



John Port Spencer Academy PE Department

Organiser Year 9 Fitness



Knowledge

Key Skills:

Aerobic means "with oxygen and anaerobic means "without oxygen."

Aerobic Exercise: This occurs when blood is carried through your vessels to deliver oxygen to the muscles to keep you moving, and you sustain the activity for more than just a few minutes.

Anaerobic Exercise: short, high intensity exercise. At the point in time where the energy you are using does not allow the body to create enough oxygen.

Training Methods:-

Interval -Athletes training with periods of work followed by periods of rest

Continuous -Training for a specific period of time with no rest

Fartlek -A combination of slow and fast running over a variety of distances and terrains

Cross -A mixture of training

Circuit -A number of exercises, set out at 'stations' to avoid exercising the same muscle group consecutively

Weight -Using progressive resistance, either in the form of actual weight lifted or in terms of the number of times the weight is lifted

Flexibility – Either Ballistic; Static or PNF.

Plyometric – Involves jumping and immediately Jumping again.

Speed Training – Could include Hollow Sprints ; Acceleration and Interval Training

Stretch and Challenge Task:

Devise a Training Programme for a Specific Sport



Key Content and Terms to learn: