






Year 9 Cycle 2 Sport and PE Knowledge Organiser

Week 1 and 2	Week 3 and 4	Week 5 and 6	Week 7 and 8	Week 9 and 10	Week 11 & 12
Training methods	Training methods	Training methods	Principles of training	Principles of training	Training intensities
<p>Continuous training – steady-state low-moderate intensity with no rest breaks for a min of 20 minutes. Improves Cardiovascular endurance and muscular endurance.</p> <p>Fartlek training – a form of continuous training involving different intensities (speeds) and terrains (roads/fields, flat/hills). Improves cardiovascular endurance, muscular endurance and speed.</p> <p>Interval Training (also known as HIIT) – periods of exercise followed by periods of rest used by both aerobic and anaerobic performers. Improves speed, muscular endurance and cardiovascular endurance</p> 	<p>Circuit Training – a series of exercise stations arranged in a specific order to usually alternate muscle groups. Can also improve skill and develops a range of components of fitness.</p>  <p>Weight Training – a series of exercises organised into repetitions with an intensity and recovery time specific to the individual. Targets specific muscles.</p> <p>High reps/low weight improves muscular endurance</p> <p>Low reps/High weight improves strength/power</p> 	<p>Plyometrics – a series of explosive exercises (jumping, bounding) to improve the speed at which a muscle contract. Used by performers who sprint, jump or throw to improve power.</p>  <p>Static stretching – Stretch as far as you can and hold this (isometric contraction) for up to 30 seconds. Improves flexibility</p> <p>Can you identify which training methods are suitable for a range of sports/performers? e.g. continuous training for a long distance runner</p> 	<p>When planning a training programme, you need incorporate the basic principles of training. One of these principles is called the FITT principle.</p> <p>The FITT Principle: Each letter in the FITT is a different way in which you can adapt your training. Through Frequency (<i>how much</i>), Intensity (<i>how hard</i>), Time (<i>how long</i>) and Type (<i>what type</i>).</p> <p>F – FREQUENCY – The number of training sessions you complete over a period of time.</p> <p>I – INTENSITY – How hard you train. This can be done through heart rate or reps per exercise.</p> <p>T – TIME – How long you train for. Aim for 15 to 60 mins. This can depend on the intensity of the exercise.</p> <p>T – TYPE – Appropriate types of training should be used depending on your needs and goals.</p>	<p>When planning a training programme, you need incorporate the basic principles of training. One of these principles is called the SPORT principle.</p> <p>The SPORT Principle:</p> <p>S – SPECIFIC - training must be relevant to the individual and their sport.</p> <p>P – PROGRESSIVE – This means the training needs to get harder over time.</p> <p>O – OVERLOAD – This can be used through the FITT principle. You can overload through frequency, intensity, time and type.</p> <p>R – REVERSIBILITY - systems reverse or de-adapt if training stops or is significantly reduced or injury prevents training from taking place.</p> <p>T – TEDIUM – Training needs to be varied to stop boredom from taking place.</p>	<p>To maximise the chance of improving your fitness you should train within your target zones.</p> <p>Your 'Aerobic Training zone' is 60 – 80% of your MHR</p> <p>Your 'Anaerobic Training Zone' is 80 – 90% of your Maximal Heart Rate (MHR)</p> <p>To calculate your MHR (maximum heart rate) you need to: 220 – Age =</p> <p>Try working out your MHR and what your heart rate needs to be to work in the two zones above (to work out 60% times your MHR by 0.6)</p> 