

PE WORK- YEAR 10

STARTER:

What are the principles of training and overload?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

EXAM QUESTION 1

Which one of the following statements is false ? (1)

- A. The components of the FITT principle are Frequency, Interval, Time, Type
- B. The FITT principle overlaps with the principle of Specificity
- C. Reversibility can result in a drop in fitness levels
- D. The principles of Individual Differences considers the needs of the individual rather than just the sport.



EXAM QUESTION 2

Jared uses the FITT principle of training to make sure he is fit for his activity. Complete the table below by:

- (i) explaining each component of the FITT principle;
- (ii) giving a **specific example of its application to bring about overload in a Personal Exercise Programme (PEP).**

Swap papers with the person next to you and use the mark scheme to assess their work.

Why is it important that training programmes match the individuals needs?

EXAM QUESTION 1

Which one of the following would be most important component of skill-related fitness to a golfer about to hit a tee shot?

- A Muscular strength
- B Co-ordination
- C Flexibility
- D Reaction Time

Using your knowledge, describe which main component each athlete needs:



EXAM QUESTION 2

Discuss the relative importance of agility and reaction time for performers competing in the types of activity shown below.

Badminton players

400m runner

(6 marks)

RECAP

Write down everything you now know about the principles of training and the components of fitness