



Year 9 Fitness Learning Journey



Equipment needed

- Weights
- Mats
- Cones

Reminders

- We will be inside and will be working up a sweat! Make sure to have full PE kit and water!
- You will need supportive trainers.

<u>Lesson</u>	<u>Topic</u>
<u>Lesson 1</u>	Baseline Assessment
<u>Lesson 2</u>	Short term effects of exercise Heart rate and breathing rate changes.
<u>Lesson 3</u>	Heart rate max How to work out our maximum heart rate and the level of intensity of different activities.
<u>Lesson 4</u>	Training Zones Look at aerobic and anaerobic training zones.
<u>Lesson 5</u>	Principles of training Applying the FITT principles.
<u>Lesson 6</u>	Additional Principles of training Applying progressive overload.
<u>Lesson 7</u>	Additional Principles of training Applying progressive specificity
<u>Lesson 8</u>	Assessment

Keywords

Aerobic	Anaerobic	FITT	Progressive Overload	Specificity
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