



**Year 8 Health Related Fitness: Lesson 6 – Designing a Training Session**

**Big Question**

How can we design our own training session?

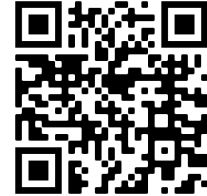
**Theoretical elements**

Before designing a fitness training session it is important to remember the following principles:

- Safety – Is the session safe to take part in
- Structure – Does the session include an effective warm up, main training component and cool down
- Goal/ Target to improve – What is the aim of the session, what particular area of fitness is it focused on?
- How is it specific/ relevant to the particular sports person

Also there are the Principles of training which are described in the video link below:

[https://www.youtube.com/watch?v=IJKk\\_7JSjU](https://www.youtube.com/watch?v=IJKk_7JSjU)



**Practical work**

Activity 1 – Use the form at the base of this lesson to design your own training session. If this is a circuit session the main area of the form could be a diagram showing the exercises you are going to do. If it is a simple one activity type session you need to detail three of the principles of training:

- Time - How long the session will be
- Intensity - How hard you will work
- Type - What actual activity you will do

Activity 2 – Actually complete the session and then use the titles below to evaluate how the session went:

What was good:

What can be improved for the next time you do this:

**Training Session Plan**

What specific area of the body are you trying to improve? What is the COMPONENT OF FITNESS you are trying to improve?		How is this SPECIFIC to you?	
Warm Up			
Your training session.		Considerations?  Which exercises will you include?  Use words and diagrams.  How long will you work on each exercise?  How long will you rest for?	
Cool down			