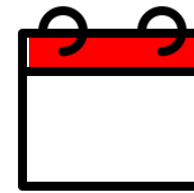




## Do it Now Task

# Training Methods



13 April 2022

05:00

### KNOW IT

Name the diagram below?

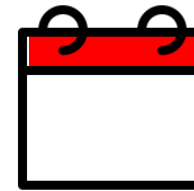
### GRASP IT

Explain what the diagram aims to measure?

### THINK IT

- 1) An individual reports their RPE is 13. What is their approximate HR at this time?
- 2) A sprinter reports his RPE after a race is 18. What is his approximate HR?
- 3) After a 400 metre race, the athlete's heart rate is 190bpm. What number are they on the BORG scale?

6	No exertion
7	
8	
9	
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (heavy)
16	
17	Very hard
18	
19	
20	Maximal exertion



**KNOW IT**

**RPE – RATE OF PERCEIVED EXERTION**

6	No exertion
7	
8	
9	
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (heavy)
16	
17	Very hard
18	
19	
20	Maximal exertion

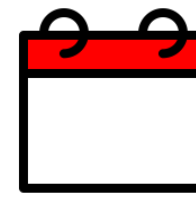
**GRASP IT**

Used to measure exercise intensity by asking the performer to rate their **perceived level of exertion**. It's a scale of 6-20, 6 is no exertion and 20 is maximum exertion.

It is normally agreed that 12 - 14 is moderate intensity therefore improves AEROBIC ENDURANCE.

**THINK IT**

- 1) 130 bpm
- 2) 180 bpm
- 3) 19



13 April 2022

**To secure an understanding by**  
Recap the components of unit 1.  
**(1-4 marks)**

**To further develop an understanding by**  
Explaining your components of fitness you have suggested for your individuals specific needs.  
**(5-9 marks)**

**To achieve excellence by**  
Justify your components of fitness you have suggested for your individuals specific needs.  
**(10-12 marks)**

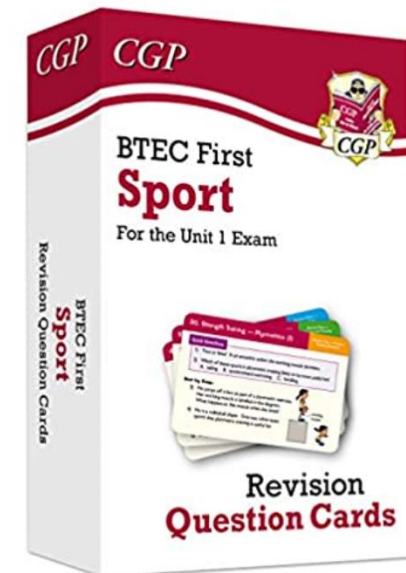
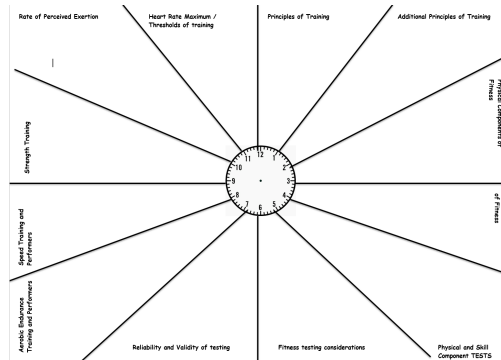
**Perseverance**  
Show that I give everything a go and put a lot of effort in

Health: 'complete physical, mental and social wellbeing and not only the absence of illness or infirmity'.

**In this lesson you will be able to:**  
Complete 4 different revision tasks.

***Group Task – 12 minutes at each station!***

1. Revision Clock – using revision books
2. Question Cards – CGP
3. Make your own flash cards
4. Practice 8 mark exam questions





Rate of Perceived Exertion

Heart Rate Maximum /  
Thresholds of training

Principles of Training

Additional Principles of Training

Physical Components of  
Fitness

Skill Components  
of Fitness

## **KNOW IT**

Bullet point key words for each topic.

## **GRASP IT – explain**

Explain each section using examples

## **THINK IT - Understanding):**

How will it impact on sports performance?

th T

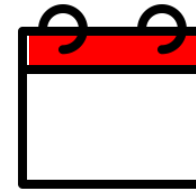
Trai  
ners

Aerobic Endu  
Training and

Reliability and Validity of testing

Fitness testing considerations

Physical and Skill  
Component TESTS



**To secure an understanding by**

Provide components of fitness that should be trained for your individuals specific needs.

**(1-4 marks)**

**To further develop an understanding by**

Explaining your components of fitness you have suggested for your individuals specific needs.

**(5-9 marks)**

**To achieve excellence by**

Justify your components of fitness you have suggested for your individuals specific needs.

**(10-12 marks)**

**Perseverance**

Show that I give everything a go and put a lot of effort in

Health: 'complete physical, mental and social wellbeing and not only the absence of illness or infirmity'.



## Exit Ticket:

1. List the equipment required for the Illinois agility test?
2. Define agility?
3. To improve my flexibility what three training methods could I do?