

Year 8 PE Core Knowledge

Principles of Training: (FIRST-OP)

- F.I.T.T – *Frequency, Intensity, Time Type – to achieve overload*
- Individual needs - *Matching training to the requirements of an individual*
- Reversibility - *losing fitness*
- Specificity - *Matching training to the requirements of an activity*
- Thresholds of Training - *BPM target zone you aim to work within for fitness gains*
- Overtraining - *Training beyond your ability to recover*
- Progressive overload - *Gradually increasing the amount of overload to improve fitness but without injury*

Methods of Training: (Intense Farting Can Cause Painful Wind)

- Interval – High intensely work followed by rest intervals e.g. Usain Bolt
- Fartlek – Change in pace e.g. any team player
- Continuous – Moderate intensity work without stopping e.g. Mo Farah
- Circuit – Exercises (stations) in order to improve general overall fitness
- Plyometric – High impact explosive exercises to improve power and strength
- Weight – Free weights or body resistance e.g. weightlifter

7 Categories of a Balanced Diet: (Fat Men Can't Play Football Very Well)

3 Macro-Nutrients (Energy, Growth & Repair)			
Carbohydrates	1 st source of energy	Bread, pasta, potatoes, rice	Needed in large amounts
Fat	2 nd source of energy but should be eaten in moderation due to potential weight gain	Butter, oil, fatty meats, fried food	
Protein	Muscle growth (hypertrophy) & repair 3 rd source of energy	Cheese, milk, eggs, lean meat, fish	
2 Micro-Nutrients (Maintain Good Health)			
Vitamins	Helps body function properly	Vitamin C - fruit and vegetables Vitamin D - milk, fish, eggs	Needed in small amounts
Minerals		Calcium & Iron	
Fibre			
Fibre	Aids digestion Reduces cholesterol	Fruit & vegetables, cereals, nuts	Needed in small amounts
Water (Hydrate)			
Water (Hydrate)	Prevents dehydration Helps control body temperature Helps concentration	Hydrate before, during & after exercise	

Changing Diet to Improve Performance:

1. Carbo-loading (reducing training & eating excess carbohydrates before events to increase energy stores)
2. High protein (eating extra protein after a workout to increase muscle repair)
3. Energy drinks (high in sugar, providing instant energy)
4. Blood shunting (Not eating before exercise, blood carries O₂ to working muscles)