

Unit 1: learning Aim B: Explore the Different Fitness Training Methods

	RED	AMBER	GREEN	Achieved in Midterm DIRT	Achieved in the formative assessment
<u>Learning aim B: Explore different fitness training methods</u>					
Flexibility training					
Know the requirements for creating fitness training To understand the different fitness training methods to improve flexibility -Static Stretching – Active and Passive -Ballistic Stretching -Proprioceptive Neuromuscular Facilitation -Advantages and disadvantages of flexibility training -Sports that benefit from flexibility training					
Muscular strength, strength endurance and power training					
To know the different types of strength To understand the different fitness training methods to improve muscular strength, strength endurance and power -Circuit training -How to set up a circuit -Advantages and disadvantages of circuit training					
To understand the different training methods to improve muscular strength, strength endurance and power -Weight training -How sessions are set out -Different intensities to train at -Advantages and disadvantages of weight training -Sports that benefit from weight training					
To understand the different training methods to improve muscular strength, strength endurance and power -Plyometric training -The stages and exercises used in Plyometric training -Advantages and disadvantages of Plyometric training -Sports that benefit from Plyometric training					
Aerobic Endurance training					
To know the aerobic training threshold and zones To understand the different fitness training methods to improve aerobic endurance -Continuous training -Fartlek training -Advantages and disadvantages of these training types -Sports that benefit from these training methods					
To understand the different fitness training methods to improve aerobic endurance -Interval training -Circuit training -Advantages and disadvantages of these training types -Sports that benefit from these training methods					
Speed training					
To know the anaerobic training threshold and zones To understand the different fitness training methods to improve speed -Hollow sprints -Acceleration sprints -Interval training -Advantages and disadvantages of these training types -Sports that benefit from speed training					
DIRT					
Formative Assessment					