



Year 7 Fitness: Lesson 3 – Different types of exercise

Big Question

What are the differences between aerobic and anaerobic exercise?

Warm Up

Here is a warmup from Joe Wicks.

Try this out and see how you get on. Can you add some exercises of your own?

<https://www.youtube.com/watch?v=Llgx9nblpWA>



Fundamental techniques are really important in basketball as it means that you can use different skills to beat opponents and be effective in games.

Key fundamentals include: Passing, dribbling and shooting.

The practices below could be done at the park or in your own garden. Team up with a family or friends to complete these if you can, but remember to socially distance if you are meeting up with a friend. All you will need is some objects to use as marker cones and a ball (if you haven't got a basketball any other soft ball that will bounce reasonably well will do!)

Activity 1 – Aerobic Exercise

Watch the video for an explanation of what aerobic exercise is all about. Then try some of the exercises shown and see how you do. The key to aerobic exercise is that it is quite long in duration but quite low intensity such as jogging.

<https://www.youtube.com/watch?v=FSJLQ-GtJM4>



Activity 2 – Anaerobic Exercise

Try anaerobic exercise now. Watch this video. The difference is that anaerobic exercise is shorter duration but higher intensity such as sprinting.

Try an aerobic exercise of your choice and see what differences you notice between this and the aerobic exercise

<https://study.com/academy/lesson/anaerobic-exercise-definition-benefits-examples.html>



Activity 3 – Combine the two.

Try a combination Interval type activity where you jog for a distance (aerobic) and then sprint for a distance (anaerobic). Watch the video for some tips on how to do some interval work.

<https://www.youtube.com/watch?v=O78pemR9xdM>



Get inspired

If you want to challenge yourself further or enjoyed this session and just want to do more, then take a look at these exercises and combine them into a training session for yourself.

<https://www.youtube.com/watch?v=5swqLti2KUg>

