



Year 9 HRF: Lesson 9+10- Principles of training

Big Question

Additional principles of training; what are they and how do we use them?

Warm Up

Perform the Cha cha slide plank warm-up.

https://www.youtube.com/watch?v=x_YFkVSp34s



Principles of training

When we are training it is important to consider the principles of training these will ensure that our training is specific to us and that we will hopefully see the best results.

Remind yourself of the FITT principles. What does progressive overload stand for? Open the link below and look at the Principles of training box, top right. Have a read through the other principles of training along with progressive overload from last lesson.

<https://www.kinged.org.uk/attachments/download.asp?file=203&type=pdf>

Activity 1 – Pyramid training

Follow the link below from 6:00mins. <https://www.youtube.com/watch?v=uTUxS7MMq08> Your pyramid session could be like this or it could be a series of exercises that you perform for a set time, have a rest, then perform them again but increase the time, rest, perform again and increase time. The concept behind pyramid training is that the amount of time you exercise for increases until a peak and then it decreases again. Think about the specificity of the pyramid, how could adaptation occur?



Activity 2 – Progressively overloaded pyramid session

Evaluate the pyramid session below and apply the principle of progressive overload.

Squat jacks-10secs, high knees-20secs, squats-30secs, side lunges-40secs, burpee- 50secs, side lunges-40secs, squats-30secs, high knees-20secs, squat jacks-10secs. 15sec rest in between each set. Complete a round of this pyramid

How could reversibility occur? How could you make sure your training session was varied?

Complete the cool-down at the end of the pyramid session above 20:00min onward. Why are rest and recovery important?

Activity 3 – Plenary

Name each of the principles of training starting with the letters SPAR VR. What are they and what do they involve?

Follow it up

Read pages 10-11 of the below link and then complete silver task 3.

<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 principles of training. 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? If you have already done this add in the additional principles that you have learnt this week and adapt your programme.