

## Year 8

### Health Related Fitness (HRF)

Component of Fitness	Training Method
Muscular Endurance	<p><b>Circuit Training</b></p> <ul style="list-style-type: none"> <li>A range of different exercises are used to train different muscles. Exercises are also selected which are relevant to specific sports.</li> <li>Each exercise is performed a certain number of times or for a specific length of time before moving to the next exercise.</li> </ul>
Speed	<p><b>Interval Training</b></p> <ul style="list-style-type: none"> <li>A short, high intensity work period followed by a rest period.</li> </ul>
	<p><b>Hollow Sprints</b></p> <ul style="list-style-type: none"> <li>Sprints followed by a period of walking/jogging and so on.</li> </ul>
	<p><b>Acceleration Sprints</b></p> <ul style="list-style-type: none"> <li>The pace is gradually increased from a standing start to jogging, then to striding, and then to a maximum sprint.</li> </ul>
Power	<p><b>Plyometrics</b></p> <ul style="list-style-type: none"> <li>Plyometric exercises require maximal force and these types of exercises include lunging, bounding, incline press ups, barrier hopping and jumping.</li> <li>Exercises should be selected which are relevant to specific sports.</li> </ul>
Aerobic Endurance	<p><b>Interval Training</b></p> <ul style="list-style-type: none"> <li>An individual performs a work period followed by a recovery period. Typical work time can vary from 30 seconds to five minutes; recovery periods can be complete rest, walking or light jogging.</li> </ul>
	<p><b>Fartlek Training</b></p> <ul style="list-style-type: none"> <li>The training is continuous with no rest period and the intensity of training is varied by running at different speeds or over different terrain (surface).</li> </ul>

Principles of Training (FITT)	
<b>Frequency (F)</b>	The number of training sessions completed in a week.
<b>Intensity (I)</b>	How hard an individual will train.
<b>Time (T)</b>	How long an individual will train for.
<b>Type (T)</b>	The training method an individual will use to improve a specific component of fitness and/or their sports performance.

Additional Principles of Training	
<b>Progressive Overload</b>	Training needs to be demanding enough to cause the body and muscles to improve and get stronger.
<b>Adaptation</b>	How the body changes to be able to cope with increased intensity. This occurs during the recovery period.
<b>Individual Differences</b>	The programme should be designed to meet an individuals training goals or the sports they perform in.
<b>Reversibility</b>	If training stops, or the intensity is not high enough, an individuals fitness levels may return to previous levels.
<b>Specificity</b>	Training should be specific to the sport, activity or components of fitness an individual wishes to develop.
<b>Rest and Recovery</b>	Required so that the body can recover from the training and the muscles can adapt and improve.
<b>Variation</b>	It is important to vary the training to avoid boredom and maintain enjoyment.