?   Key Word/s:   * Aerobic Endurance | **Fitness Tests**  Fitness tests are used to measure the level of fitness in each component of fitness. | **Flash Card – Fitness Test**  Create a flash card (a small resource, usually A5 in size) for 1 fitness test.  Success Criteria:   * The name – as a title. * The description. * An image/picture. | **Scenario**  A ballet dancer must be able to perform a split leap if they have a chance of becoming a professional dancer. They must be flexible to do this.  What is the process they need to go through to ensure they can maintain flexibility and what considerations do we need to make?  Success Criteria:   * What is considered? * How is it considered? * Why does it impact performance? * Conclusion – is it the best thing to do?   Key Word/s:   * Flexibility * Range of movement |
| **Methods of Training**  Methods of training are the types of sessions you can use to train particular components of fitness. | **Flash Card – Methods of Training**  Create a flash card (a small resource, usually A5 in size) for 1 method of training.  Success Criteria:   * The name – as a title. * The description. * The component of fitness it links to. * An image/picture. | **Scenario**  Dina Asher Smith is the fastest British Woman in history! What type of training do you think she takes part in? Why would she do this type of training programme?  Success Criteria:   * What is considered? * How is it considered? * Why does it impact performance? * Conclusion – is it the best thing to do?   Key Word/s   * Speed * Power | **Flash Card – Principles of Training/FITT Principles**  Create a flash card (a small resource, usually A5 in size) for 1 fitness test.  Success Criteria:   * The name – as a title. * The description. * An image/picture. |