



Year 10 HRF: Lesson 2 – Effective training

Big Question

How do you know if the training you are doing is effective and improving your fitness level?

Activity 1- Measuring heart rate

Before you begin exercising take and record your resting heart rate. Work out your target training zone by reading the link below.

Warm Up

<p>Notes</p> <p>Complete 1-2 sets of the warm-up circuit</p>	<p>1a Jog on the Spot 1 min</p>  <p>Easy light aerobic activity.</p>	<p>1d Arm Swings 8-10</p>  <p>For each exercise swing arms in a controlled manner.</p>	<p>1e Hip Circles 10/Leg</p>  <p>Lift leg to the side and place the foot to the ground when the knee is in front of the body.</p>
<p>1b Jumping Jacks 20-30</p>  <p>Jump in the air, spread feet and swing arms out, then back to the start position.</p>	<p>1c Hip Movement 5-8 /Leg</p>  <p>Perform each movement variation 5-8 times. Hold for 2 sec. Stand tall.</p>	<p>1f Downward Dog Exchange 5-8</p>  <p>From a plank position, lift hips to the ceiling, pressing palms and heels to the ground.</p>	<p>1g Plank Lunge Exchange 6-8/Leg</p>  <p>From a plank position, place foot under the shoulder, alternating with each rep.</p>

Fitness testing

What is a training zone?

Why do we need to work within a training zone?

Where do you measure heart rate?







How can you change the intensity you are working at?

Heart rate can be measured either on your wrist (radial artery) or neck (carotid artery). Count the number of times you feel your pulse beat for 1 minute. We can take our heart rate during exercise to get an idea of the intensity we are working at and then compare to our target zone (see link below). If we need to increase our intensity as we are not in our target zone we can work for longer, work harder, work faster.

<https://www.bbc.co.uk/bitesize/guides/z2b9q6f/revision/3#:~:text=You%20can%20improve%20your%20anaerobic,at%2080%25%20of%20your%20MHR.>



Activity 1 – Testing

<p>1a Squat 8-12 Tempo 2:0:2</p>  <p>3 Sets</p> <p>Feet positioned shoulder width apart. Weight on heels.</p>	<p>1b Walking Lunge 6-8/Leg</p>  <p>15-30 sec Rest</p> <p>Step forward to a lunge position. Step forward to a standing position. Alternate legs.</p>	<p>4a Plank 20 sec</p>  <p>3-4 Sets</p> <p>Maintain a neutral body position.</p>	<p>4b Side Plank 10 sec</p>  <p>15-30 sec Rest</p> <p>Maintain a neutral body position. Perform side plank on both sides.</p>
<p>2 Good morning 3 X 12-15 with 20 sec Rest</p>  <p>Maintain a neutral spine as you bend forward, flexing at the hips. Push hips behind heels.</p>	<p>3 Butt Kick 5 X 30 sec with 30 sec Rest Between Sets</p>  <p>Keep shoulders relaxed. Complete 5 sets of 30 seconds with 30 seconds rest between sets.</p>	<p>Measure and record your heart rate.</p>	



Activity 2 – Cool down- Jog on the spot for 1 minute, perform each stretch for 20-30 seconds

<p>1a Stretch to the Sky</p>  <p>Stretch to the sky.</p>	<p>1b Pec Stretch</p>  <p>Perform all stretches.</p>	<p>1e Pike</p>  <p>Maintain neutral spine and flex forward.</p>	<p>1f Hamstring</p>  <p>Maintain neutral spine and flex forward.</p>
<p>1c Hip Flexor</p>  <p>Step forward slightly with the right leg. Raise the left arm to the sky to intensely stretch.</p>	<p>1d Quad Stretch</p>  <p>Stand tall and bring heel to butt.</p>	<p>1g Hamstring</p>  <p>Pull knee towards chest. Switch legs.</p>	<p>1h Groin Stretch</p>  <p>Place the bottoms of the feet together and pull heels towards the body.</p>

Activity 3 – Plenary

Look at your heart rate after you had completed the session, was it within your target zone? Why do you think it was/was not? If it wasn't what could you do next time to make sure you are within your target zone?

Follow it up

Refer back to the above website and make sure that you understand the terms that are in bold and underlined. Click on them for more information.

Get inspired

Have a look at YouTube and see what fitness sessions you can find that are suitable to conduct at home.