



## Year 7 Fitness: Lesson 4 – Aerobic Training

### Big Question

How can we train to improve our aerobic system?

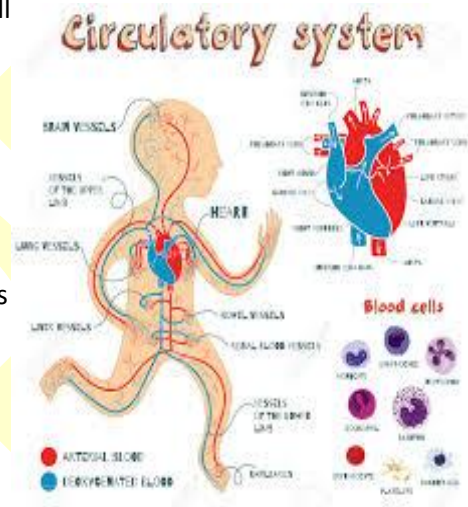
### Warm Up

Here is a warmup from a conditioning coach for basketball. Have a look and see what exercises you can do

<https://www.youtube.com/watch?v=9y0LARZHvOE>



Aerobic Fitness is really important in games such as Football and Hockey as it means that you can keep going for the whole duration of the game and be effective right to the end. The key elements of the system are our heart and lungs and how they transport blood with oxygen around our bodies. The diagram shows how the veins transport blood to the heart to pick up oxygen and this then goes round the body to supply it with oxygen. At the same time Carbon Dioxide is taken from the muscles and transported back to the lungs to be taken out of the body when we breathe out.



### Activity 1 – Aerobic Training session.

Here is a sample training session to try, it has been specifically designed for the improvement of your aerobic system.

<https://www.youtube.com/watch?v=aWf1q37vW4Q>



### Activity 2 – Develop your stamina with interval training.

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

Interval training is a method of training that can be used to improve aerobic fitness. Look at the video and see whether you can perform this session or something similar.



### Get inspired

If you want to challenge yourself further set yourself a course round the local neighbourhood and time yourself on a cycle or run around this course. Then do this a few times and see if you can beat your time or challenge a friend.