



Subject: Physical Education Yr 9 Spring
Topic: Principles of Training

FITT Principles (1)

	Principle	Description	Application
1	Frequency	How often to train.	Frequency is increased by training a greater number of times each week
2	Intensity	How hard to train.	Intensity is increased by lifting a greater resistance , such as with weight training, or by training at a higher percentage of maximum heart rate. This can be done either as continuous or interval training
3	Time	How long to train.	Time can be manipulated by training for longer , reducing recovery times or by completing a greater number of sets or repetitions (also known as reps)
4	Type	Which methods of training to use.	Type of training is manipulated by offering a variety of training types and experiences to the athlete by combining training methods.

Key Principles When Planning a Programme (2)

	Principle	Description
1	Specificity	Training should be matched to the requirements of the activity that the performer is involved in
2	Progressive Overload	The frequency, intensity, time and/or type of exercise are gradually increased to ensure levels of performance continue to improve
3	Tedium	Using a variety of training methods (or exercises) relieves tedium and avoids boredom in training
4	Variation	Using a variety of training methods consistently challenges your body
5	Reversibility	Any adaptation that takes place as a result of training will be reversed when you stop training. If you take a break or don't train often enough you will lose fitness .
6	Individual Needs	No two exercise programmes should be exactly the same because they should be designed to meet the needs of an individual .

ASSESSMENT

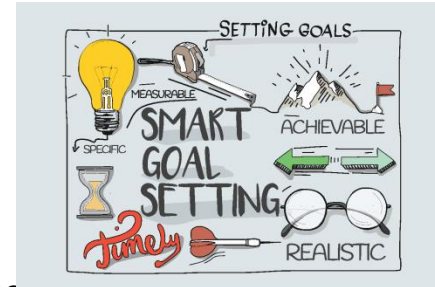
For your end of unit (half term) assessment, you will be required to complete the following task:
Multiply choice test on the Principles of training.



Using the principles of training to create a training programme.

First thing is to set yourself a goal/target/aim

*A Goal/Target/Aim should always follow the **SMARTER** principles.*



S – specific – goals must be exactly what you mean, to improve my 100m time or improve my English literature grade.

M – Measurable – you must be able to prove you can meet it – I reduce by 100m time or I achieve a grade 4.

A – Achievable – you must be able to achieve them, I'm going to run the 100 m in 8 seconds, I'm going to get a grade 10

R – Realistic – you will be able to achieve them, I'm going to run 100m in 10 seconds by next Tuesday or going to get a 9 in GCSE English at the end of year 8

T – Timed - have set deadlines you are going to meet, going to run 12s by the end of year 11 or Going to achieve a 9 by the end of year 11

E – Exciting – making sure you look forward to doing the training to achieve your goal.

R – Recordable – keep a record of you of your achievement, will help to motivate you. I ran 1 second this week compared to last week, I achieve a 7 at the end of year 10 mock exams.

