



Year 8 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>	Speed training Acceleration, interval and resistance.
<u>Lesson 3</u>	Aerobic endurance training Circuit training, interval and continuous
<u>Lesson 4</u>	Aerobic endurance training Fartlek training
<u>Lesson 5</u>	Muscular endurance training Circuit training
<u>Lesson 6</u>	Strength and Power Free weights and Plyometric training.
<u>Lesson 7</u>	Agility training Speed, agility and Quickness training.
<u>Lesson 8</u>	Assessment

Keywords

Acceleration

Interval

Resistance

Circuit

Continuous

Fartlek

Plyometric