**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 rugby player would use weight training.  Success Criteria:   * What is it? * How is it used? * Why does it impact performance?   Key Word/s:   * Strength * Reps * Sets | **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 – Components of Fitness**  Explain which components of fitness a footballer would need to maintain optimal performance.  Success Criteria:   * What are they? Choose 3. * How/when do we use them? * Why could it 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. | **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. | **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. | **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. | **Question Time**  How many questions can you create which allow the answer “Muscular Endurance”.  Remember, muscular endurance is the ability to repeat the same movement for a duration of time. | **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. |