



Topic: Types of Training

	Chemistry HT1	Progress		
Topic	Key ideas	R	A	G
Types of Training	I can describe the principles of training and overload			
	I can describe the different of types of training			
	I can apply the advantages and disadvantages of training and evalu-			

Lesson	Learning Focus	Assessment	Key Words
1	Principles of training and overload	Topic Test	SPORT, FITT models.
2	Types of training	Topic Test	Circuit, Continuous, Weight, Fartlek, Interval, Static Stretching and Plyometrics
3	Intensity of training and advantages and disadvantages of training	Topic Test	Anaerobic and aerobic training, Circuit, Continuous, Weight, Fartlek, Interval, Static Stretching and Plyometrics
4	Exam Question Technique Practice	Peer and Teacher, Formative During lesson using model answers/KAI Scaffolding	Knowledge, Apply Impact
5	Topic Test	Summative	KAI