Foxford Learning Plan

YEAR 9

Topic: Fitness

Key Vocabulary

Frequency	How often you train.
Intensity	How hard you train.
Time	How long you train for.
Type	The type of training you do.
Specificity	Making a training plan specific to the individual or the sport they play.
Progression	Increasing the intensity over time (for example – 6 weeks) to make the training plan harder.
Overload	Pushing the body beyond its normal limits.
Reversibility	The effect when you stop training – you lose the effects of training.
Tedium	Boredom. Planning to avoid this by having a range of training methods.
Resistance Training	More commonly known as weight training or training using resistance.

Key Skills

Over the course of the topic, I will be able to: -
Plan a training plan.
Carry out basic fitness tests for different components of fitness.
Apply the principles of training to sessions and a training plan.
Explain the advantages and disadvantages of different fitness tests.



I will Understand

1. The different fitness tests and the components that they test.
2. Why and when we carry out fitness testing.
3. The additional principles of training – SPORT: Specificity, Progression, Overload, Reversibility, Tedium.
4. The Principles of training – FITT: Frequency, Intensity, Time and Type.
5. How to construct a resistance training plan.