GCSE PE Learning Journey: Topic 3 - Physical Training 3.1/3.2/3.3

Step 8: The use of different training methods

6 training methods for different COF and sports advantages and disadvantages. 5 fitness classes for specific COF

Step 7: Appropriate training methods

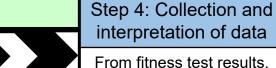
Factors to consider when deciding the most appropriate training methods / intensities

Step 6: Principles of training

Planning training using the 7 POT, including thresholds of training using the Karvonen formula

Step 3: Fitness tests

The value of fitness testing, the purpose, protocols, appropriate selection and rationale for selection



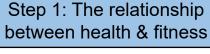
From fitness test results. analysis and evaluation against normative data

Step 5: Fitness tests for specific COF

Aligning each fitness test with specific components of fitness

Step 2: The components of fitness

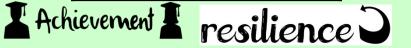
The 11 COF and the relative importance of these in physical activity and sport



Definition of health, fitness, exercise and performance and their relationship















COLLEGE