YEAR 10 GCSE PE Learning Programme

2nd Half Term	Types of training.	Understand the distinctions between different types of training. Circuit training – consider space available, equipment available, number of circuit stations, work: rest ratio, the content/demand of the circuit can be altered in order to improve different components of fitness. Continuous training – sustained exercise at a constant rate (steady state) without rests, involving aerobic demand for a min of 20 minutes, eg running, swimming, rowing, cycling. Fartlek training – varying speed, terrain and work: rest ratios. Interval training/high intensity interval training – periods of exercising hard, interspersed with periods of rest or low intensity exercise. Static stretching – a way to stretch to increase flexibility, held (isometric) for up to 30 seconds, using correct technique, advisable to avoid over stretching.	Name of each training type and basic understanding. Make links to the box above. Evaluate as per the box below.	Subject specific vocabulary Command words Hodder textbook, chapter 3	Assessment through self and peer assessment. Year 10 GCSE work booklet End of unit tests.

		Weight training – choice of weight/exercise depends on fitness aim, eg strength/power training or muscular endurance, the importance of safe practice/lifting technique, the need for spotters. Plyometrics – to increase power. Use of plyometric exercises (eg bounding, depth jumping). Basic physiological understanding – eccentric contraction followed by larger concentric contraction. Any training (and practice) method must take account of: • the training purpose(s), training thresholds/training targets/training zones (see calculating intensities below) • rest/recovery.			
	Identification of the advantages and dis-advantages (the effects on the body) of training types linked to specific aims.	The advantages and disadvantages (the effects on the body) of each type of training method stated above. Students should be taught to select and evaluate appropriate training methods for various (aerobic and anaerobic) fitness needs and make links to sporting activity, eg continuous training is	Recap of the training types. Basic evaluation of the importance of a training type to an activity. Evaluation and justification (with reasoned conclusions) as to	Subject specific vocabulary Command words Hodder textbook, chapter 3	

		fully appropriate to marathon runners.	why some training types are particularly useful for specified sports.		
	Calculating intensities to optimise training effectiveness.	Definition of training threshold. Calculate the aerobic/anaerobic training zone: • calculate maximum heart rate (220 minus age) • calculate aerobic training zone (60–80% of maximal heart rate) • calculate anaerobic training zone (80- 90% of maximal heart rate). For circuit training, altering the time/rest/content of the circuit will determine the fitness aim. How to calculate one repetition maximum (one rep max) as part of weight training and how to make use of one rep max, with reference to: • strength/power training (high weight/low reps – above 70% of one rep max, approximately three sets of 4–8 reps) • muscular endurance (low weight/high reps – below	Basic recall of the specified intensities. Applications of each to specific training types. Linking the principles of training to sporting activities and training types, justifying the choice and the calculated intensity to be used.	Subject specific vocabulary Command words Hodder textbook, chapter 3	

		70% of one rep max, approximately three sets of 12–15 reps). Students should be encouraged to calculate intensities for varying examples.			