



## Year 7 Fitness: Lesson 5– Effective Training sessions

### Big Question

How can we plan our own training sessions effectively?

### 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= RJcshJC84k](https://www.youtube.com/watch?v=RJcshJC84k)



Coaches and PE teachers plan training sessions for athletes or pupils, the challenge is for you to plan your own.

Considerations you need to include are to make the session :

- -safe
- -fun
- -focuses on one component of fitness
- -correct duration/ intensity

Also, what equipment might you need? And can you train with someone else to help keep the levels of interest.

### Activity 1 – Planning

Here is a checklist to fill in on your session to create a plan.

1. Overall aim –
2. What type of fitness are you working on –
3. How long will the session be? –
4. What equipment do you need? –
5. How will you ensure it is safe? –

### Activity 2 – Performing

Watch the video for an example of an indoor training session. This is an aerobics style session but you can base yours on running, cycling, or a variety of exercises in a circuit type training session.

<https://www.youtube.com/watch?v=dhCMOC6GnrY>



### Activity 3 - Evaluating

How did your training session go?

Make some brief notes to be able to feedback to your group/teacher next time you are together as a class.

1. Strengths of the session -
2. Ways it could have been better -