



# KS4 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>	<b>Technique and movement analysis</b>  Review of movement patterns and basic technique for key movements
<u>Lesson 2</u>	<b>Training Zones</b>  Look at aerobic and anaerobic training zones.
<u>Lesson 3</u>	<b>Setting up and participating in a circuit</b>  Exploring different ways to perform a circuit
<u>Lesson 4</u>	<b>Principles of training</b>  Applying the FITT principles.
<u>Lesson 5</u>	<b>Additional Principles of training</b>  Applying progressive overload.
<u>Lesson 6+</u>	<b>Additional Principles of training</b>  Applying progressive specificity to your own circuit

## Keywords

Aerobic

Anaerobic

FITT

Progressive  
Overload

Specificity