Fitness Learning Journey: Year 11



Step 6: Fitness Testing and Assessment

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 3: Principles of Training Apply knowledge of the principles of training to design a circuit training programme.



Achievement Fresilience SHUTTLEWORTH

Step 4: Training Programmes

Learn what training zones are and why we use them in our training sessions. Understand how can we incorporate these into our training programme.

Step 2: Methods of Training

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

Community



A PERSEVERANCE Pride

Step 1: Components of Fitness

Identify your strengths and weaknesses in your components of fitness. Understand how you can improve these.

COLLEGE