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| --- | --- | --- | --- |
| Learning outcome | I understand this | I can recall this | I need to revisit this |
| I know what periodisation is. |  |  |  |
| I know how breakdown a season into Macro/ Meso/ Micro session. |  |  |  |
| I know the advantages of a warm up and cool down. I can describe each of these and create one for my chosen sport. |  |  |  |
| I know what VO2 max is and how it can be measured. |  |  |  |
| I know the advantages and disadvantages to the different types of tests for VO2 max. |  |  |  |
| I know the factors that affect V02 max |  |  |  |
| I can explain in detail the factors that affect VO2 max |  |  |  |

**Week 9 Class task sheet**

**Key words:** Aerobic/ V02 max, periodisation/ Direct gas analysis.

1. Complete notes from the lesson on ergogenic aids (Wed/Tue)
2. Complete a warm up and cool down for your chosen sport including the relevant elements. (Wed/Tue)
3. Explain the use of periodisation when planning a personal health and fitness programme. [**6 Marks**] (Thur/Fri)
4. Prepare for the test on Ergogenic aids, periodisation and some questions from acquiring movement skills. (Thur/Fri)
5. Complete the advantages and disadvantages of each of the aerobic tests on the PP and in the book. (Monday)