



Year 10 HRF: Lesson 3 - Individual fitness

Big Question

How do your individual fitness needs change the exercises and exercise programme you are completing?

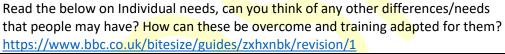
Warm Up



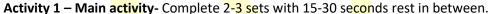
Fitness testing

What are the individual needs which mean fitness sessions vary from person to person?



















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 read through the other principles of training and complete the principles of training quiz (click on the tab on the website).

Get inspired

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