



## Year 9 HRF: Lesson 7+8- Progressive overload

### Big Question

What is progressive overload and how can it be used?

### Warm Up

Complete one of the warm ups from previous lessons. Think about the three different stages remember what you did for each. This could either have been one you did yourself or if you were in school one the teacher led you through.

### Components of fitness

Progressive overload involves gradually increasing the training intensity. The body then adapts to the new demands placed upon it. The body can be progressively overloaded by using the FITT principle, which involves increasing the frequency, intensity, time and type of exercise. Click on the link below and check out slides A7 and A8 and their accompanying videos.

<https://www.davinci.derby.sch.uk/images/PE/L2-BTEC-Sport-Complete-Flashcard-and-Video-Series.pdf>



### Activity 1 – Circuit

Create your own circuit that you can perform at home, it could either be inside or out, sport related or general fitness. Decide if you are going to do a set time at each station or a set number of repetitions. Complete 1 lap of your circuit then think about the changes you would need to make to your circuit in order to get fitter.

#### *Challenge yourself*

Could you increase your exercise time? Could you reduce your rest time? Think about and apply the FITT principles.

### Activity 2 – FITT circuit

Using the circuit that you did in activity 1 apply the principles of FITT to it. What would you do for each of these? How can you manipulate the frequency of a training programme? How do you know if you are increasing the intensity/can you measure intensity? What does type mean? What changes could you make?

### Activity 3 – Plenary

Complete the questions on slide A7 and question 3 on slide A8.

### Follow it up

Read pages 10-11 of the below link and then complete the bronze tasks.

<https://www.sirjamesmiths.cornwall.sch.uk/Teaching--Learning/PE/BTEC%20Sport%20Exam%20Unit%201.pdf>



### Get inspired

Produce a 6 week training plan for yourself that incorporates the progressive overload principle and applies FITT. Think about what you are aiming to improve on; it could relate to your results from the fitness testing you did at the beginning of the unit. When will you train? What will you do? For how long? How will this progress over the weeks?