|  |  |  |  |
| --- | --- | --- | --- |
| Learning outcome | I understand this | I can recall this | I need to revisit this |
| I know the adaptations for strength and aerobic training. |  |  |  |
| Prepare a full picture graph on the adaptations of the aerobic training and strength training. |  |  |  |
| I know all the factors that affect strength and aerobic training. Because I have completed the explanation section of the factors worksheet. |  |  |  |
| I can describe the different types of training for strength and the relevant tests for each one, (not static). |  |  |  |
| I know the key issues for the different types of training because I’ve completed the tables given in the lesson. |  |  |  |
| I know the different energy systems used for strength training.  |  |  |  |
| I can describe the different type of flexibility training. |  |  |  |
| I know the factors that affect flexibility. I know what tests there are for flexibility. |  |  |  |
| I know the type of training for flexibility. I can explain the different type of flexibility training.  |  |  |  |
| I know the adaptations of flexibility training. |  |  |  |

**Week 11 Class task sheet**

**Key words:** Proprioceptive neuromuscular training Passive stretching, Goniometry, muscle spindles, Ballistic,

1. Complete picture graphs of the adaptations on the aerobic and strength adaptations. (Mon)
2. Complete the explanation of the factors that affect all strength types. (Tue/Wed)
3. Complete a table that outlines the type of training, type of strength targeted, the key points including a practical example of who would benefit. (Tue/Wed)
4. Prepare notes on the different types of flexibility.(Mon)
5. Prepare notes on the types of flexibility training.(Mon)