# Fitness Learning Journey: Year 10



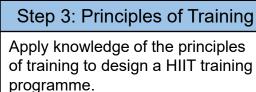
# Step 6: Fitness Testing

Complete fitness tests and record results for all components of fitness. Analyse in relation to last years results.



## Step 5: Fitness Testing

Complete fitness tests and record results for all components of fitness (CV Endurance, Muscular Endurance, Muscular Strength, Agility, Balance, Coordination, Power, Reaction Time, Flexibility). Analyse in relation to last years results.





# Step 4: Training Programmes

Understand your own strengths and weaknesses from your fitness tests. Design a circuit training session to work on your weaknesses



### Step 2: Methods of Training

Know what weight / Resistance training is and why do we do it. Know how it links to components of fitness.



#### Step 1: Components of Fitness

Learn what agility and reaction time are and how can they be improved.













COLLEGE