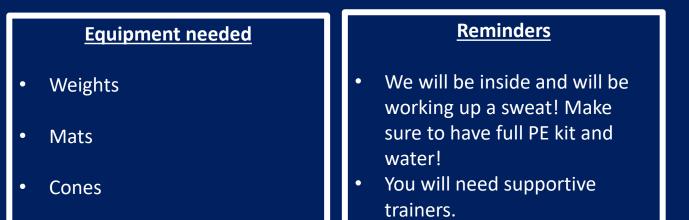
Year 9 Fitness Learning Journey



Lesson		Торіс				
Lesson 1		Short term effects of exercise				
		Heart rate and breathing rate changes.				
Lesson 2		Heart rate max				
			work out our m evel of intensity			
Lesson 3		Training Zones				
		Look	at aerobic and	anaerobic traini	naerobic training zones.	
<u>Lesson 4</u>		Principles of training				
		Applying the FITT principles.				
<u>Lesson 5</u>	Lesson 5 Additional				rinciples of training	
		Applying progressive overload.				
<u>Lesson 6</u>		Additional Principles of training				
		Applying progressive specificity				
Keywords						
Aerobic	Ar	naerobic	FITT	Progressive Overload	Specificity	



Ad Astra

