



# 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>	<b>Speed training</b>  Acceleration, interval and resistance.
<u>Lesson 2</u>	<b>Aerobic endurance training</b>  Circuit training, interval and continuous
<u>Lesson 3</u>	<b>Aerobic endurance training</b>  Fartlek training
<u>Lesson 4</u>	<b>Muscular endurance training</b>  Circuit training
<u>Lesson 5</u>	<b>Strength and Power</b>  Free weights and Plyometric training.
<u>Lesson 6</u>	<b>Agility training</b>  Speed, agility and Quickness training.

## Keywords

Acceleration

Interval

Resistance

Circuit

Continuous

Fartlek

Plyometric